

NHC C-5 Course Book 2016

Session One

Course Content

Introduction to C-5 (60 minute audio & 6 page paper required before attending Session One)

Informal quiz to help custom fit class to the to needs of attendees

Ongoing support structure for NHC Caregivers with confidentiality

Introduction to mentoring types

Introduction to Caregivers tool Box tools

Training in use of tool box tools

Attendees Exercises for practical application

Graduation and Communion

Informal quiz to help custom fit class to the to needs of attendees

- !) What Bible verses would you use to lead someone to to a saving faith in Christ?

- 2) What Bible verses would you use to explain baptism to a new Christian?

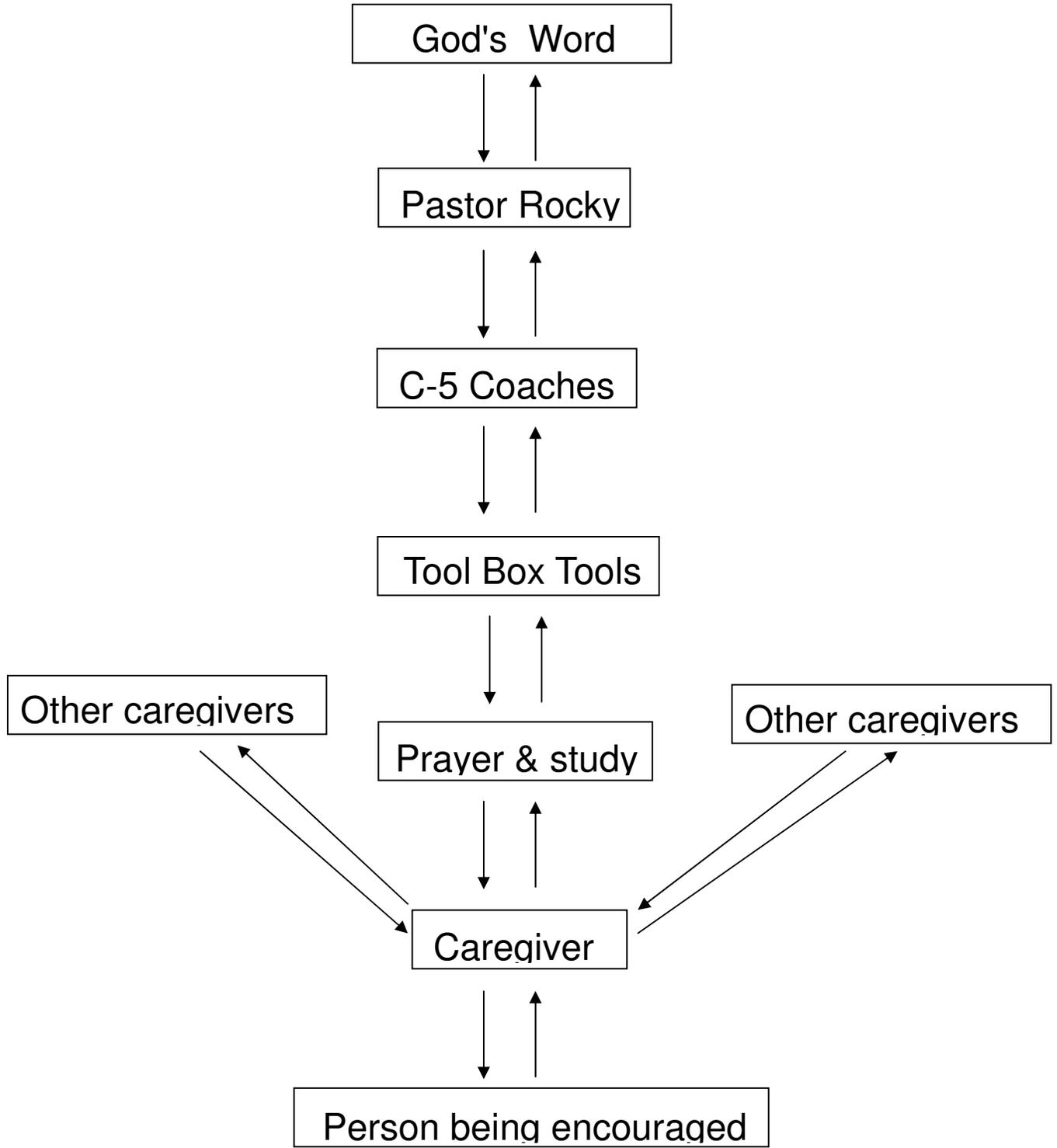
- 3) What Bible verses would you use to show that fellowship is part of the Christian life?

