

Women Counseling Women: Biblical Answers to Life's Difficult Problems
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Week 1 "Biblical Counseling: Real Help for Real Women" & "Establishing a Biblical Ministry"

"The Bible is not a **self-help** book. Written on every page is this truth: We **can't** help ourselves. The Bible teaches us to be properly **hopeless** about our **ability** to change." (Pg.16)

Jeremiah 13:23 "Can the Ethiopian change his skin or the leopard his spots? Then you also can do good who are accustomed to doing evil."

What is our problem?

"The Bible says that what's wrong with our lives and everyone else's life is that we sin- this **poverty** of love is called sin. Sin is a refusal to love **God** and **neighbor**, ignoring the two great commands of God's law (Matthew 22:36-40). (Pg. 18)

Why don't we love God and others as we should?

"We don't love because we don't believe that we've been **loved** (1 John 4:19). We refuse to **believe** that God is as loving as He **says** He is. And because we don't believe that "God is love" (1 John 4:8,16) we fall short of God's loving **intention** for our lives and we create other lesser gods to take His place-gods that make us **feel** loved, gods like acceptance, power, safety, and comfort. (Pg. 18)

This is called idolatry.

"All of our sin flows out of unbelief and idolatry: **unbelief** that God is as loving and good as He says He is; **idolatry** that we have to live for and worship no one but ourselves in order to be happy." (Pg. 18)

Jeremiah 2:13

Once we know our problem (sin and the fact that we are unable to rid ourselves of it) is that freeing?

"While it's counterintuitive, there's actually great **freedom** and **hope** in knowing and accepting our limitations." (Pg. 17)

If we can't help ourselves, Who can?

"We need a **savior**. We need Someone **outside** of ourselves who can **rescue** us from ourselves, our sin, our unbelief, and our idolatry." (Pg. 21)

"The Bible teaches that it is the gospel of Jesus Christ-the good news about what He's **already** done for us-that **transforms** our lives." (Pg. 21)

“Before we ever tell people what they should **do**, we need to tell them what Jesus has already **done** for them.” - Elyse Fitzpatrick

Is Jesus really the answer?

“The Bible tells us that the **enslaving** power of sin in our lives was **broken** when Christ overcame the **punishment** for sin-that is death-through His **resurrection.**” (Pg. 24)

Romans 6:4,6

“We were buried therefore with Him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life...We know that our old self was crucified with Him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.”

How can the gospel of Christ be the answer to us changing? Because He makes us new.

2 Cor 5:17-19

“This love is **genuinely** and **eternally** life-transforming. It makes us **new.**” (Pg.25)

And this love is personal. It is “embodied in human form in our **Savior**, in the One who has gone through every **temptation** we face and so is able ‘to **sympathize** with our **weaknesses**. (Hebrews 4:15) He knows that we have **real** problems and He has given us a **real** answer: **Himself.**” (Pg 25)

Establishing A Biblical Ministry To Women

“Jesus, the builder of God’s house, the church (Hebrews 3:6) is intently focused on both the **teaching** and **discipling** of His people.” (Pg. 64)

What is our goal in ministry?

To make **disciples.**

Christian discipleship is: “simply the process of one person passing on to another person the **application** of truth from God’s Word.” (Pg. 63)

What are some goals in discipleship?

Biblical Counseling is: “primarily concerned with helping people **apply** God’s word to all of life: what sets it apart is that it’s more focused on applying Scripture to **specific** problems face by **specific** people. It is teaching and discipleship done **one** on **one.**” (Pg. 64)

What are some goals in counseling?

We need both discipleship and biblical counseling as a foundation for a ministry to women.

Discerning the Foundation of Your Ministry to Women

Our ministry has to be according to the whole Scripture of God.
2 Timothy 3:16-17

Making Disciples or Teaching Psychology
Are we making disciples or teaching psychology?

“One is **man** -centered and one is **God** -centered. One focuses on me, **my** wants and **my** desires, and the other focuses on God and **His** desires for me.” (Pg. 65)

We are to be defenders of God’s Word.

