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# HOW TO HELP PEOPLE CHANGE



The Four-Step  
Biblical Process

JAY E. ADAMS

A PDF COMPANION TO THE AUDIOBOOK

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*How to Help People Change*

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# Introduction

## *Assignment*

1. Compile a list of ten substantial changes required by God in the Bible that various counselees might be asked to make. Discuss ways in which these changes relate to God, have moral implications, move the counselee closer to God, and might affect the counselee's life.
2. Interview at least five pastors. Ask each to
  - a. outline the process of change that he follows in counseling;
  - b. discuss change and its place in his ministry.

Be prepared to discuss in class the strengths and the weaknesses of the counseling done by the pastors interviewed (name no names). The class should try to reach a tentative consensus from the total sample. The weaknesses will point to areas where special effort ought to be placed in this course.

# 1

## The Need for Inner Change

### *Assignment*

1. Exegete I Peter 3:7, and, in a paper to be handed in, relate this part of the verse to biblical counseling.
2. From the writings of three Christians who use eclectic counseling systems, show how their principles and methods tend to produce pharisaism by ignoring the heart.
3. In the light of this chapter, study Proverbs 15:8, 9, 29; 21:4, 27; Romans 8:8. Be prepared to discuss these verses in class.

# 2

## The Four-Step Biblical Process

### *Assignment*

1. From other counseling textbooks, outline at least one other counseling process and compare and contrast the elements in that process with the biblical one.
2. Be prepared to comment in class on the uniqueness of the biblical counseling process.

# 3

## The Change-Producing Character of the Scriptures

### *Assignment*

Write a major paper on "The Implications of Inspiration and Authority for Christian Counseling."

# 4

## The Sufficiency of the Scriptures

### *Assignment*

Gather quotations from the writings of leading Christian counselors regarding the sufficiency of the Scriptures for counseling. What do they say? How well do their statements fit the systems they present? Examine their statements and their positions, using II Timothy 3:17 as a basis for your (no more than) five-page critique.

# 5

## The Human and Divine Roles in Change

### *Assignment*

Study carefully the following Scripture passages and from your study be ready to discuss further the relationship of the human to the divine in the ministry of the Word. If desired, different groups could be assigned particular passages upon which to report. I Thessalonians 3:2; Hebrews 13:21 (cf. I Peter 5:10; 4:11); Philippians 4:19; Ephesians 3:16; Colossians 1:11, 29; I Corinthians 3:6; Romans 1:11, 12; Ephesians 4:16, 17, 20; I Timothy 1:12; John 15:5; I Peter 4:11; II Peter 1:3; II Corinthians 3:5; Luke 21:36; Philippians 2:12, 13; Romans 12:2; 5:5; II Timothy 2:1.



# 6

## The Importance of Teaching

### *Assignment*

Study teaching by discipling in the Scriptures. Be prepared to discuss in class at least five distinct ways in which a counselor might disciple a counselee.

# 7

## Teaching God's Standards

### *Assignment*

Think of at least three other ways a counselor could stress to his counselees that the Bible is the standard. Write these out in brief vignettes similar to the episode involving Margie and Susan.

# 8

## Teaching Biblical Principles

### *Assignment*

Together with a couple of other students, choose and develop a case from *The Christian Counselor's Casebook* that demonstrates the need for both breadth and depth in the use of Scripture. The case will be role-played in class. Be ready to explain and defend what you have done.

# 9

## Teaching in the Milieu

### *Assignment*

In a paper of no more than six pages, describe four counseling situations in which teaching in the milieu would be helpful. Write out the situations as short vignettes. Think of the pressure of the milieu as an incentive for learning.



# 11

## The Role of Conviction in Counseling

### *Assignment*

In a case that you will be prepared to relate in class, show concretely how bringing a counselee to conviction of sin demonstrates God's loving care over him.

# 12

## What Is Conviction?

### *Assignment*

In a major paper, trace the use of the word *conviction* through the New Testament, commenting, in particular, on its objective or subjective uses.

# 13

## Conviction and Data Gathering

### *Assignment*

Select a case from *The Christian Counselor's Casebook*, and in a three-page paper show how data must be gathered and shaped into biblical form in order to solve the case.



# 14

## The Use of the Scriptures in Conviction

### *Assignment*

1. Make a preliminary list of passages that would seem to be appropriate for bringing conviction to counselees in counseling.
2. Categorize these under headings, alphabetically listed.
3. Beside each make a brief, one-line notation about its use.
4. Hand in a photocopy of your work by \_\_\_\_\_.  
(date)

# 15

## Supplementary Thoughts About Conviction

### *Assignment*

Choose one:

1. Study the wrong use of the word “need” in recent counseling books written by Christians and report on your findings.
2. Study boldness in ministry in the Bible and report on this study.
3. Exegete the passages having to do with “dullness” and with a “seared conscience,” and report on your work.

# 17

## Correction and Repentance

### *Assignment*

Study the repentance of *Christians* in the New Testament. Be prepared to discuss your findings in class.

# 18

## Confession of Sin and Forgiveness

### *Assignment*

Write a brief sketch of a counseling dialog in which the counselor is explaining to the counselee the need for confession. Picture the counselee merely wanting relief from the sense of guilt that he carries, while not wanting to confess his sin to anyone. In the dialog show how the counselor might help him to move toward a more biblical position.

# 19

## Forsaking Sin

### *Assignment*

Examine all of the passages in which Jesus speaks of “denying” (or saying no to) oneself, crucifying one’s own desires (taking up the cross daily), and following Him. Write a paper on how you would use these verses in a counseling case in order to help a counselee loosen his grip on sin.

# 20

## Restoration

### *Assignment*

Prepare, for role play in class, five situations in which restoration is needed, and be prepared to show how the counselor might bring it about.

# 21

## The Need for Disciplined Training in Righteousness

### *Assignment*

From the second half of *The Christian Counselor's Casebook* select three cases in which it is obvious that the counselor must use the Bible skillfully to train his counselees in righteousness.

# 22

## Righteousness: The Goal

### *Assignment*

Write a three-page paper on legalism as a pharisaical perversion of biblical counseling.



# 23

## But Is Righteousness Possible?

### *Assignment*

In a brief paper, list as many sinful habit patterns as you can that will need to be put off, together with the biblical alternatives by which they must be replaced.

# 24

## Biblical Training

### *Assignment*

Because of the importance of habit in counseling, particularly in the fourth step of change, read the pertinent chapters in *The Christian Counselor's Manual* and write a one-page synopsis of what you read.