- 4) What Bible verses would you use to teach why we take communion?

- 5) What Bible verses would you use to teach what prayer is and why we do it?

- 6) What Bible verses would you use to show why Christians spend time in the Bible?
- 7) What Bible verses would you use to show what worship is?
- 8) What Bible verses would you use to teach why giving to the Lord is part of the Christian life?
- 9) What Bible verses would you use to help a person who says “I'm fearful”?
- 10) What Bible verses would you use to help a person who says “ I'm angry.”?
- 11) What Bible verses would you use to help a person who says “I'm sinning”?
- 12) What Bible verses would you use to help a person who says “I'm bored with life”?
- 13) What Bible verses would you use to help a person who says “I lost my job”?

NHC Caregivers Support Network



Introduction to mentoring types

Caring for others to help them become better than their “former self”

Titus 2:2 & 6-8 **2** Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

6 Similarly, encourage the young men to be self-controlled. **7**In everything set them an example by doing what is good. In your teaching show integrity, seriousness **8** and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

Mentoring Types

1) **THE DISCIPLER:** A MORE EXPERIENCED BELIEVER IN CHRIST SHARES WITH A NEWER BELIEVER THE BASIC COMMITMENT AND SKILLS NECESSARY TO WALK CLOSE TO THE LORD IN EVERYDAY LIFE, AND OBEY HIM AS LORD.

2) **THE SPIRITUAL GUIDE:** HELPS WITH A SPIRITUAL CHECK-UP. LOOKS AT THE MOTIVATIONS AND HEART CONDITION OF A BELIEVER IN CHRIST WHO HAS BEEN SERVING FOR A LONG TIME AND HAS BECOME TIRED, CRABBY, OR HAS HIT A PLATEAU.

3) **THE COACH:** A RELATIONSHIP THAT IMPARTS ENCOURAGEMENT AND SKILL TO ANOTHER TO SUCCEED IN A PARTICULAR TASK. SOMEONE WHO DOES IT WELL COACHING SOMEONE WHO WANTS TO LEARN AND IS IN THE GAME NOW.

4) **THE COUNSELOR:** TIMELY ADVICE AND IMPARTIAL PERSPECTIVE GIVEN TO OTHERS TO HELP THEM WITH THEIR VIEW OF SELF, OTHERS, CIRCUMSTANCE, AND MINISTRY.

5) **THE TEACHER:** IMPARTS KNOWLEDGE AND UNDERSTANDING OF A PARTICULAR SUBJECT.

6) **THE SPONSOR:** A PERSON HAVING CREDIBILITY AND/OR AUTHORITY IN AN ORGANIZATION ENABLES OTHERS TO MOVE IN AND UP BY USING THEIR NETWORK OF RELATIONSHIPS

Introduction to Care Givers Tool Box

- 1) Holy Bible / Cyclopedic Index**
- 2) Bible Dictionary/ Concordance (data)**
- 3) Sons or Orphans doc (data)**
- 4) Life will make you Better or Bitter (data)**
- 5) C-5 Bible Verses Manual (data)**
- 6) Biblical Counseling Advanced Training (data)**
- 7) Milestone One / How to Study the Bible (data)**
- 8) Disciple Me Workbook (data)**
- 9) Basic Eight with Verses (printed)**
- 10) Why Biblical Counseling (printed)**
- 11) Basic Key Verses List (printed)**
- 12) Simple Care Guidelines (printed)**

Training in Use of Tool Box Tools

1) Holy Bible / Cyclopedic Index

2) Bible Dictionary/ Concordance (data)

