

Biblical Counseling Workshop

Date: March 23, 2019, 9AM - 5PM

Place: New Church of Atlanta (EM Chapel) (2845, Amwiler Road, Atlanta)

Speakers: Rev. David Lee, Esther Liu

Workshop Facilitator: Dr. Roger Lin

Schedule

<i>9:00 AM</i>	<i>Speaker: Esther Liu</i>
<i>10:00 AM – 12PM</i>	<i>Counseling One Another I (~40 min instructions, ~80 minutes of triads)</i>
<i>12PM – 1PM</i>	<i>Lunch (Catered in)</i>
<i>1PM – 2PM</i>	<i>Speaker: David Lee</i>
<i>2PM – 4 PM</i>	<i>How to Counsel One Another II (~40 min talk, ~80 minutes of triads)</i>
<i>4PM – 5PM</i>	<i>Q&A with speakers</i>
<i>5PM</i>	<i>Dinner (catered in)</i>

10:00AM-12:00PM Counseling One Another I

Introduction

A basic worldview of the human life is that our identity is based on our performance.

Galatians 1:10; Matthew 7:1-5

Are you living to make much of yourself or much of God?

Are you living for God or are you using God to live for yourself?

Passage: **2 Corinthians 2:12 - 3:3**

Proposition: The gospel transforms our lives from needing to perform for our acceptance to be free to live for Christ alone.

1. Preach the Gospel of Christ.
2. Give thanks to God.
3. Save souls

Application

Let's look take a look at our lives and consider the evidence of God.

Some believers may be wary of introspection activities for fear of being too self-focused, but then they are completely un-aware of themselves. The different between self-awareness and self-absorption is whether you are living for yourself or for God.

What is your letter of recommendation for God?

Personal reflection activity: Life timeline testimony

Make a timeline of the significant positive and negative events of your life.

How did these events preach the Gospel of Christ? How can you give thanks to God for these events in your life? How can these events in your life help save souls?

Triad activity: Groups of 3 people.

Speaker: Share your timeline testimony. (20 minutes)

Counselor: Listen, ask questions, validate.

Observer: Give feedback to speaker and counselor after the speaker is done sharing. (5 minutes)

2:00PM – 4:00PM How to Counsel One Another II

Passage: 2 Corinthians 1:1-7

Introduction

Look out for sin management. Let us learn to fight sin and repent to be more like Jesus.

Romans 1:30-32

The first question of The Heidelberg Catechism (1563):

Question 1. What is your only comfort, in life and in death?

That I belong — body and soul, in life and in death — not to myself but to my faithful Savior, Jesus Christ, who at the cost of his own blood has fully paid for all my sins and has completely freed me from the dominion of the devil; that he protects me so well that without the will of my Father in heaven not a hair can fall from my head; indeed, that everything must fit his purpose for my salvation. Therefore, by his Holy Spirit, he also assures me of eternal life, and makes me wholeheartedly willing and ready from now on to live for him.

1. **God is the author of your life.**

Hebrews 12:1-4

2. **Our lives are revelatory.**

To the extent you study and share about how God has worked in your life is the extent you are able to display who God is.

1 Peter 2:24-25

1 John 1:6-10

Skills training activity: *3 Trees Counseling Model*

Answer the 8 questions from the 3 Trees Counseling model for each situation

Common counseling situations:

1. Addiction, escape, numb the pain. Gambling, drinking, devices, video games
2. Unfocused, Laziness, comfort- pleasure.
3. Anxious: fears of disapproval, rejection, failure, pain, discomfort, not succeeding.
4. Angry/irritable/frustrated. Short fuse, critical
5. Selfish/rude/judgmental. Ego/prideful. Looks down on others.
6. Depressed, negative, hopeless, failure mode. Pessimistic.
7. Sexual sin, serial dating, objectifying people.
8. Trials: Suffering, job loss, moving away, grief/loss, sickness, cancer.

Personal reflection activity: Work through the *3 Trees Counseling Model* for a situation you are experiencing.

Triad activity: Groups of 3 people.

Speaker: Share about your situation. (20 minutes)

Counselor: Listen, ask questions, validate.

Observer: Give feedback to speaker and counselor after the speaker is done sharing. (5 minutes)