

(Approximately) 100 “Go to” Texts for Biblical Counseling

I. General principles:

- A. The Bible is infallible and sufficient for counseling. II Tim. 3:16-17
- B. Apply the gospel specifically to every problem. Phil. 4:12
- C. You and your counselee are totally dependent upon God for success. John 15:5

II. Addressing various counseling problems.

A. Conflict resolution.

- 1. Pursue peace. Mt. 5:9
- 2. Listen carefully and listen to both sides. Pr. 18:13,17
- 3. First address your own sin. Mt. 7:3-5
- 4. Confront your erring brother in love. Gal. 6:1-2
- 5. Be prepared to follow the steps of church discipline. Mt. 18:15-20
- 6. Christians should not sue other Christians in secular courts. I Cor. 6:1f
- 7. Even if you do all you can to seek resolution, you may not succeed. Rom. 12:19

B. Anger

- 1. Anger is murder. Mt. 5:21-22
- 2. The cause of conflict is sinful desire. James 4:1-6
- 3. An angry person is dangerous. Prov. 25:28

C. Revenge

- 1. Don't take your own revenge. Trust God to do what is right. Rom. 12:19-21
- 2. Show love to your enemy. Mt. 5:43-48

D. Helping people who have been hurt by others (abused).

- 1. Bitterness is destructive. Heb. 12:15
- 2. Joseph trusted God and thereby forgave his abusers. Gen. 50:18

E. Communication..

- 1. The tongue is a fire. James 3:6f
- 2. Use your words to build up, not tear down. Don't always say whatever is on your mind. Eph. 4:29
- 3. Be slow to speak and quick to listen. Js. 1:19-20
- 4. Focus on understanding the other person rather than upon being understood. Phil. 2:3-4
- 5. A gentle answer turns away wrath. Prov. 15:1

F. Resisting temptation.

- 1. God's promise: you won't be tempted beyond what you are able. I Cor. 10:13
- 2. Joseph's example. Genesis 39:7-10

G. Lust.

1. Lust in the heart is adultery. Mt. 5:27-30
2. Flee lust. II Tim. 2:22
3. You are responsible for what you think about. Phil. 4:8-9 (also applies to fear, worry, depression, etc.)

#### H. Fear.

1. The fear of man brings a snare. Prov. 29:25
2. Trusting in people is idolatry and will ruin you. Jer. 17:5-8

#### I. Worry.

1. Trust God to meet your needs. Mt. 6:25-34
2. Pray with thanksgiving. Phil. 4:6-7

#### J. Depression

1. Are you depressed because of your sin? Ps. 32
2. The key to overcoming depression is not a change in your circumstances, but an increase in your faith. Phil. 4:11-13

#### K. Addictions.

1. Addiction is seeking from some idol what God alone gives. Isa. 55:1-2
2. The root problem is that some love pleasure more than they love God. II Ti. 3:4
3. Substance abuse is sinful and destructive. Prov. 23:29-35
4. "Co-dependents" makes the addict their idol. Jer. 17:5-8

#### L. Facing trials and calamity.

1. God sovereignly works all things together for good. Rom. 8:28
2. God uses trials in your sanctification. James 1:2f
3. Nothing can separate you from God's love in Christ. Rom. 8:31-39

#### M. Seeking forgiveness.

1. From God. I John 1:8-10
2. From those you have wronged. Mt. 5:23-24

#### N. Granting forgiveness.

1. Forgive as you have been forgiven. Eph. 4:32
2. The story of the unmerciful servant. Mt. 18:21-35

#### O. Repentance.

1. How can you tell if repentance is genuine? II Cor. 7:9-11
2. An example of true repentance. Psalm 51

#### P. Presenting the gospel.

1. We are saved not by keeping the law, but by Christ's atoning death. Ro. 3:20-26
2. Confess your sins. I John 1:8-2:2
3. The substitution of the Lamb of God for sinners. Isa. 53:4-6
4. The thief on the cross as an example of salvation by grace. Luke 23:39-43
5. We are saved by grace alone through faith alone. Eph. 2:8-9

