

# Pastoral Theology

## Pastoral Counseling – PT 501-A

August 21-31, 2017  
6-9:55 pm

Dr. Douglas W. Kittredge

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### **Course Objectives**

- The object of this course is to make you a better student of the bible, in order that the truth will lead to godliness (godly character) (Titus 1:1). In this course you will be given an Introduction to the Principles that underlie the practice of Biblical Counseling (applying the gospel to life), as well as an introduction to methods of Biblical Counseling for the promotion of godly character.
- Biblical Counseling is rooted in solid biblical theology. These are inseparably bound, so much so that an error in one will cause an error in the other. For that reason it is essential to understand the foundational truths of God's word regarding the cause as well as the cure for the human condition (deviant human character), in order that we may, as ministers of the gospel, promote that knowledge of the truth that leads to godliness in those we serve, to the glory of our God.
- The ultimate objective of this course is to more fully equip you for this work of Kingdom-ministry to the glory of God. The biblical priority is that ministers of the gospel must live the gospel. Helping others to grow in godliness usually takes place in relationships where godliness is being lived out by example and not merely in word. Healthy relationships characterized by the grace of God, are the best context for the communication of the life-changing word of God's grace. The minister of the gospel realizes that unless he knows how to rule his own heart by God's grace, his speech is not going to be the gracious speech that God commands (2 Tim. 2:25; Eph. 4:29) and is less likely to promote true change in those who listen to his counsel. For this reason students will be encouraged to apply these truths first to themselves through both reading and practical projects. It is necessary that those possessing the special calling to lead, fully understand that gospel and know better how to apply it. We do so in order that we may more faithfully glorify God, by building healthy people and relationships in the body of Christ.

### **Course Outline**

1. What is Christian Character?
2. What is the Biblical Description of Cause and Cure for deviant Character?
3. A Study of Trials and Temptations and the process of putting sin to death in order to live to the glory of God.
4. A Study of the Sovereignty of God, Fear, Trust, and Submission and delighting in God.
5. An Introduction to Biblical Methods of Change.
6. A Study of the History of the Biblical Counseling Movement and its relationship to other schools of counseling among Christians.
7. An Overview of Biblical Methods for Dealing with Specific Emotional, Behavioral, and Relational Issues, Conclusion and Summary

## **Course Requirements**

1. Read and write a 2-3 page summary of *Seeing with New Eyes*, David Powlison
2. Read *Competent to Counsel*, Jay E. Adams (pp 1-210). Write a 2-3 page summary of how this book impacted Christian counseling.
3. Do a personal growth project (to be more fully explained in class though you may begin before class). 1 Timothy 4:16
  - a. Design a personal character development plan (Make use of biblical principles for change)
  - b. Target one or two areas for growth (e.g. ruling your tongue, speaking more gently to family members)
  - c. Keep a journal recording your progress with general comments reflecting reasons for failure, thoughts and intents of your heart that lead up to failure, what you did, what you didn't do; and what you did to get back on track.
4. Take-Home Exam

## **Suggested Reading**

- *Introduction to Biblical Counseling*, Wayne Mack, John F. MacArthur Jr.
- *The Biblical Counseling Movement*, Dave Powlison

## **Course Overview**

Aug	21	What is Christian Counseling? Biblical? Pastoral? What is Character? What is a Healthy Person? What is the Cause of Emotional and Behavioral Problems?
	23	What is the Cure for Emotional and Behavioral Problems? The Need for Hope
	24	A History of the Biblical Counseling Movement
	28	The Therapeutic Gospel and the Biblical Gospel How People Change Self-Examination and Putting Sin to Death Counseling as Spiritual Warfare
	30	The Development of Character: The Goal of Christian Counseling
	31	The Church and Counseling Reconciliation Particular Counseling Issue