3) Sons or Orphans doc (data)

4) Life will make you Better or Bitter (data)

5) C-5 Bible Verses Manual (data)

6) Biblical Counseling Advanced Training (data)

7) Milestone One / How to Study the Bible (data)

8) Disciple Me Workbook (data)

NHC C-5 Course Book 2016
Session Two

9) Basic Eight with Verses (printed)

JESUS THE GREAT SHEPHERD SAYS TO YOU:

1) YOU ARE MY SHEEP, BUT OTHERS ARE MISSING. PLEASE GO OUT AND HELP FIND THEM. (SHARING JESUS)

Matt. 9:36-38 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. 37 Then he said to his disciples, "The harvest is plentiful but the workers are few. 38 Ask the Lord of the harvest to send out workers into the harvest."

2) YOU ARE MY SHEEP, PLEASE HELP MY NEW LAMBS SHOW OTHERS THAT THEY ARE NOW MINE. (BAPTISM)

MATT. 28:18-20 18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 And teaching them to obey everything I have commanded you and surely I am with you always to the very end of the age."

3) YOU ARE MY SHEEP, PLEASE TAKE TIME TO LEARN ABOUT ME, TO LEARN MY WAYS, AND TO TALK TO EACH OTHER ABOUT WHAT YOU ARE LEARNING. (BIBLE USE)

2 TIM 2:15 15 Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth

4) YOU ARE MY SHEEP, PLEASE ENJOY BEING WITH EACH OTHER AS YOU ACCOMPLISH MY WILL ON EARTH. (FELLOWSHIP)

Acts 2:42 42 They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.

5) YOU ARE MY SHEEP, PLEASE REMEMBER THE GREAT PRICE I'VE PAID TO MAKE YOU MY OWN. (COMMUNION)

LK. 22:14-20 14 When the hour came, Jesus and his apostles reclined at the table. 15 And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. 16 For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God." 17 After taking the cup, he gave thanks and said, "take this and divide it among you. 18 For I tell you I will not drink again of the fruit of the vine until the kingdom of God comes." 19 And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me. " 20 In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

6) YOU ARE MY SHEEP, PLEASE TELL ME EVERYTHING THAT IS ON YOUR MIND AND IN YOUR HEART. (PRAYER)

Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

7) YOU ARE MY SHEEP; PLEASE TAKE SOME OF WHAT I HAVE BLESSED YOU WITH TO HELP A SHEEP WHO IS IN NEED. (GIVING)

2 Corinthians 9:6 My point is this: the person who sows sparingly will also reap sparingly, and the person who sows generously will also reap generously. 9:7 Each one of you should give just as he has decided in his heart, not reluctantly or under compulsion, because God loves a cheerful giver.

8) YOU ARE MY SHEEP, PLEASE GATHER AROUND ME AND I WILL CAUSE YOU TO REJOICE IN MY PRESENCE AND EXPERIENCE MY PLEASURE. (WORSHIP)

ROM. 12:1-2 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God this is your spiritual act of worship.

"I Love you Lord Jesus, so I will do these things. I will do them for you."

10) Why Biblical Counseling (printed)

Why Biblical Counseling

What does the Bible say?

1. Proverbs 11:14 A nation falls through a lack of guidance, but victory comes through the counsel of many.
2. Proverbs 15:22 Plans fail without advice, but with many caregivers they are confirmed.
3. Proverbs 13:10 Where there is strife, there is pride, but wisdom is found in those who take advice.
4. Proverbs 24:6 for you should wage war with sound guidance– victory comes with many caregivers.
5. Proverbs 20:18 Plans are confirmed by getting advice, and with guidance one wages war.

Counsel from God.

6. Psalm 16:7-8 I will praise the LORD who counsels me— even at night my conscience instructs me. I keep the LORD in mind always. Because He is at my right hand, I will not be shaken.

7. Psalm 73:24 You guide me with your counsel, leading me to a glorious destiny.

8. Psalm 32:8 [The LORD says,] “I will instruct you. I will teach you the way that you should go. I will advise you as my eyes watch over you.

