



Counseling Discipleship Training

The 8 I's— Planning Your Counseling Agenda (A counseling methodology) **Thanks to Drs. Wayne Mack and Paul David Tripp**

Introduction:

I. The importance of good preparation

- What kind of surgeon would you want?
- How should, “love one another” and “bear one another’s burdens” inform the way we prepare?

II. The methodology (see planning sheet)

- **Involvement (Love):**

Connecting: how can you build bridges into the other person’s life?

Passport:

Do you care?

Can you help me?

Can I trust you?

- **Inspiration:**

The importance of hope and its strategy (see Isaiah 40:31)

Laser like hope

Continual hope

- **Inventory (Know):**

In general ask, who?, what?, when?, where?, why?, how? concerning all areas that are related to being a human.

Heart questions: Ask who?, what?, when?, (etc.) about the CE’s thinking, decision making, emotions, and desires (see 14 heart questions as examples).

- **Interpretation:**

Biblical eyeglasses for exegesis of humans

See box diagram (or other diagrams)

- **Instruction (Speak):**

Biblical exegesis that is laser like in its focus on the CE’s issues



Counseling Discipleship Training

- **Inducement:**

See A-C-C-E-P-T acronym (included in notes) as one tool (see Chapter 8: **Inducement** in, *Counseling: How to Counsel Biblically* for more detail)

- **Implementation (Do):**

The Great Commission (Matthew 28:19-20; Luke 11:27-28)
Laser like practical homework (What does this CE need to do to take the next steps in Christ likeness?).

- **Integration**

Let's look at Ephesians 4:29

The importance of the local church and serving

III. How do you know if it is time to graduate?

- The counselee has integrated biblical truth leading to ruling desire and behavior change-- Put off, be renewed, put on (let's look at biblical thinking). This implies that the presenting issues have been sufficiently addressed.
- Does the CE understand progressive sanctification and superior worship (see article, "Dealing with Stubborn Desires through Superior Worship")?
- Is the person incorporated into the life of the local church and starting to serve instead of just receiving from the body?

III. Using this tool for evaluation

- Have I connected? Am I being moved with compassion for this person? Would the CE say I am loving?
- Am I regularly giving hope? Would the CE say I am an encourager and that Scripture is encouraging?
- Have I asked good questions? Do I understand the situation in general and specifically? I have repeated back to the counselee what I think I'm hearing so I can interpret correctly. Would the CE say it's obvious I listen well and can put together the facts? Can I as clearly as possible identify the ruling desires and the CE confirms this?
- Have I gotten the diagnosis correct and the CE confirms this? My interpretation confirms what the Holy Spirit is doing in the CE's life? If I asked the CE, "What tend to be your ruling desires?" He could explain why he is tempted to cross-dress or look at porn or overeat.
- Do I interpret Scripture accurately? Have I explaining the gospel and our Savior's power regularly?
- Am I showing the CE the superior wisdom and beauty of biblical truth that applies to the correct interpretation of problem desires and behaviors?



Counseling Discipleship Training

- Have I gotten commitment? Do I lovingly and, if necessary, firmly hold people accountable?
- Does the homework assigned precisely fit the issues discussed in the session? Does the homework fit the issues in the CE's life? Does it involve application of truth in practical ways and not just learning more content? Does homework address both behavior and heart?
- Is the CE being integrated into the life of the church and is becoming a contributor to church life not just a taker? Is it obvious that truth is changing the person?

Dr. Ernie Baker
Pastor of Counseling (First Baptist, Jacksonville)
ACBC Fellow
Chair of on-line BABC, The Master's University
ernieb@fbcjax.com