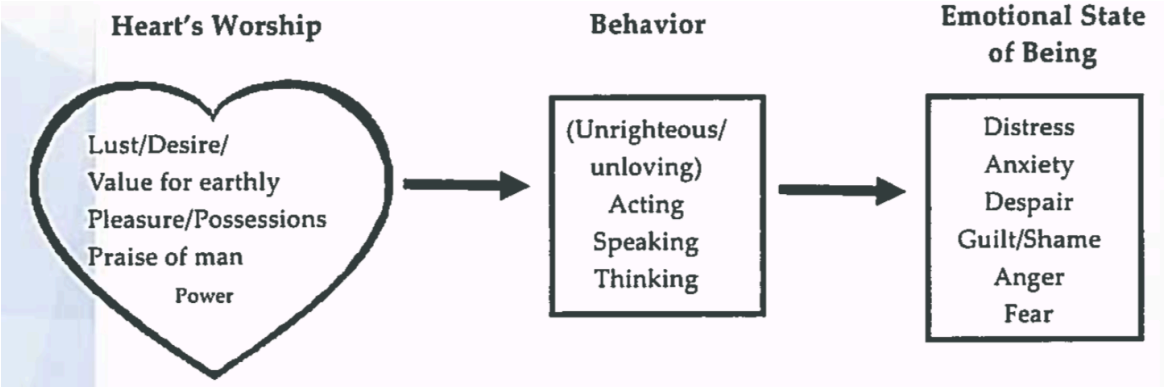
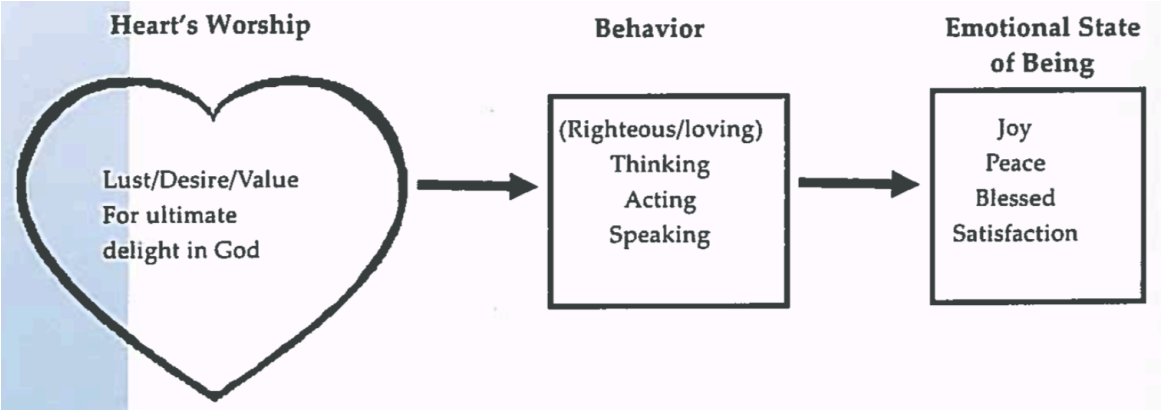
Schedule:
January 11 - Questions 3 & 4 (Emotions & Anger)
January 25 - Questions 5 & 6 (Depression, Anxiety, & Fear)
February 8 - Questions 7 & 8 (When to end formal discipleship & the evil one)
February 22 - Questions 9 & 10 (Evaluation of psychology & church discipline)
March 8 - Questions 11 & 12 (Confidentiality and biblical change/pornography)
March 22 - Questions 13, 14, 15 (Case Study - Depression)
April 12 - Questions 16 - 20 (Case Study - Marriage, anger, decision making)
https://www.gccministries.org/counseling-media & **thecbcd.org**

ACBC Exam Study Guide
Counseling Exam Question #3

Q: Provide a biblical theology of emotions. What role should a counselor allow a counselee's emotions to play in counseling? How can one tell the difference between sinful emotions and righteous emotions? How would you use Scripture to help a counselee change improper emotions?

1. What are emotions?





2. What role should a counselor allow a counselee's emotions to play in counseling?

"A comprehensive approach to counseling from a biblical point of view will include the behavioral and emotional aspects but will see those aspects of man as flowing from the heart. They are the result of, not the cause of, who man is…"[1]

Emotions are a window into the _____ of the heart (Matthew 6:21)

3. How can one tell the difference between sinful emotions and righteous emotions?

A. Sinful emotions glorify _____ rather than God (1 Cor. 10:31; Gal. 6:7)

B. Probe into the _____of the heart (Pr. 18:15, 20:5; Pr. 4:23)

C. Are the emotions the by-product of the _____ or the Spirit? (Gal. 5:16-23; 2 Cor. 7:10)

4. How would you use scripture to help a counselee change improper emotions?

A. The renewing of the believer's _____ is necessary in order to respond differently (Eph. 4:22-24; Heb. 4:12; Psalm 51:6-12).[2]

"The counsel must not be allowed to continue to bounce between emotional extremes but rather must be taught to live in a steady progress toward Christ-likeness."[3]

B. Show the beauty and eternality of God and His ways to renew the mind's _____ to what God values (Mt. 6:19-21; Ps. 119:33-40; Col. 3:1-10; Phil. 4:8-9).

