



## Sermon Notes: How Do I Counsel A Friend?

### 1. The normalcy of counseling.

### 2. The aim of counseling.

Default: We try to change behaviors or circumstances.

- a. The target of biblical counseling is the heart.
- b. The ammo of biblical counseling is the Gospel.
- c. The goal of biblical counseling is wholeness in Christ.

### 3. The types of counseling.

- a. Appeal.
- b. Admonition.
- c. Affirmation.
- d. Assistance.

### 4. A pattern for counseling.

- a. Love.
- b. Know.
- c. Speak.
- d. Do.



## Gospel Applications: How Do I Counsel A Friend?

Do the following case study together in small groups. Share what you learn!

Your friends Ken and Barbie come over for dinner, and you can tell that both of them are upset. “Is everything okay?” you ask. “Anything I can help with or pray about? You both seem a little stressed.”

Barbie unloads on you that she feels trapped in a miserable marriage. “Ken is always at work and never makes time for me or the kids. All he cares about is that stupid job of his. I slave away all day with the kids, and when he gets home, he just plops down on the couch and turns on Netflix. He never appreciates all the hard work I do for this family.”

Ken responds, “This is absurd. You wanted me to take that promotion – with all the extra hours – because it paid so much better than my last position. And we both know how you love to spend my hard-earned money! Yeah, when I come home, I’m exhausted. I’ve been putting up with a bunch of office drama for months, with no end in sight. And it’s hard to look forward to coming home just to hear the same sob story every evening. Why can’t you just be grateful for this good life I provide for our family?”

1. What are some ways you could communicate love for Ken and Barbie in this moment?
2. What are some questions you could ask to better understand Ken and Barbie’s situation?
3. What are some of the key ways Ken and Barbie have responded to their circumstances? What themes or patterns do you think you might uncover if you probe this a little more?
4. What are some questions you could ask to better understand some of Ken and Barbie’s thought processes over the past several months (or years)? What could you ask to expose their emotions? Why do these matter?
5. How could you discern what Ken and Barbie each desire?
6. How does the Gospel address Ken and Barbie’s desires and sins? What Gospel declaration would you most want to share with each of them? What Gospel imperatives would you want to share?