9. James 3:17 But the wisdom from above is first pure, then peaceable, gentle, accommodating, full of mercy and good fruit, impartial, and not hypocritical.

The Holy Spirit our caregiver.

10. John 16:13 When the Spirit of Truth comes, he will guide you into the full truth. He won't speak on his own. He will speak what he hears and will tell you about things to come.

11. John 14:26 But the caregiver, the Holy Spirit—the Father will send Him in My name—will teach you all things and remind you of everything I have told you.

Listening to wise counsel.

12. Proverbs 19:20 Listen to advice and receive discipline, that you may become wise by the end of your life.

13. Proverbs 12:15 A stubborn fool considers his own way the right one, but a person who listens to advice is wise.

Build each other up.

14. Hebrews 10:24 We must also consider how to encourage each other to show love and to do good things. We should not stop gathering together with other believers, as some of you are doing. Instead, we must continue to encourage each other even more as we see the day of the Lord coming.

15. 1 Thessalonians 5:11 So then, encourage one another and build each other up, as you are doing.

16. Hebrews 3:13 Instead, continue to encourage one another every day, as long as it is called “Today,” so that none of you may be hardened by the deceitfulness of sin,

The Bible is the only tool you need.

17. 2 Timothy 3:16-17 All Scripture is given by God. And all Scripture is useful for teaching and for showing people what is wrong in their lives. It is useful for correcting faults and teaching the right way to live. Using the Scriptures, those who serve God will be prepared and will have everything they need to do every good work.

18. Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

19. Psalm 119:15 I want to reflect on your guiding principles and study your ways.

20. Psalm 119:24-25 Your statutes are my delight; they are my caregivers. I am laid low in the dust; preserve my life according to your word.

Reminders

21. Ephesians 4:15 Instead, by speaking the truth in love, we will grow up completely and become one with the head, that is, one with the Messiah,

22. James 1:19 Understand this, my dear brothers and sisters! Let every person be quick to listen, slow to speak, slow to anger.

23. Proverbs 4:13 Keep hold of instruction; do not let go; guard her, for she is your life.

24. Colossians 2:8 Be careful not to allow anyone to captivate you through an empty, deceitful philosophy that is according to human traditions and the elemental spirits of the world, and not according to Christ.

25. Colossians 1:28 He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.

Bonus

Ephesians 4:22-24 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

11) Basic Key Verses List (printed)

Basic Key Verses for Various Counseling Topics

Joshua 1:8 *“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”*

Psalm 119:11 *“Thy word have I hid in mine heart, that I might not sin against thee.”*

Psalm 119:105 *“Thy word is a lamp unto my feet, and a light unto my path.”*

Proverbs 3:5, 6 *“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”*

Matthew 28:19, 20 *“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.”*

John 1:12 *“But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:”*

John 3:16 *“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”*

John 14:6 *“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.”*

Acts 4:12 *“Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.”*

Romans 3:23 *“For all have sinned, and come short of the glory of God;”*

Romans 6:23 *“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.”*

Romans 12:1, 2 *“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

1 Corinthians 6:19, 20 *“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”*

1 Corinthians 10:13 *“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”*

1 Corinthians 10:31 *“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”*

Philippians 4:8 *“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”*

Philippians 4:19 *“But my God shall supply all your need according to his riches in glory by Christ Jesus.”*

2 Timothy 2:15 *“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”*

2 Timothy 3:16, 17 *“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.”*

1 John 1:9 *“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”*

Abortion

Leviticus 17:14 *“For as for the life of all flesh, its blood is identified with its life.”*

Psalms 139:13-15 *“For You formed my inward parts; You wove me in my mother’s womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the depths of the earth.”*

Addictions

Romans 6:6 *“Knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin.”*

1 Corinthians 10:13 *“No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.”*

Adultery

Matthew 5:28 *“But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.”*

Ephesians 5:3 *“But immorality or any impurity or greed must not even be named among you, as is proper among saints.”*

Alcoholism (see also Addictions)

