

# **Biblical Counseling Basics**

Tres Adames, MDiv, BCPC

## **1. Your Approach**

- ▶ Assess the biblical literacy of your counselee.
  
- ▶ Don't overwhelm.

## **2. Ways to Use the Bible**

- ▶ Individual verses
  
- ▶ Illustrations
  
- ▶ Contextual Illustrations

### 3. Finding the Right Passage

- ▶ Selecting a bible verses by topic.  
(See Worksheet: [100 Scriptures for Christian Counseling](#))
  
  
  
  
  
  
  
  
  
  
- ▶ Apply to yourself first.

### 4. Studying the Bible

- ▶ The Inductive Bible Study Method  
(See Worksheet: [Methodical Bible Study](#))
  
  
  
  
  
  
  
  
  
  
- ▶ Observation
  
  
  
  
  
  
  
  
  
  
- ▶ Interpretation
  
  
  
  
  
  
  
  
  
  
- ▶ Evaluation

- ▶ Application

- ▶ Correlation

## 5. Applying the Bible

- ▶ Galatians as an example.

- ▶ Individual verse:  
(*Galatians 2:10*)

- ▶ Story Illustration:  
(*Galatians 2*)

- ▶ Contextual Illustration:

**Want to Learn More?** Check out [The Biblical Counseling Master Course](https://www.biblicalcounselingcourse.com). Go to [www.biblicalcounselingcourse.com](https://www.biblicalcounselingcourse.com) to enroll. Enter promo code **50OFF** to receive a \$50 discount.