Q. Assurance of salvation.

1. If you truly believe in the Lord Jesus, you have been born of God. I Jo. 5:1
2. If you are one of Christ's sheep, he keeps you safe. John 10:28-29
3. If you have no regard for God's commandments you are still lost. I Jo. 2:3-4
4. If you have no love for the brethren, you have not been born of God. I Jo. 4:8-9

R. Sanctification.

1. The converted sinner is no longer to be labeled by his old deeds. I Cor. 6:9-11
2. Consider your old nature dead and your new nature alive in Christ. Rom. 6:11
3. The believer is a new person with a new nature. II Cor. 5:17
4. God will work to sanctify you. Phil. 1:6
5. You are responsible to put forth effort in your sanctification. Phil. 2:12-13
6. Learn and apply the put off and put on dynamic. Eph. 4:22-24
7. Christ saved us that we might do good works. Titus 2:14

S. Church involvement.

1. Regular attendance is mandatory. Heb. 10:25
2. God wants you to commit (join) making yourself accountable to particular church leaders. Heb. 13:17
3. Each of us is to serve. I Pet. 4:10-11
4. Each of us is to give as God has prospered us. I Cor. 16:2

T. Work and employment.

1. God's design is that you work six days a week. Ex. 20:9
2. Don't be a sluggard. Prov. 6:6-11
3. If someone refuses to work, he should not eat. II Thess. 3:10
4. Serve God through your vocation. Eph. 6:5-9

U. Finances.

1. Planning (budgeting) is wise. Prov. 21:5
2. Acknowledge God's sovereignty over your finances. Js. 4:13-17
3. God gives you the ability to earn. Deut. 8:18
4. Avoid debt. Prov. 22:7
5. Don't make an idol of money, but store up treasure in heaven. Mt. 6:19-21
6. The love of money leads to every other evil behavior. I Tim. 6:10
7. Be generous with those in need. I Tim. 6:17-19
8. Giving to the Lord's work should be the first item in your budget. Prov. 3:9
9. Pay your taxes. Mt. 22:17-21

V. Decision Making/Knowing God's will.

1. Wholeheartedly seek wisdom from God. James 1:5 (Also see Proverbs 1-9).
2. Search for God's moral will in the Bible. II Tim. 3:16-17
3. Seek Godly counsel. Pr. 15:22
4. You can't know God's secret will. Deut. 29:29
5. Submit your plans to God's sovereign will. Prov. 16:9
6. Trust God, that his way is best. Prov. 3:5-6

W. Integrity.

1. Simply tell the truth. Mt. 5:37
2. Lying destroys relationships. Eph. 4:25

### III. Family issues.

#### A. Marriage is divinely instituted.

1. God's design for marriage. Gen. 2:18-23
2. God's directive for marriage. Gen. 2:24

#### B. The role of the husband.

1. Loving. Eph. 5:25-30
2. Understanding. I Pet. 3:7
3. Serving. John 13:1f

#### C. The role of the wife.

1. Submission. Eph. 5:22-24
2. Dealing with an unsaved husband. I Pet. 3:1-6 (see context 2:21-25)

#### D. Sex.

1. All sex outside of marriage is wrong. Heb. 13:4 (also see Gen. 2:24)
2. God wants us to be fruitful (have kids). Gen. 1:28
3. Your sexuality belongs to your spouse. Don't deprive him/her. I Cor. 7:3-5
4. God wants married people to enjoy sex. Prov. 5:18-19 (also Song of Solomon)

#### E. Child training.

1. The duties of children. Eph. 6:1-3
2. The duties of parents. Eph. 6:4
3. The necessity of discipline. Prov. 19:18

#### F. Divorce.

1. God hates divorce. Mal. 2:16
2. What God has joined, let no man separate. Mt. 19:5-6
3. Adultery is a ground for divorce (the other person broke the covenant). Mt. 19:9
4. Abandonment by an unbeliever is a ground for divorce. I Cor. 7:15
5. Don't leave your unbelieving spouse or drive him/her away. I Cor. 7:12