1 Peter 5:7 *“Casting all your anxiety on Him, because He cares for you.”*

Ephesians 5:18 *“And do not get drunk with wine, for that is dissipation, but be filled with the Spirit.”*

Anger

Ephesians 4:26- 27 *“BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity.”*

Genesis 4:5-8 *“So Cain became very angry and his countenance fell. Then the LORD said to Cain, ‘Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.’ Cain told Abel his brother. And it came about when they were in the field, that Cain rose up against Abel his brother and killed him.”*

Colossians 3:8 *“But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.”*

Anxiety

Philippians 4:6 *“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*

Hebrews 13:5 *“Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, ‘I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU.’”*

Matthew 6:34 *“So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.”*

James 1:17 *“Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.”*

Matthew 7:11 *“If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!”*

Bitterness

Hebrews 12:15 *“See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.”*

Ephesians 4:31 *“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.”*

Philippians 2:14 *“Do all things without grumbling or disputing.”*

Philippians 4:11 *“Not that I speak from want, for I have learned to be content in whatever circumstances I am.”*

Communication

James 1:19 *“This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger.”*

Colossians 4:6 *“Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person.”*

Ephesians 4:29 *“Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.”*

Dating

Proverbs 31:10-31, 1 Timothy 3:1-13, 1 Peter 3:3-5, Song of Solomon 1 and 2

Depression

2 Corinthians 7:6 *“But God, who comforts the depressed, comforted us by the coming of Titus.”*

2 Corinthians 4:8-10 *“We are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body.”*

Philippians 4:4 *“Rejoice in the Lord always; again I will say, rejoice!”*

Colossians 3:15 *“Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.”*

Colossians 3:2 *“Set your mind on the things above, not on the things that are on earth.”*

Doubt

James 1:6-8 *“But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind. For that man ought not to expect that he will receive anything from the Lord, 8being a double-minded man, unstable in all his ways.”*

Isaiah 26:3 *“The steadfast of mind You will keep in perfect peace, Because he trusts in You.”*

2 Timothy 3:14 *“You, however, continue in the things you have learned and become convinced of, knowing from whom you have learned them.”*

John 20:24-29 *“But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. So the other disciples were saying to him, ‘We have seen the Lord!’ But he said to them, ‘Unless I see in His hands the imprint of the nails, and put my finger into the place of the nails, and put my hand into His side, I will not believe.’ After eight days His disciples were again inside, and Thomas with them. Jesus came, the doors having been shut, and stood in their midst and said, ‘Peace be with you.’ Then He said to Thomas, ‘Reach here with your finger, and see My hands; and reach here your hand and put it into My side; and do not be unbelieving, but believing.’ Thomas answered and said to Him, ‘My Lord and my God!’ Jesus said to him, ‘Because you have seen Me, have you believed? Blessed are they who did not see, and yet believed.’”*

Eating Disorders (see also Addictions)

1 Corinthians 6:13 *“Food is for the stomach and the stomach is for food, but God will do away with both of them Yet the body is not for immorality, but for the Lord, and the Lord is for the body.”*

Deuteronomy 8:3 *“He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD.”*

Romans 5:8 *“But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.”*

Matthew 26:26 *“While they were eating, Jesus took some bread, and after a blessing, He broke it and gave it to the disciples, and said, ‘Take, eat; this is My body.’”*

Ephesians 4:32 *“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”*

Fear

Psalms 23:4 *“Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.”*

Deuteronomy 31:8 *“The LORD is the one who goes ahead of you; He will be with you He will not fail you or forsake you. Do not fear or be dismayed.”*

Isaiah 35:4 *“Say to those with anxious heart, ‘Take courage, fear not Behold, your God will come with vengeance; The recompense of God will come, But He will save you.’”*

Isaiah 43:2 *“When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you.”*

God’s Will

Proverbs 3:5-6 *“Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”*

1 Thessalonians 4:3 *“For this is the will of God, your sanctification.”*

John 10:27 *“My sheep hear My voice, and I know them, and they follow Me.”*

Romans 8:24 *“For all who are being led by the Spirit of God, these are sons of God.”*