C. Call for _____ from living for the temporal world and to instead abide in Christ to know the fullness of His joy (John 15:5-11).[4]

Key Texts:
Proverbs 4:23
Ephesians 4:31-32
Philippians 4:6-10
Matthew 6:25-34
1 John 4:18
Galatians 5:22-23
Genesis 4:4-7
Daniel 5:5-6
James 4:1-3

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[1] Eyrich & Hines, Curing the Heart, 46.
[2] Adapted from Faith Biblical Counseling Ministries, "Understanding Emotions Biblically," 2015.
[3] Eyrich & Hines, Curing the Heart, 60.
[4] http://thecbcd.org/making-the-best-use-of-time/

Key Resources:
Jay Adams, The Christian Counselor's Manual (Zondervan, 1986), 109-116, 420-425.
Jay Adams, A Theology of Christian Counseling (Zondervan, 1979), 102-105, 165.
David Powlison, "What do You Feel?" in Seeing with New Eyes (P&R, 2003), 211-224.
Brian Borgman, Feelings and Faith (Crossway, 2009).
Nicolas Ellen, "Biblical View of Emotions" (NANC Annual Conf., 2010).
Elyse Fitzpatrick, "Emotions" (BCTC Faith Lafayette, Track 5, 2008).
Sam Williams, "Toward a Theology of Emotion" Southern Baptist Journal of Theology 7/4 (Winter 2003): 58-73.
Jeff Forrey, "The Biblical Understanding and Treatment of Emotions" in James MacDonald, Bob Kellemen, & Steve Viars, eds., Christ-Centered Biblical Counseling, (Harvest House, 2013), 393-408.

ACBC Exam Study Guide
Counseling Exam Question #4

Q: Provide a biblical definition of anger. Describe manifestations of anger in both the inner and outer man. Explain the biblical factors that drive anger. Detail several biblical strategies to respond to anger.

1. What is anger?

"Anger is a whole-personed, active _____ of negative moral judgment against perceived evil."[5]

2. What are MANIFESTATIONS of anger in both the inner and outer man?[6]

A. Inner Man: _____ (Ecc. 7:9, Eph. 4:26, 31)

B. Outer Man

(1) Countenance (Gen. 4:4-8; Pr. 25:23)

(2) _____ (Prov. 29:11, 22; 25:28; 29:20, 22; Gal. 5:20).

3. What are biblical FACTORS that drive anger?

A. Real or perceived _____ incurred against God, others, or self (Gen. 4:3-8; Ps. 7:11)

B. _____ or untimely dealing with problems (Eph. 4:26-27)

C. _____ of the heart (James 4:1-2; Pr. 4:23)

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[5] Definition adapted from Robert Jones, Uprooting Anger (P&R, 2005), 15.
[6] Adapted from Faith Biblical Counseling Ministries, "Understanding Emotions Biblically," 2015.

4. What are some biblical STRATEGIES to respond to anger?[7] (Eph. 4:31)

A. Seek what is _____ so as to not get angry over what is temporal (1 John 2:15-17)

B. Seek God's _____ regarding your anger (Ps. 139:23-24)
(1) Am I angry at the kind of things at which God is angry?
(2) What is motivating my anger?
(3) How long has my anger been present?
(4) What is the effect of my anger?
(5) Is my anger directed toward edification and unity or destruction and strife?

C. Seek what brings _____ to God in showing the love of Christ in all situations (1 Cor. 10:31; 2 Cor. 5:14-15; Phil. 2:3-4)

D. Seek to rest in God's _____ over the situation (Rom. 8:28; Gen. 50:20)

E. Seek to leave _____ to the Lord (Rom. 12:19)

F. Seek the _____ of others rather than sinning against them (Rom. 12:20-21; Eph. 4:29)

(1) Lovingly _____ to edify and resolve conflict (Eph. 4:26-32)

(2) Actively seek to bring _____ as far as it depends on you (Rom. 12:18)

(3) Persevere in _____ (Mt. 6:9-13)

Key Texts:
Matthew 5:21-22
Ephesians 4:31-32
James 1:19-20
James 4:1-3

Key Resources:
Robert Jones, Uprooting Anger (P&R, 2005).
Robert Jones, Angry at God? (Booklet).
Wayne Mack, Anger and Stress Management God's Way (P&R, 2017).
Phil Moser, Fighting the Fire: Biblical Strategies for Overcoming Anger (Biblical Strategies, 2015).
Jim Newheiser, Help! My Anger is Out of Control (Shepherd Press Booklet).
Lou Priolo, The Heart of Anger (Calvary, 1998).
Stuart Scott, Anger, Anxiety & Fear (Focus, 2009).
David Powlison, Anger: Escaping the Maze (P&R, 2000).
David Powlison, Good & Angry (New Growth Press, 2016)
Martha Peace, "Help for Overcoming Anger" in Elyse Fitzpatrick, ed., Women Counseling Women (Harvest House, 2010).

[7] Adapted from Faith Biblical Counseling Ministries, "Understanding Emotions Biblically," 2015.