How do we guard against teaching “truth” that isn’t truth?

“It is vital that every woman who desires to disciple and counsel other women take the time to become familiar with secular philosophies so that she can discern and identify the presence of error when an idea or concept poses as truth.” (Pg. 65)

Not only do we need to study the secular ideologies, but we must be a student of the Word.

What is this Word? “Yes, it is **codified** for us in the Bible, but this Word is also **embodied** in Jesus Christ (John 14:6). He is the **Living** Word, the truth of God (John 17:17). (Pg. 66)

A Biblical Mission in Women’s Ministry

We want to “help women develop a **biblical** worldview that preserves and **protects** them from the secular teachings that are so prevalent today.” (Pg 66)

We need to help women do more than just acquire knowledge of the Bible. We need to help women **live** out the Bible’s teachings so that lives are changed.” (Pg. 67)

We must encourage women to study and understand doctrine or the Bible’s teaching on particular subjects.

The Doctrine of the Word of God

- 1) Authority of the Scripture
- 2) Clarity of Scripture
- 3) Necessity of Scripture
- 4) Sufficiency of Scripture

The Authority of Scripture

Inerrant: without error.

Inspired: God breathed.

2 Tim 3:15-16, 1 Thess 2:13, 2 Pet 1:3, 2 Pet 1:20-21

The Clarity of Scripture

While there are some doctrines or topics that are more difficult to understand, the central message of the Bible is clear and understandable. Also, the Bible is able to be properly interpreted in a literal sense (most times).

We have the aid of the **Holy Spirit** to help us understand the Bible.

Hermeneutics: the study of the methods of interpreting Scripture.

The Necessity of Scripture

special revelation: revelation or revealing of the way of salvation.

Scripture is also necessary for our **sanctification**.

The Sufficiency of Scripture

The Bible is **adequate**.

It makes us adequate. (2 Cor 3:5)

The Bible is sufficient to **perform** it's intended purpose. (Isaiah 55:11)

The Doctrine of God

“Thankfully, God has revealed Himself to us through **creation** and His **Word.**” (Pg. 69)

What are some attributes that God reveals about Himself in Scripture?

We have to be careful that we don't make God out to be who “we” think He is or how our friend being counseled want to “experience” Him.

“When we **embrace** God as He has revealed Himself in the Bible, we can have great **hope** as we disciple and counsel women whose problems seem horrific.” (Pg. 70)

The Doctrine of Man

We were created in the **image** of God. (Gen 1:27)

Because of the fall we are born **sinners** and are separated from God. (Romans 5:12)

We are to do all to the **glory** of God. (1 Cor 10:31)

“Even in the most **mundane** of our days, we have a purpose in life, and that is to glorify Him. What a **delight** and a privilege is ours!” (Pg. 70)

Implementing a Discipleship/Counseling Ministry

“There is no greater joy than sacrificing one's self for others and serving them.” (Pg. 71)

Some things to consider:

*God will supply the resources you need.

*This is Jesus's ministry, not yours.

*Clothe yourself with humility (1 Pet 5:5) and humble yourself before the leaders of your church and before God (James 4:1-8) and ask for the Holy Spirit's help.

*When met with resistance, “you are to find your strength in God and in the soul comforting truths of the gospel.” (Pg. 71)

- *Pray and ask others to pray for you.
- *Persevere and try again.
- *Pray for other ladies to come alongside and work with you. Maybe consider asking your pastors' wives to join you.
- *Research to see if curriculum being used is purely biblical.

Studying the Biblical Principles

Practice Titus 2:3-5 (it is not a suggestion; it is a mandate.)

“As we follow these commands, joyfully **serv**ing the Lord in obedience, the **young** women will grow in godliness, the **older** women will be enriched personally, the **church** will reap the benefits of these godly relationships, and the community will be blessed-all because God’s Word has been honored.” (Pg. 72)