Grief

2 Corinthians 1:3-4 *“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.”*

Guilt

1 John 1:9 *“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”*

Psalms 103:12 *“As far as the east is from the west, So far has He removed our transgressions from us.”*

Philippians 3:13-14 *“Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”*

Hate

Matthew 5:43-44 *“You have heard that it was said, ‘YOU SHALL LOVE YOUR NEIGHBOR and hate your enemy.’ But I say to you, love your enemies and pray for those who persecute you.”*

Romans 2:11 *“For there is no partiality with God.”*

1 John 4:7-8 *“Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God. The one who does not love does not know God, for God is love.”*

Impatience

Ecclesiastes 7:8 *“Patience of spirit is better than haughtiness of spirit.”*

Ephesians 4:1-3 *“Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace.”*

Judgmentalism

Luke 6:37 *“Do not judge, and you will not be judged; and do not condemn, and you will not be condemned; pardon, and you will be pardoned.”*

John 7:24 *“Do not judge according to appearance, but judge with righteous judgment.”*

Laziness

Proverbs 15:19 *“The way of the lazy is as a hedge of thorns, but the path of the upright is a highway.”*

Matthew 25:26-28 *“But his master answered and said to him, ‘You wicked, lazy slave, you knew that I reap where I did not sow and gather where I scattered no seed. Then you ought to have put my money in the bank, and on my arrival I would have received my money back with interest. Therefore take away the talent from him, and give it to the one who has the ten talents.’”*

Proverbs 6:6-11 *“Go to the ant, O sluggard, Observe her ways and be wise, Which, having no chief, Officer or ruler, Prepares her food in the summer And gathers her provision in the harvest. How long will you lie down, O sluggard? When will you arise from your sleep? ‘A little sleep, a little slumber, A little folding of the hands to rest’-- Your poverty will come in like a vagabond And your need like an armed man.”*

Legalism

Romans 6:14 *“For sin shall not be master over you, for you are not under law but under grace.”*

Galatians 5:18 *“But if you are led by the Spirit, you are not under the Law.”*

Galatians 3:1-3 *“You foolish Galatians, who has bewitched you, before whose eyes Jesus Christ was publicly portrayed as crucified? This is the only thing I want to find out from you: did you receive the Spirit by the works of the Law, or by hearing with faith? Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?”*

Lust

2 Timothy 2:22 *“Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.”*

Job 31:1 *“I have made a covenant with my eyes; How then could I gaze at a virgin?”*

Marriage

1 Corinthians 7:3-5 *“The husband must fulfill his duty to his wife, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.”*

Proverbs 18:22 *“He who finds a wife finds a good thing And obtains favor from the LORD.”*

Malachi 2:16 *“‘For I hate divorce,’ says the LORD, the God of Israel, ‘and him who covers his garment with wrong,’ says the LORD of hosts. ‘So take heed to your spirit, that you do not deal treacherously.’”*

Ephesians 5:22-28 *“Wives, be subject to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. So husbands ought also to love their own wives as their own bodies.”*

1 Corinthians 7:14 *“For the unbelieving husband is sanctified through his wife, and the unbelieving wife is sanctified through her believing husband; for otherwise your children are unclean, but now they are holy.”*

Parenting

Proverbs 13:24 *“He who withholds his rod hates his son, But he who loves him disciplines him diligently.”*

Colossians 3:21 *“Fathers, do not exasperate your children, so that they will not lose heart.”*

Psalms 34:11 *“Come, you children, listen to me; I will teach you the fear of the LORD.”*

Psalms 78:5-6 *“For He established a testimony in Jacob And appointed a law in Israel, Which He commanded our fathers That they should teach them to their children, that the generation to come might know, even the children yet to be born, That they may arise and tell them to their children.”*

Peer Pressure

John 12:42-43 *“Nevertheless many even of the rulers believed in Him, but because of the Pharisees they were not confessing Him, for fear that they would be put out of the synagogue; for they loved the approval of men rather than the approval of God.”*

