

Pray: For clarity, open hearts, willing minds. That the Spirit would convict today.

Introduction: I want you to recognize that very little of this today will be my work. I have done a large amount of reading and study to prepare today and much of what you will hear in some fashion comes from the men who have come before me (to mention Jon's first point from his sermon two weeks ago. in Hebrews 12)

Hebrews 12:1-2 "Therefore, since we have so great a cloud of witnesses surrounding us, laying aside every weight and the sin which so easily entangles us, let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary, fainting in heart."

Some of these men are: our elders, Thomas Brooks, Richard Baxter, John Owen, Tim Keller, John MacArthur, Jay Adams, David Powlison, Wayne Mack, Jim Newheiser, Heath Lambert, Stuart Scott, Ed Welch, Sinclair Ferguson, Dale Johnson.

I have attempted to synthesize their work into this simple History of Biblical Counseling and the Direction of Biblical Counseling for Grace Baptist Church. (for more information read David Powlison's seminal work on the *History and Context of Biblical Counseling* and Heath Lambert's *The History of Biblical Counseling after Adams*) Three major headings drive today's time. 1) The History of the Biblical Counseling Movement (Thank you to Tim Keller, David Powlison and Heath Lambert's work) 2) How is Grace Baptist doing in this personal ministry of the word? 3) Where do we go from here at Grace?

1. History of the Biblical Counseling movement

This history starts in a time that the word counseling was not used as a societal buzz word. The time of the puritans. Before the Civil War, it was not called counseling. It was called the personal ministry of the Word. The Puritans took this very seriously. Hundreds of works were done. Men like Richard Baxter wrote a 900 page *Christian Directory* dealing with many different problems in the life of his congregation. Thomas Brooks book *Precious Remedies Against Satan's Devices* discusses twelve types of temptation, eight varieties of discouragement, eight kinds of depression, and four classes of spiritual pride! (Keller Article, Lambert book). A host of Puritans, from Jonathan Edwards to Icabod Spencer, wrote articles, letters to their church members, and sketches to deal with the every day problems in life. These men were most certainly Physicians of the Soul.

So, what happened between about 1850 (end of the Puritans) - 1970?

The Civil War happened. During the Civil War, the curing of souls was considered unmanly. Ministers were embarrassed to be considered girly in this time when the society was growing more crude, more vulgar.

Revivalism began to grow. Season of Revival changed to Revival meetings. Revival as the work of God was replaced with Revivalism being engineered by man. Crowds, focus on salvation. (Not necessarily a bad thing) Yet, the processes of growth, of sanctification takes a back seat. Discipleship is lost sight of. Because discipleship and sanctification were lost, the only way to deal with life's problems was to "take a verse, pray, and trust. If it's not all better, you just don't have enough faith." This attitude persevered well into the present, as I and many of you have attended churches in the past whose pastors and members had this attitude, and we ourselves still struggle with these thoughts if we were being honest.

Darwin's publishing of *The Origin of Species* in 1869 cast shadows on the church and on the Bible. People began questioning the validity of what was taught in the Bible. Here you have the Fundamental/Modernist movement in the church. The Modernist, seeing the "science" behind the debunking of the bible, reach forward to the new and growing psychological movement and led to the influx of the social gospel in the mainline churches. In the Fundamental movement, they were fighting against this swing away from the inerrancy and trustworthiness of the scriptures. When you spent so much time defending the fundamentals, things like discipleship take a back seat.

Enter the Psychological Revolution: Two big names come out in the late 1800- early 1900's. The first: Wilhelm Wundt. He made Psychology scientific giving psychology credibility. His focus was to prove that people's life problems were rooted in biology, not the soul. (the beginning of the medical model of psychology). Push away from Faith, and in total disagreement with Christ

Matthew 12:34-37

For the mouth speaks out of that which fills the heart. "The good man brings out of *his* good treasure what is good; and the evil man brings out of *his* evil treasure what is evil. "But I tell you that every careless word that people speak, they shall give an accounting for it in the day of judgment. "For by your words you will be justified, and by your words you will be condemned."

