

ACBC Exam Study Guide
Counseling Exam 12

Case Study

Erik is a 20-year-old Believer who has been struggling with pornography for the last three years. Before that time he knew that pornography existed, but had never seen it because his parents carefully monitored all the technology in their home. Erik discovered porn on a trip out of town when some of his friends from High School showed it to him on their phones. Since then Erik has frequently looked at pornography. The problem became worse when he moved to college and had unfettered access to the Internet on his laptop computer. Several weeks ago, Erik became convinced that as a Christian he must begin to deal aggressively with this sin. He did the hardest thing he had ever done and told his dad about the problem. Erik's dad loves his son and wants to help him, but has no idea what to do about a problem like this. They came together to meet you for counsel.

Q: Assume that the information you have here is a straightforward presentation of the facts and write down the homework assignments you want Erik to complete after this first meeting with you. After you list the homework explain the specific issues you will address with Erik in counseling sessions. Please include the categories of “put off” and “put on” in your answer.

1. NOTE: Work only with the facts of what you have in the case study rather than writing about information that could be missing.

2. Homework assignment after _____ meeting¹

A. _____ specific homework (Battle Plan, Matthew 5:27-30; Hebrews 12:1-2)

- (1) Software monitoring hardware installed within a week
- (2) Determine the best ways to use devices (where and when)
- (3) Secure accountability partners (Parents, mature believers)

B. _____ Disciplines homework

- (1) Study 1 Thes. 4:1-8. Summarize what this passage means in your own words. Write out 3 things you learn about God as well as 3 ways in which you should respond to this passage. Memorize 1 Thes. 4:3.
- (2) Pray this passage for your life as well as wisdom for those helping you.
- (3) Attend at least one service and write out application to your life.
- (4) Find one appropriate way you can daily you can serve others
- (5) Read chapters 3 and 4 of Finally Free. Bring to our next meeting a definition of godly sorrow and 5 accountability questions you need for others to ask if you as part of developing a battle plan for purity.

¹ Adapted from Faith Biblical Counseling Training Conference with Kevin Carson, 2015.

3. Specific Issues for future sessions including “put off” and “put on” categories.

- A. Teach the significance of _____ with Christ (2 Cor. 5; Rom. 6:15-19)
- B. Teach the difference between trials and _____ (James 1:12-18)
- C. Teach _____ (James 1:13-18; Phil. 4:4-13)
- D. Teach the power of Christ for living a victorious Christian life in “putting of” sin and “putting on” righteous living (Ephesians; Col. 3:1-10; Phil. 4:13; 1 Cor. 10:13; 1 Thes. 4:1-8; Romans 13:8-14)
- E. Teach them about their spiritual provision (2 Peter 1:3-11; Ps. 119:9-11)
- F. Live unto Christ with appropriate motivations (Eph. 4-6; 2 Cor. 5:9, 14-15)
- G. Teach the fear of God as related to sin (Ps. 90:8, Pr. 28:13)
- H. Teach him about grace (James 4:6; Titus 2:11-14)
- I. Teach about repentance and forgiveness (Pr. 28:13; Romans 8:1; Ps. 51)
- J. Teach about image of God and gift of marriage (Gen. 1:27; Heb. 13:4)

Key Texts:

Romans 12:1-2

Ephesians 4:22-24

Key Resources:

Jay Adams, *The Christian Counselor’s Manual* (Zondervan, 1973), 176-216.

Jay Adams, *How to Help People Change* (Zondervan, 1986), 190-200.

Jay Adams, *Theology of Christian Counseling* (Zondervan, 1979), 237-248.

Brian Croft, *Help! He’s Struggling with Pornography* (DayOne, 2010).

Tim Chester, *Closing the Window* (IVP, 2010).

Joshua Harris, *Sex is Not the Problem (Lust Is)* (Multnomah, 2003).

Heath Lambert, *Finally Free* (Crossway, 2013).

Wayne Mack & Wayne Johnston, *A Christian Growth and Discipleship Manual* (Focus, n.d.), 134-137.

Randy Patten, “Homework that Maximizes Change” audio, ACBC Counseling & Discipleship Training (Raleigh, NC, 2013). Available from ACBC.