

ACBC Exam Study Guide
Counseling Exam 1

Q: What issues should be covered in an introductory session with a counselee regardless of the counseling issue? Explain the importance of each issue.

1. Facilitate _____ (1 Thes. 5:17; Phil. 4:6; James 1:5; Mt. 6:9-13; Eph. 1, 6:10-20; Col. 1, 4:2; Phil. 1; Ps. 51, 139:23-24)
 - a. Prayerlessness is practical atheism (Ps. 53:1; Ps. 127:1)
 - b. Prayerfulness pleases God (Psalms, Phil. 4:6-7; Mt. 6:9-13; Rev. 5:8)
 - c. Prayerfulness appropriates steadfastness (Eph. 6:10-20)
 - d. Prayerfulness cultivates humility (Mt. 5:3-4)

“God commands us to love one another, abstain from what is evil, pursue righteousness, submit to those in authority over us, be patient and humble, love our spouse... endure persecution, and love our neighbor. We can’t do any of these things in our own strength. We can’t obey in our own power. And so, we must pray.”¹
2. Gather _____ (Pr. 18:13, 15, 17; 20:5; 1 Cor. 2:14; Mk. 8:29)
 - a. Engage EACH individual and let each individual speak for themselves. (Pr. 18:17)
 - b. Get detailed factual data through intensive and extensive PROBING (Pr. 20:5)
 - c. Discern the state of their soul (1 Cor. 2:14; Mk. 8:29; 1 Thes. 5:14)
3. Determine _____ (1 Thes. 5:14; Pr 4:23, 23:7; Mt. 6:21; James 4:1)
4. Give _____ (Col 1:28-29, 3:16; 2 Tim 3:16-17; Pr. 27:6, 9)
 - a. RELATE God’s Word according to the person(s) and problem(s) at hand
 - b. Establish the authority and SUFFICIENCY of Scripture
5. Give _____ (Rom 15:4, 13; Rom 8; Lam. 3:19-24; 2 Pt. 1:3; 1 Jn. 5:4-5, 3:2-3; 1 Cor. 10:13)
 - a. Hope: A CONFIDENT expectation based on the promises of God
 - b. Show CHRIST as the remedy for sin and the reward of suffering (1 John 5:4-5; 3:2-3)

¹ Stephen Yuille, *A Labor of Love*, p. 57.
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- c. Specific counseling problems require hope:²
 - People with long-standing problems need hope (John 9)
 - People with particularly difficult problems need hope (Rom. 15:4, 13)
 - People who have been exploited, misled, or abused need hope
 - People who are plagued by fears, whether real or imaginary, need hope (Heb. 2:15)
 - People who have experienced repeated failures and disappointments need hope
 - People who are nearing the end of their lives need hope (Ecc. 12:1-8)
 - People who struggle with bouts of depression need hope
 - People who are suicidal need hope
 - People who have suffered great loss need hope (Lam. 3:19-24)
 - People who are without Christ need hope (1 Pt. 2:10)

“... the gospel is not just one piece of good news that fits into my life somewhere among all the bad. I realize instead that the gospel makes genuinely good news out of every other aspect of my life, including my severest trials. The good news about my trials is that God is forcing them to bow to His gospel purposes and do good unto me by improving my character and making me more conformed to the image of Christ.”³

- 6. Gain _____ (1 Thes. 4:13; Eph. 4:22-32; 1 Cor. 10:31)
 - a. Commitment to Christ and Christ-likeness (Eph. 2:8-10, 5:1)
 - b. Commitment to prayer, Bible study and application (John 17:17; 1 Tim. 4:7-8)

“Laying out an agenda for the next session in this way often (1) encourages the counselee to return; (2) encourages the counselee to see that there is much more to be done; (3) encourages the counselee to see that the counselor (a) has a plan and program, (b) moves thoroughly, not rushing things through in order to get them done, (c) cares enough to explain what he is doing when and why.”⁴

- 7. Assign _____ (James 1:22-25; Mt. 7:24-27; Dt. 32:47; John 17:17)
 - a. Establishes a pattern of action and change (Eph. 4:22-24)
 - b. Establishes expectations of the counselor for the counselee (James 1:22)
 - c. Establishes dependence upon God’s Word rather than on the counselor
 - d. Establishes growth patterns between sessions
 - e. Establishes a good starting point for the next meeting

Key Resources:

- “Key Elements of Biblical Counseling,” mp3 audio (BCDC), available at gbcgranbury.com/gbi.
- MacArthur & Mack, *Counseling*, Chapters 10-16.
- Jay Adams, *The Christian Counselors Manual*, pp. 228-231.
- Jay Adams, *Ready to Restore*, Chapter 6.
- Jay Adams, *Critical Stages of Biblical Counseling*, Chapters 1-3.
- Jay Adams, *Helps for Counselors*, p. 5 (Entire booklet helpful).

² Eyrich & Hines, *Curing the Heart*, 133-34.

³ Milton Vincent, *A Gospel Primer*, 31-32.

⁴ Jay Adams, *The Christian Counselor’s Manual*, 230.