1 Corinthians 15:33 *“Do not be deceived: ‘Bad company corrupts good morals.’”*

2 Timothy 3:12 *“Indeed, all who desire to live godly in Christ Jesus will be persecuted.”*

James 1:12 *“Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.”*

Perfectionism

James 3:2 *“For we all stumble in many ways. If anyone does not stumble in what he says, he is a perfect man, able to bridle the whole body as well.”*

James 2:10 *“For whoever keeps the whole law and yet stumbles in one point, he has become guilty of all.”*

1 Corinthians 15:10 *“But by the grace of God I am what I am, and His grace toward me did not prove vain; but I labored even more than all of them, yet not I, but the grace of God with me.”*

Sorrow (see also Grief)

Psalms 56:8 *“You have taken account of my wanderings; Put my tears in Your bottle Are they not in Your book?”*

Lamentations 3:19-26 *“Remember my affliction and my wandering, the wormwood and bitterness. Surely my soul remembers And is bowed down within me. This I recall to my mind, Therefore I have hope. The LORD’S lovingkindnesses indeed never cease, For His compassions never fail. They are new every morning; Great is Your faithfulness. ‘The LORD is my portion,’ says my soul, ‘Therefore I have hope in Him.’ The LORD is good to those who wait for Him, To the person who seeks Him. It is good that he waits silently For the salvation of the LORD.”*

2 Corinthians 7:11 *“For behold what earnestness this very thing, this godly sorrow, has produced in you: what vindication of yourselves, what indignation, what fear, what longing, what zeal, what avenging of wrong! In everything you demonstrated yourselves to be innocent in the matter.”*

Jeremiah 31:13 *“For I will turn their mourning into joy and will comfort them and give them joy for their sorrow.”*

Stubbornness

Romans 2:5 *“But because of your stubbornness and unrepentant heart you are storing up wrath for yourself in the day of wrath and revelation of the righteous judgment of God.”*

Suicidal Thoughts

Exodus 20:13 *“You shall not murder.”*

Philippians 4:19 *“And my God will supply all your needs according to His riches in glory in Christ Jesus.”*

Matthew 11:29-30 *“Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light.”*

Violence

Deuteronomy 32:35 *“Vengeance is Mine, and retribution, In due time their foot will slip; For the day of their calamity is near, And the impending things are hastening upon them.”*

Romans 12:19 *“Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, ‘VENGEANCE IS MINE, I WILL REPAY,’ says the Lord.”*

Worry (see Anxiety)

12) Simple Care Session Guidelines (printed)

The strategies of a biblical caregiver are based on the Word of God. Here are some basics to guide your caring ministry.

When possible start every session with prayer. This establishes that the interchange is not just to be a discussion of various options or opinions on an issue. Express your reliance upon the power of God, and expect that power to be manifested as you counsel. Ask the Holy Spirit for guidance, because what you see or hear on the surface may not be the real problem. Ask for divine revelation of the true issues that need to be addressed.

Ask questions. Jesus did this--not because He didn't know the answer--but to help a person seeking help to clarify their need.

Jesus stopped and ordered the man to be brought to him. When he came near, Jesus asked him, "What do you want me to do for you?" "Lord, I want to see," he replied. Jesus said to him, "Receive your sight; your faith has healed you." Immediately he received his sight and followed Jesus, praising God. When all the people saw it, they also praised God. (Luke 18:40-43)

If the person being cared for tends to ramble, questions will help them refocus on the subject of concern. Ask the person to state a problem clearly: "My problem is....." Restate the problem in a manner that you and the person being cared for can agree on, such as: "As I understand it, you are saying that your problem is....."

Stop, look, and listen. Jesus modeled this when He took time to stop and listen to the cries of desperate people, and to look beyond the surface appearances to identify their true needs. Sometimes, all that someone needs is a person to listen to them, rather than to dispense advice (Job 31:35). Do not judge, criticize, or condemn. Just listen. You do not have to fill a void of silence if one occurs. Allow times of silence in order for the person being cared for to think and for the Holy Spirit to provide direction. Don't interrupt, rather hear them out (Proverbs 18:13). Pay attention to how they express the facts and their feelings. Sometimes a person being cared for will actually talk themselves into their own biblical solution!

