

**Resolving Conflicts Through  
Discipleship Counseling**

*The Biblical Foundation for  
Discipleship Counseling*

*Session One*

*By Rev. Jeff Pokone*

# ICBC of Indiana's Five Distinctive Counseling Philosophies

## 1. Spiritual Warfare Worldview.

*"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places" (Ephesians 6:12).*

- We include the possibility of Satan's deceptions impacting our client's lives.

## 2. Resolve "root" issues versus just changing behavior.

*"Keep thy heart with all diligence; for out of it are the issues of life" (Proverbs 4:23).*

- Our clients are led into a process that helps them get to the root of their spiritual and emotional problems and find resolution for the problem.

## 3. Reconciliation of relationships with Jesus and others versus a "victim" or adversarial mentality.

*"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation. Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God" (2 Corinthians 5:17-20).*

- Our counseling encourages (leads) our clients to true Biblical forgiveness.

## 4. Heart transformation versus just giving information.

*"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." (Hebrews 4:16).*

- We look to God to transform our client's lives by His Holy Spirit revealing the truth of God's Word that brings freedom from lies, convicting of sin and bringing genuine repentance, and bringing healing for the wounded heart.

## 5. A person must find their identity in "Christ-esteem" versus "self esteem."

*"As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ" (Colossians 2:6-8).*

- We help our clients to understand their identity "in Christ."

# Counseling Model

We consider Biblical counseling as part of the discipleship process within a person's life. Counseling can assist people in getting "unstuck" spiritually and emotionally so they can grow and mature in their relationship with Christ and others. This growth will impact every area of a person's life.

Three things that impact our clients lives include: their own sin, living with the consequences of their sin, and the pain and consequences from others sinning against them. Therefore when people do not repent of sin, learn to suffer well because of sin, or heal from the pain from the wounds of sin, they do not find freedom and healing.

Our primary purpose throughout the counseling is that the counselee would personally grow in their relationship with God. This growth will bear fruit in their lives that remains.

## **General categories of unresolved Flesh Patterns/Strongholds we address:**

- Pride/Control
- Cult and Occult
- Sexual Immorality
- Bitterness/Rejection
- Generational Iniquity/Sin
- Idolatry (Temporal Values, Addictions, etc.)
- Rebellion

## **General categories from Broken Heartedness we address:**

- Type A Traumas- The absence of necessary good things.
- Type B Traumas- The bad things (abuse) that happened to them.
- Damaged Emotions (Resolving negative emotions and returning to joy from Anger, Shame, Fear, Disgust, Sadness, and Hopeless-despair).
- Damaged Thinking (False Belief Systems about God and my identity in Christ)
- Maturity
- Turning Fear Bonds into Love Bonds (In relationship with God and others)
- Understanding how to live out of their "new" heart

# Key Factors in a Person's Freedom and Healing

## **They surrender themselves to God with humility and courage.**

- Psalm 139:23-24—“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way [*Heb. way of pain*] in me, and lead me in the way everlasting.”

## **They understand they are a child of God and they belong to the Heavenly Father.**

- Romans 8:16—“*The Spirit itself bears witness with our spirit, that we are the children of God.*”

## **They separate themselves from any influence that will hinder their healing.**

- 2 Corinthians 6:18—“*Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons and daughters.*”

## **They read the Bible, pray, meditate, and personalize the scriptures, and journal as part of developing an intimate relationship with God.**

- Jeremiah 29:13—“*And ye shall seek me, and find me, when ye shall search for me with all your heart.*”

## **They are willing to hear God speak to them.**

- Hebrews 3:15—“*While it is said, today if ye will hear his voice, harden not your hearts, as in the provocation.*”

## **They look to God for wisdom and revelation through His Word and Holy Spirit.**

- James 1:5—“*If any of you lack wisdom, let him ask of God, that gives to all men liberally, and upbraided not; and it shall be given him.*”

## **They take responsibility for the works of their flesh and repent of their sin.**

- Psalm 51:4—“*Against Thee, Thee only, have I sinned, and done this evil in Thy sight: that Thou might be justified when You speak, and be clear with judgment.*”

## **They are willing to open up their past wounds and allow God's healing.**

- Luke 4:18—“*The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering sight to the blind, to set at liberty them that are bruised,*”

## **They understand that healing is a process directed by God.**

- Jeremiah 17:14—“*Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for Thou art my praise.*”

## **They take responsibility for their own maturity.**

- 1 Peter 2:2—“*As newborn babes, desire the sincere milk of the word, that ye may grow thereby.*”

## **They apply the Armor of God in their spiritual battle against Satan.**

- Ephesians 6:11-12—*“Put on the whole armor of God, that ye may be able to stand against the wiles of the devil.”*

**They are involved in a community of life-giving believers.**

- Hebrews 10:24-25—*“And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.”*

**They understand how to live out of their new heart in Christ.**

- Ezekiel 36:26-27—*“A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put My spirit within you, and cause you to walk in My statutes, and ye shall keep my judgments, and do them.”*

***NOTES:***