Mark 7:20-23

That which proceeds out of the man, that is what defiles the man. "For from within, out of the heart of men, proceed the evil thoughts, sexual immoralities, thefts, murders, adulteries, coveting, wickedness, deceit, sensuality, envy, slander, pride, *and* foolishness. "All these evil things proceed from within and defile the man.

James 1:14-16

But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin, and when sin is fully matured, it brings forth death. Do not be deceived, my beloved brothers.

The next name will be more familiar to you. Sigmund Freud. Known for psychotherapy and the talking cure. Freud believed his task was to take counseling from the ministers and pastors and put it into the secular world, no mention of sin, of God, no necessity of a Savior and no promise of eternal life.

By the time we get to WW 1 and WW2, chaplains and Christians had the Bible, but no longer knew how to use it to help deal with life's problems.

Before we get too critical of our previous generations church members and pastors, remember a few things...

1. Many people want to understand and help people. When you ignore the foundations provided by God himself, you will follow any method that will help you do those things.
2. Counseling is hard to see. The private ministry of the word is very different from the public ministry of the word (preaching).
3. Counseling is hard to do. It requires work, it requires sacrifice, it requires study

2 Timothy 2:15

Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

1970: Jay Adams burst on the scene of the counseling world with his book *Competent to Counsel*. This book brought to the attention of **Christians** their failures in counseling and how to restore counseling to the theological foundations of the word of God. He challenged the professional class of counselor stating that they were usurping the duties and responsibilities of the church in general and the pastor specifically. The answer to pastor's and church members who had lost the ability to counsel with the Word of God was not to hand it over to the secular professional, but to dig into the Word of God to see what the author of all creation had to say about His creation.

In the integration movement (Evangelical Christian Counselors) where they determined that the Bible was inerrant, but not sufficient. The famous battle cry, "The bible is not a textbook or counseling method" rang out. The integrationist had a number of problems with Jay Adams (First generation) Nouthetic Counseling, and dismissed it off hand due to its problems. The second (David Powlison, Wayne Mack) and third generation (Heath Lambert) Biblical Counselors agreed there were those problems, but instead dove back into the scriptures to find the solutions. Jay Adams himself knew he was building new ground (building bridge) (no biblical counseling in over 150 years) and he didn't have all the answers, but knew people needed to come behind him to do the follow up work. They have done that.

2) How is Grace Baptist doing in this personal ministry of the word?

Before we get into this, we are not talking about salvation, God's work in the heart of man. We are talking about sanctification, discipleship. Those things that come after salvation.

1 Corinthians 12:12, 22-26

12 For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ. But now there are many members, but one body. 21 And the eye cannot say to the hand, "I have no need of you"; or again the head to the feet, "I have no need of you."

22 On the contrary, ¹it is much truer that the members of the body which seem to be weaker are necessary; 23 and those *members* of the body which we deem less honorable, on these we bestow more abundant honor, and our less presentable members become much more presentable 24 whereas our more presentable members have no need *of it*. But God has *so* composed the body, giving more abundant honor to that *member* which lacked, 25 so that there may be no division in the body, but *that* the members may have the same care for one another. 26 And if one member suffers, all the members suffer with it; if *one* member is honored, all the members rejoice with it.

1 Peter 4:8-10

8 Above all, keep fervent in your love for one another, because LOVE COVERS A MULTITUDE OF SINS. 9 Be hospitable to one another without grumbling. 10 As each one has received a gift, employ it in serving one another

Ephesians 4:11-12

11 And He Himself gave some *as* apostles, and some *as* prophets, and some *as* evangelists, and some *as* pastors and teachers, 12 for the equipping of the saints for the work of service, to the building up of the body of Christ

“To be in the body of Christ is to be a pastor, not necessarily an ordained pastor but a pastor in that we are all called to care for the souls around us. Passivity is out of the question. I have been made alive in Christ and have much to do as I follow the lead of the early church. “And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers” (Acts 2:42). In the midst of this activity, I want to devote regular time to assessing myself as a family member.” —ED WELCH¹¹

So, Grace, let’s assess ourself as family members...

1. COMMAND: LOVE ONE ANOTHER.

1. **John 13: 34-35** (love AS I HAVE LOVED YOU)

“A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. “By this all will know that you are My disciples, if you have love for one another.”