Deal with root causes. As you have learned in this introductory section, it is vital that root causes be identified and dealt with. For example, a man may appear to be concerned about his marriage, but his appearance may indicate that he has been drinking heavily. His root problem may not be his marriage, but rather his addiction to alcohol.

Dealing with the root problem of sin is a priority. When a bedridden man was brought to Jesus for healing, the Lord perceived that his sin was the priority rather than his physical condition:

A few days later, when Jesus again entered Capernaum, the people heard that he had come home. So many gathered that there was no room left, not even outside the door, and he preached the word to them. Some men came, bringing to him a paralytic, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus and, after digging through it, lowered the mat the paralyzed man was lying on. When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." (Mark 2:1-5)

Jesus dealt with the sin problem first, then He healed the paralytic man.

When Jesus asked the crippled man at the pool of Bethesda if he wanted to be healed, his answer was not a resounding "Yes!" Instead he said, "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me" (John 5:7). This man was so busy complaining and feeling sorry for himself that he didn't realize who was standing right there before him. He was looking for a person to help him, rather than looking to God. After Jesus healed this lame man, He told him, "... See, you are well again. Stop sinning or something worse may happen to you" (John 5:14). Not all infirmity is caused by personal sin (John 9:3), but apparently this man's disability was a result of his sin.

Identify the problems. Through prayer, attentive listening, and the guidance of the Holy Spirit clarify the issues troubling the person being cared for.

Ask what the person has done to try to solve their problem. If the methods are unscriptural, point out that there is no need to try these methods again since they did not work. Direct them towards biblical solutions. If they have tried biblical solutions and given up, emphasize the importance of perseverance in securing spiritual victories (Matthew 15:22-28). Do not criticize other caregivers, pastors, chaplains, ministries or agencies. Concentrate on responding positively rather than minimizing what others have tried to do or failed to do for them.

Provide counsel based on God's Word. There are two main approaches to counseling, directive and non-directive:

Directive counseling: The caregiver tells the person what to do. The caregiver assumes more of a dominant role, using the Word of God as the source of authority. Confrontation, challenge, and admonition characterize this approach.

Non-directive counseling: The caregiver guides the person being cared for in arriving at solutions based on the Word of God. The caregiver is more of a facilitator than an initiator. Encouragement, support, and empathy characterize this approach.

So which approach is best? It is not an either/or question. Each method has limitations, but both can be used effectively with the guidance of the Holy Spirit.

The Apostle Paul provides a good model of this. In some cases he aggressively confronted and commanded people to conform to God's Word. In others, he guided them as a father does a child to arrive at the proper solution (1 Thessalonians 2:7-12).

Jesus was directive with those who were hard-hearted and rebellious--people like the Pharisees and Sadducees (Matthew 15:1-20). With others, He was non-directive, using questions to draw them out and allowing them see what was in their hearts (John 4:1-26).

You do not have to provide an immediate answer for every issue raised by the person being cared for. You may have to tell a person that you need to research a certain problem more thoroughly in the Word of God. It is better to say nothing, than to say the wrong thing.

Develop a plan of action. Once a problem has been discussed and scriptural counsel given, a plan of action should be developed on the basis of the Word of God. Do not make this complex. What is a simple first step which can be taken towards the solution to their problem? For example: Do they need to ask forgiveness of someone? Encourage them to do so. Do they need to make restitution? Formulate a plan.

No two problems are exactly alike, so no two plans of action will be identical. All action steps, however, should be based upon God's Word. By the end of a counseling session there should be a plan--even if it is a very small step--that can be made to institute change. To be most effective, the caregiver should follow-up on the plan, holding the person being cared for accountable to take the steps agreed upon in a timely manner.

Conclude the session in prayer. Pray for the person being cared for. Be specific in your prayer. If they need deliverance, pray a prayer of deliverance. If they need forgiveness for sin, lead them in a prayer regarding this. If they need to forgive others, pray a prayer of relinquishment and forgiveness. Have the person being cared for pray audibly or silently, whichever they feel most comfortable doing.