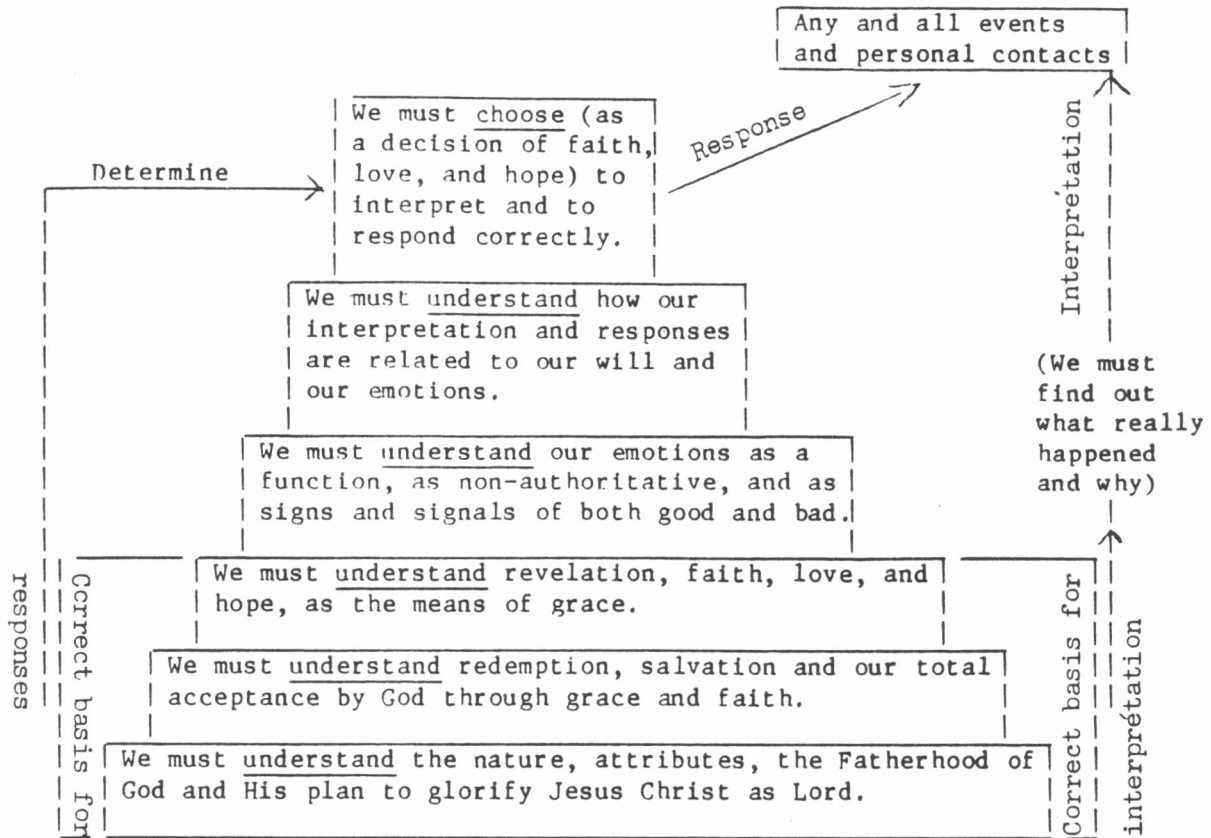


The Goal in Counseling

Everyone interprets any and all events/personal contacts and then determines how to respond to the event or person. It is in these two crucial areas that we must learn the Biblical pattern.



1. We must learn, and understand, the six necessary areas which make possible a Biblical way of thinking, living, and serving. These areas must be understood sufficiently so each area can be put into practice. Without such a grasp of these principles there is no possibility of living according to the truth or of knowing the freedom that comes from practicing the truth, Jn.8:32.
2. We must learn to monitor ourselves and understand how and why we interpret any and every event, and every personal contact.
3. We must learn to monitor ourselves and understand how and why we determine the response which we make to any and every event and every personal contact.
4. We must learn to recognize the vast amount of truth and error that forms the basis for our interpretation and responses -- and how enslaved we are to the error we have accepted.

5. It may help to express to yourself or some trustworthy person how you feel about an event or personal contact, why you feel that way (based on something good or bad), and evaluate whether your emotions are right or wrong.
6. Learn how to choose -- make a decision of faith -- on the basis of the truth. This will take practice. Select an easy area and put the activity into words that you repeat to yourself. Teach yourself that faith, love, and hope are not primarily emotions -- but decisions you can make -- no matter how difficult the situation may be. For truth to function powerfully -- it must be practiced or put into practice by faith, love, and hope.
7. Choose (make a decision of faith), to interpret the event or personal contact on the basis of truth (the three foundation sections). Do not interpret on the basis of how you feel or on the basis of your circumstances.
8. Choose (make a decision of faith), to determine the response you should make to events and persons -- on the basis of truth. Such choices may be painful and seem nearly impossible. However, we have the ability to make such decisions and when we learn how to do so it becomes easier.
9. If we do not interpret and determine the right response correctly -- the event or personal contacts will exercise some control over us. And, they will join the painful and enslaving reservoirs of hurt, confusion, and error in our past.
10. If we are willing to go back into our past and interpret the events and personal contacts on the basis of truth -- by faith -- then we can know the meaning of peace, rest, and self-control.

Conclusion

- A. Error is only powerful when hidden. Brought out into the light of truth and dealt with truthfully -- it will lose its power.
- B. Truth is only powerful when practiced. And, it can only be put into practice by decisions of faith, love, and hope.

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