2. **John 15: 12, 14**

“This is My commandment, that you love one another, just as I have loved you. “Greater love has no one than this, that one lay down his life for his friends. “You are My friends if you do what I command you.”

3. **Romans 13:8** “Owe nothing except to love one another”

4. **1 Thessalonians 4:9**

“Now concerning love of the brothers, you have no need for *anyone* to write to you, for you yourselves are taught by God to love one another”

5. **1 Peter 1:22**

“Since you have in obedience to the truth purified your souls for a love of the brothers without hypocrisy, fervently love one another from the heart,”

6. **1 John 4: 7-8**

“Beloved, let us love one another, for love is from God; and everyone who loves has been born of God and knows God. The one who does not love does not know God, because God is love.”

2. **Romans 12:10** - Be devoted to one another
3. **1 Corinthians 12:24-26** - Same Care for one another
4. **Ephesians 4:15, 25, 5:19** - Speak the truth in Love, Speak truth to one another
5. **Colossians 3:16** - Teaching and admonishing one another
6. **1 Thessalonians 4:18** - Comfort one another
7. **1 Thessalonians 5:11** - Comfort and build up

So, this is how we are supposed to be toward one another (not to mention the other 28 one another's found in the scriptures)

How have you done these last few years here at Grace?

Think about those around you here that...

- have anxiety/depression
- young parents that need older wisdom, or just support (dinner out with no kids, time)
- family chaos (children behaving sinfully, grandchildren behaving sinfully, parents/grandparents behaving sinfully)
- loss of family members
- job loss/job issues
- addictions (food, drink, sports, exercise, video games)
- abuse (domestic/child)
- worthlessness
- disagreements on how the elders, deacons, homegroups, neighbors do things

Do you know of the difficulties of the members of your homegroup? They have them.

Why have we done so poorly?

Let me give you four thoughts about our poor care.

1. You act like the Bible is not sufficient (you say it is, but practically, you are an atheist. You don't really believe God and His Word is enough for your problem. Your response to this statement possibly is, oh yeah, prove to me that the Bible is sufficient for my problems, what about... [suicide, homosexuality, gender dysphoria, anxiety, eating disorders...])

(My original intention for this message) I cannot prove to you the Scriptures sufficiency, just as the virgin birth, the trinity, Christ as truly God and Truly man, and the gospel cannot be proved. God says it in His word and you have faith to believe what he says)

2 Tim 3:16-17

All Scripture is God-breathed and profitable for teaching, for reproof, for correction, for training in righteousness, so that the man of God may be equipped, having been thoroughly equipped for every good work.

Scriptures sufficiency is another part of the faith handed down to the saints. You either believe it, or you don't. Either scripture is true about itself, completely, totally true, or it's not. There is no partial, no half way.

So you say, The Bible is not sufficient for my problems so we have gone outside the church to find answers. We have bought into the lie that life problems have to be handled by the professional (who expects to be paid, by the way), many who either, overtly disregard the Bible and God and use secular methods that have anti-God foundations, or the Christian professional who may or may not say that the bible is sufficient, but who try to sanitize the secular methods with bible verses. These men and women (integrationists) have a desire to help people, but are relying on the wrong foundation for a christian.

Ps 1

How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the way of sinners, Nor sit in the seat of scoffers! But his delight is in the law of Yahweh, And in His law he meditates day and night. And he will be like a tree *firmly* planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

Hebrews 13:9

Do not be carried away by varied and strange teachings

Eph 4:14-15

so that we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming, but speaking the truth in love, we are to grow up in all *aspects* into Him who is the head, *that is* Christ

Besides, I don't know how to deal with all of those psychological terms. Here, David Powlison has an answer, "People must read the Bible as those who seek to learn God's language for understanding peoples problems." So, God created us, don't you think he will know how to fix us?

2. It's the pastor's job. Jon and Kristen should be doing it. (and they are, and they should be). Gil is on staff now, gives me a bigger excuse to use the pastors for why I don't need to do it. We have the other 4 elders too.

