

GRACE EQUIP MINISTRIES
DISCIPLESHIP COUNSELING—LEVEL ONE
“Introduction to Biblical Counseling”
Fall 2025

COURSE DESCRIPTION

This course covers topics such as the definition of discipleship/counseling, the theological basis of discipleship/counseling, the essentials for the discipler/counselor, a comparison of counseling philosophies, the biblical process of change, heart worship, guilt, the key elements of the counseling process, and handling crisis situations. Case studies will be discussed.

COURSE OBJECTIVES

- A. To develop and enrich the student’s personal walk with Christ
- B. To help the student view all of life, including problem areas, as part of the worship process that takes place within the heart of man
- C. To increase the student’s confidence in the sufficiency and superiority of the Scripture for handling all the personal and interpersonal problems of life
- D. To help the student understand the place and role of counseling in the church
- E. To encourage a distinctly biblical way of looking at people and their problems
- F. To challenge the student to build his own counseling practices on solid, biblical theology
- G. To convey the demonstrated practicality of good theology
- H. To confirm and illustrate the fact that a significant number of counseling problems are a result of insufficient or bad theology
- I. To provide an environment for discussion regarding questions related to how theological convictions relate to specific counseling issues
- J. To equip each student to be a more astute theologian and a more discerning counselor in the church of Jesus Christ
- K. To help the student build the fundamental skill of searching the Scriptures comprehensively concerning several specific problems of life
- L. To encourage the student to take an active role in his own sanctification process so that doing so will become a habit and enable him to be a clear example to his counselee

SYLLABUS

Developed by the Grace Church Pastoral Staff. PLEASE OBTAIN PERMISSION FROM THE INSTRUCTOR BEFORE DUPLICATING ANY OF ITS CONTENTS. Thank you!

COURSE REQUIREMENTS

- A. During this course, the student will be given reading assignments; these will consist of particular sections of various books. The student needs to read carefully, thinking about how the material applies to his own life, as well as others he may be in contact with. The student is required to complete **two** reading reports, due on **September 30** and **November 11**.
- B. The student is required to write a **research paper** (10 pages—typed) on the topic of “Remorse and Repentance vs. Remorse and Penance.” This topic is critical as we deal with salvation and sanctification. The student needs to define these terms and research this topic from the Scriptures. Additionally, the student will explain how he was personally affected by this project and how he would counsel a person who is involved in remorse and penance. Due **October 28**.
- C. The student will also be required to complete a **2-page summary paper**, due **November 4**. This paper will be an evaluation of how the course material assisted the student in the change process within his own life. The pastor will also be looking for the importance of these truths for future ministry (2 Cor. 1:1–7).

ACADEMIC INTEGRITY

Cheating of any kind, whether it takes the form of plagiarism, copying another student’s paper, or circumventing the integrity of any assignment, is viewed seriously and constitutes grounds for failure of the class.

FUTURE CERTIFICATION

The student’s sanctification is the primary goal of this class. Secondly, this then results in a healthy Christian life enabling the student to help strengthen of the body of Christ. Finally, this class equips the student to help others as it prepares him for Discipleship Counseling Levels 2-3.

Reading List:	<u>Title</u>	<u>Author</u>
Required		
<i>Counseling: How to Counsel Biblically</i> (2005)		Dr. Wayne Mack & Dr. John MacArthur, Jr.
<i>A Theology of Biblical Counseling</i> (2016)		Heath Lambert
<i>A Theology of Christian Counseling</i> (1986)		Dr. Jay Adams
<i>Christ and Your Problems</i>		
<i>Godliness Through Discipline</i>		
<i>Instruments in the Redeemer's Hands</i> (2002)		Paul David Tripp
Recommended		
<i>The Christian Counselor's Manual</i>		Dr. Jay Adams
<i>Unpacking Forgiveness</i>		Chris Brauns
<i>Biblical Doctrine: A Systematic Summary of Bible Truth</i>		John MacArthur & Richard Mayhue
<i>How to Help People Change</i>		Jay Adams
<i>Trusting God</i>		Jerry Bridges
<i>The Trellis and the Vine</i>		Colin Marshall & Tony Payne
<i>God's Greater Glory</i>		Bruce Ware
<i>The Inspiration and Authority of the Bible</i>		B.B. Warfield
<i>Counseling One Another: A Theology of Interpersonal Discipleship</i> <i>Discipling the Flock</i>		Paul Tautges
<i>Seeing with New Eyes</i>		David Powlison
<i>Power Encounters: Reclaiming Spiritual Warfare</i>		David Powlison
<i>When People Are Big and God is Small</i>		Ed Welch