Ephesians 4:11-12

11 And He Himself gave some *as* apostles, and some *as* prophets, and some *as* evangelists, and some *as* pastors and teachers, 12 for the equipping of the saints for the work of service, to the building up of the body of Christ

1 Timothy 4:6-7,

6 In pointing out these things to the brothers, you will be a good servant of Christ Jesus, being nourished on the words of the faith and of the sound doctrine which you have been following.
7 But refuse godless myths fit only for old women. On the other hand, train yourself for the purpose of godliness,

John 13: 34-35 (love AS I HAVE LOVED YOU)

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“To be in the body of Christ is to be a pastor, not necessarily an ordained pastor but a pastor in that we are all called to care for the souls around us. Passivity is out of the question. I have been made alive in Christ and have much to do as I follow the lead of the early church. “And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers” (Acts 2:42). In the midst of this activity, I want to devote regular time to assessing myself as a family member.” —ED WELCH¹¹

QUIT: thinking of biblical counseling as a formal, professional act like secular counseling. Every believer is a counselor. Every believer is a pastor. (Ed Welch’s quote above). Start thinking of it as personal ministry of the Word, or Discipleship. Doing what we already should have been doing.

3. I’m too busy in life to deal with others’ problems. I did my time, (Sunday morning). In other words, I don’t really care. At least you don’t care until you need comfort from someone, then it becomes real that others are not ministering to you. (John 13, 15, 1 John 4)

Here, Alistair Begg has words for you. “Some people who say they are religious still get nothing out of the Bible’s teaching. They listen to sermons Sunday after Sunday, looking for reasons NOT to rest wholly on Christ’s completed work. They ask questions aimed at holding the Lord at arm’s length, and then wonder why they never find satisfactory answers. That is not the way of the child of God. With meekness and curiosity, we should seek to learn from our Teacher and when our hearts are troubled, come to Him humbly, asking for help to be open to the answer and without demanding that Jesus follow our agenda or expectation.”¹

4. I don’t know how and it terrifies me to think of trying.

1 Corinthians 1:27-29

But God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong, **28** and the base things of the world and the despised God has chosen, the things that are not, so that He may abolish the things that are, **29** so that no flesh may boast before God.

Ephesians 4:11-16

And He Himself gave some *as* apostles, and some *as* prophets, and some *as* evangelists, and some *as* pastors and teachers, **12** for the equipping of the saints for the work of service, to the building up of the body of Christ, **13** until we all attain to the unity of the faith, and of the full knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ, so that we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming, **15** but speaking the truth in love, we are to grow up in all *aspects* into Him who is the head, *that is*

Christ, from whom the whole body, being joined and held together by what every joint supplies, according to the properly measured working of each individual part, causes the growth of the body for the building up of itself in love.

2 Timothy 2:15

Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

3) Where do we go from here at Grace?

1. **Repentance and believe the Gospel:**

2. **Repent (turn away from/turn toward, put off, put on) of your lack of love for one another/Care for one another. Repent of your passivity. Seek to walk toward others here at Grace. We are the body of Christ, don't let your brothers and sisters live isolated lives. Hands don't live without feet and the rest of the body.**

I know I have failed many times in this area or personal ministry of the Word. . If you are being honest, you would have to say that as well. In these moments, we need the scriptures to remind us...

- Denying ourselves, taking up our cross, and following where Jesus leads (Matthew 16:24)
- Putting to death what is earthly in us (Colossians 3:5), and not letting sin reign in our mortal bodies, to make us obey its passions (Romans 6:12)
- Dying every day to sin, personal preferences, and even our Christian freedoms out of love for Jesus, our brothers and sisters in the faith, and unbelievers (1 Corinthians 15:31)
- Doing nothing from selfish ambition or conceit, but in humility counting others more significant than ourselves (Philippians 2:3)
- Putting on compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other as the Lord has forgiven us (Colossians 3:12–13)

- **Matthew 11:28** Come to Me, all ¹who are weary and heavy-laden, and I will give you rest. **29** “Take My yoke upon you and ^alearn from Me, for I am ¹gentle and humble in heart, and ^bYOU WILL FIND REST FOR YOUR SOULS. **30** “For ^aMy yoke is ¹easy and My burden is light.”

- **Col 1:10** so that you may ^awalk in a manner worthy of the Lord, ^{1b}to please *Him* in all respects, ^cbearing fruit in every good work and ²multiplying in the ³full knowledge of God; **11** ^abeing strengthened with all power, according to ¹His glorious might, ²for the attaining of all steadfastness and ³patience; ^bjoyously **12** giving thanks to ^athe Father, who has qualified us ¹to share in ^bthe inheritance of the ²saints in ^clight.

3. Get to work.

Phil 2:12-13

So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for *His* good pleasure.

1 Thess 5:14

“And we urge you, brothers, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone.”

What kind of things would this work look like?

1. **Pray dangerous prayers that God will answer.**
 1. **Pray that the Spirit of God would convict you in the areas you need to focus on.**
 - Denying yourself
 - dying every day to a specific sin
 - not having a compassionate heart
 - God knows where your area is, pray that He would show it to you.
 2. **Pray that God would slow you down.**
 3. **Pray that God would open your eyes to His hurting saints. Help you to hear the pain, sorrow, hurt, offense going on around you.**
2. **Obey when He answers. Slow down. (This is going to be impossible if you try to do this of your own power.) Look, listen. Pay attention.**
3. **Pray that God would help you walk toward one hurting person. (Walk toward them the way that Christ walked toward you!) Then walk toward one person to get to know better here at Grace. Pick someone in your homegroup. Pick someone who makes you uncomfortable, not your buddies. Ask them how you can pray for them this week. Pray for them this week. Check in on them later in the week or the next week. Watch how your praying for them increases your love for them.**
4. **As you listen to people in your homegroup, family, at work, Look for those difficult topics that you may not be sure how the Bible addresses. Now it’s time to study. Get your Bible out with a concordance. If you have absolutely no clue where to start, you can search at www.ccef.org or www.ibcd.org to see if you can get started. If you are still stuck, come to me or one of the elders. We may have an article, podcast, booklet, book or website specific to your topic to get you going. Any material we will provide will send you back to the scriptures to see how scripture is applied in that specific situation. Don’t be frustrated when we give you materials to study, and don’t just give you answers. The goal here is for you to learn to use scripture for life’s problems.**
5. **Attend Sunday school. Specifically this fall. We will be focusing on 9-10 specific areas of life and life problems and how scripture gives us practical authority on how to handle each situation.**
 1. **Giving Hope**
 2. **Conflict Resolution/Peacemaking**

3. Husband/Wife Conflicts
4. Parenting/Parenting Adult children
5. Anxiety/Depression
6. 4-5 other real to life issues

Prayer

You have called us to One Anothering, to the personal ministry of the Word. Father, I have not been faithful in my personal ministry, and we have have struggled to Love one Another like you have loved us. Please forgive me, forgive us, for not loving like you have loved. Thank you that...

Psa. 86:5 You, Lord, are ^agood, and ^bby nature forgiving,
And ^cabundant in lovingkindness to all who call upon You.

Psa. 32:1 ¶ ^aHow blessed is he whose transgression is forgiven,
Whose sin is covered!

Psa. 32:2 How blessed is the man whose iniquity Yahweh ^awill not take into account,
And in whose spirit there is ^bno deceit!

Psa. 32:3 ¶ When ^aI kept silent *about my sin*, ^bmy ¹bones wasted away
Through my ^{2c}groaning all day long.

Psa. 32:4 For day and night ^aYour hand was heavy upon me;
My ^{1b}vitality was drained away *as* with the heat of summer. ²Selah.

Psa. 32:5 I ^aacknowledged my sin to You,
And my iniquity I ^bdid not cover up;
I said, “^cI will confess my transgressions to Yahweh;”
And You ^dforgave the ¹iniquity of my sin. Selah.

1John 1:9 ^aIf we confess our sins, He is faithful and righteous to forgive us our sins and ^bto cleanse us from all unrighteousness.

Thank you for your forgiveness for our lovelessness.

In the power of the Holy Spirit, and not our own strength, help us be more faithful in loving one another, in caring for one another as you have laid out in your Word. For those who have no faith, who have no repentance and trust in the work of Christ on their behalf, we beg that you will convict their hearts, you will call them to yourself, especially if they have sat under the preaching of your word for years, and have had cold hearts. Draw them Lord, and give them a heart of flesh. In Jesus Name,

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