<i>How People Change</i>	Paul David Tripp & Timothy S. Lane
<i>Competent to Counsel</i>	Jay Adams
<i>The Peacemaker</i>	Ken Sande
<i>Putting Your Past Its Place</i>	Steve Viars

Reading Report Assignment

INSTRUCTIONS

Read the assigned pages and **on 2–3 separate sheets of paper**, type out (or write legibly) your answers to the following questions. Please give concise and specific answers to the questions. This assignment is worth 10% of your total grade, so make what you write count. One report on all assigned reading for the first half of the course is due **September 30**; the second report on all assigned reading for the second half of the course is due by **November 11**. It may be helpful to take notes while reading the material.

REQUIRED FORMAT SAMPLE:

Name: _____

Date: _____

Reading Report

1. Did you read all the assignments? Yes _____, No _____. If no, indicate the percentage read _____.
2. What important principles did you see concerning the Christian life? (Please summarize them.)
3. Was there anything you disagreed with or had questions about? If so, what?
4. What were the most significant challenges or lessons you learned for your own life from the reading assignments?
5. Was there someone you encouraged with what you have learned? If so, please explain.

DISCIPLESHIP COUNSELING—LEVEL ONE

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Instructors:

Date & Topics	Book/Article Title	Pages	Key Verses
August 19 A Definition of Biblical Counseling The Theological Basis of Biblical Counseling	Counseling: How to Counsel Biblically A Theology of Christian Counseling A Theology of Biblical Counseling	vii-47 vii -37 315-319	II Pet. 1:3
August 26 Comparison of Counseling Models	A Theology of Christian Counseling Optional: Counseling: How to Counsel Biblically	160-280 51-63; 79-97	Eph. 4:22-24 (II Cor. 10:5)
September 2 The Biblical Process of Change, Part 1	A Theology of Christian Counseling Instruments in the Redeemer's Hands A Theology of Biblical Counseling Changing Your Thought Patterns (article)	38-60 57-73 180 - 213	Col 2:8 (Ps. 1; Rom. 1:18)
September 9 The Biblical Process of Change, Part 2	Optional: Counseling: how to Counsel Biblically Instruments in the Redeemer's Hands A Theology of Biblical Counseling	162-175 75-94 214-246	
September 16 Hermeneutics	TBD		
September 23 Godly Attitudes	A Theology of Christian Counseling Counseling: How to Counsel Biblically	61-159 88-97	II Cor. 5:9 (Col. 1:28)

September 30 Involvement Reading Report due	Optional: Counseling: How to Counsel Biblically Instruments in the Redeemer's Hands	212-230 17-35	Rom. 15:14 Eph. 4:2 Phil 2:3-4
October 7 <u>NO CLASS</u>	<u>NO CLASS</u>	<u>NO CLASS</u>	<u>NO CLASS</u>
October 14 Gathering Data, Interpretation	Optional: Counseling: How to Counsel Biblically	131-161	(Prov. 18:13,17 Acts 20:31, II Tim. 3:16-17, I Thess. 5:14)
October 21 Giving Homework, Hope	A Theology of Christian Counseling Optional: Counseling: How to Counsel Biblically	309-326 176-200	Rom 13:14 (Rom. 8:7, 8; 15:4; I Tim. 4:7-9)
October 28 Physical & Spiritual Aspects	PENANCE VS. REPENTANCE PAPER DUE		
November 4 Providing Instruction	Godliness through Discipline (booklet) Summary paper due		
November 11 Biblical View of Ones Past	Finish up anything due Review and Q & A Reading report due		