

**Resolving Conflicts Through  
Discipleship Counseling**

*Surrendering to God with  
Humility & Courage*

*Session Two*

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# Initial Steps to Helping Someone Find Freedom in Christ

## Evaluate the Person's Willingness to Receive Help.

*"Reprove not a scorner, lest he hate thee: rebuke a wise man, and he will love thee" (Proverbs 9:8).*

- The person must be open to receive from the Lord.
- The person must be open to receive the truth (John 8:32).
- The person must be willing to act upon the truth they receive.

## Accept People Just the Way They Are.

*"Him that is weak in the faith receive ye, but not to doubtful disputations" (Romans 14:1).*

- People do not care about what you know until they know you care.

## Have a Ministry of Grace.

*"That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places" (Ephesians 1:17-20).*

- Do not try to make people right by emphasizing better performance for God. Rather, help them to understand God's love, mercy, and enabling grace.

## Encourage Emotional Honesty.

*"Rejoice with them that do rejoice, and weep with them that weep" (Romans 12:15).*

- People are generally willing to share what happened to them in general, but are less willing to share their failures in the event and how they felt about it. Ask wise questions to draw out their heart and emotional honesty.

## Help Them Identify Root Issues.

*For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man" (Mark 7:21-23).*

- What are the root causes that are hindering their Christian growth?

## Share the Truth.

*“But speaking the truth in love, may grow up into him in all things, which is the head, even Christ” (Ephesians 4:15).*

- ❑ Help them to understand their identity in Christ. Help expose Satan’s lies of accusation, deceptions, temptations, lies regarding who God is to them, and their identity in Christ (Ephesians 1).

## Call For a Response.

*“But be ye doers of the word, and not hearers only, deceiving your own selves. For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed” (James 1:1:22-25).*

- ❑ Christian counseling is dependent on a faith response to the truth and repentance of the counselee.

## Five Elements of a Victorious Walk

*Taken from Reclaiming Surrendered Ground, pp. 38-42, by Jim Logan*

1. Genuine Repentance (II Timothy 2:24-26)
2. Taking Back Ground (Ephesians 4:26,27)
3. Tearing Down Strongholds (2 Corinthians 10:4)
4. Building Truth (Colossians 3:16)
5. Taking Thoughts Captive (Philippians 4:8, 2 Corinthians 10:5)

Applying these principles have been very helpful to many people that I have counseled. I have outlined below my strategy to tearing down strongholds in our counselees’ lives in the counseling process.

## Surrendering to God

### A. Genuine Repentance (2 Corinthians 7:10-11)

#### 1. Understand the role of suffering and discipline in bringing genuine repentance

It is important to evaluate how God is using suffering and God’s discipline in the client’s life. This is what God uses to bring people to counseling. Remember, not everyone that comes to you for counseling necessarily wants counseling. Some people just want someone else to tell them what they want to hear. A person may ask you a question just to test you to see if you feel the same way they do, not to receive counsel.

- **Realize that sin affects us all (Romans 8:17-23)**
- **Understand that God disciplines His children (Hebrews 12:1-15)**
- **Guard against a victim mentality (Numbers 14:1-12)**
  - ❑ Complaining (v. 1, 2)
  - ❑ Questioning God—asking “Why?” without wanting an answer from Him (v. 3)
  - ❑ Negative Thinking (v. 3)
  - ❑ Self-will (v. 3, 4)
  - ❑ Rebellion (v. 4)
  - ❑ Curse (v. 12)
- **God uses Satan to discipline the disobedient (Deuteronomy 28:47-48)**
  - ❑ Saul (1 Samuel)
  - ❑ Ahab (1 Kings)
  - ❑ Sexually immoral man ( 1 Corinthians)
  - ❑ Hymenaeus and Alexander (1 Timothy 1:20)
- **God uses Satan to purify His chosen ones**
  - ❑ Paul (2 Corinthians 12:7)

## **2. Understand the scope of genuine repentance (2 Corinthians 7:10-11)**

- Godly sorrow differs from worldly sorrow
- True repentance is a work of God (2 Timothy 2:24-26)
- True repentance comes about because of God’s goodness (Romans 2:4 – *leadeth* in the Grk. means *to bring*)

*“Does the person see his sin as an affront to a Holy God, or just remorse over his consequences?”—Jim Logan*

## **3. Identify examples of the deception of worldly sorrow**

- Denial: conscious or sub-conscious refusal to face the truth (1 John 1:10)
- Fantasy: escaping from the real world (2 Corinthians 10:5)
- Emotional Insulation: withdrawing to avoid rejection (2 Corinthians 4:8-9)
- Regression: reverting back to a less threatening time (Joshua 7:7)
- Displacement: taking out frustrations on others
- Projection: blaming others (Luke 10:38)

- Rationalization: making excuses for poor behavior (Luke 18:10-14)

#### 4. Identify seven characteristics of Godly sorrow in the life of David (Psalm 51)

- David cried out for mercy (v. 1).
- David acknowledged his self-will [iniquity] (v. 2).
- David was intimately aware of his sin and took personal responsibility for violating God’s laws (v. 3).
- David acknowledged his sin was against a holy God (v. 4).
- David clearly understood that God would deal with his sin (v. 4b-6).
- David asked God to change his heart (v. 10).
- David understood God wanted to break him (v. 17).

### B. Resolving Pride (*Philippians 3:3, Proverbs 3:5-7, James 4:6-10, 1 Peter 5:1-10*)

- *“But He giveth more grace. Wherefore He saith, God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and He will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. Humble yourselves in the sight of the Lord, and He shall lift you up”* (James 4:6-10).

#### Introductory Prayer of Repentance

*“Dear Heavenly Father,  
You have said that pride goes before destruction and an arrogant spirit before stumbling. I confess that I have been thinking mainly of myself and not of others. I have not denied myself, picked up my cross daily, and followed you. As a result, I have given ground to the devil in my life. I have sinned by believing I could be happy and successful on my own. I confess I have placed my will before yours, and I have centered my life around myself instead of you.*

*I repent of my pride and selfishness and pray that all ground gained in my members by the enemies of the Lord Jesus Christ would be canceled. I choose to rely on the Holy Spirit’s power and guidance so I will do nothing from selfishness and empty conceit. With humility of mind, I will regard others (fill in the blank with specific names) as more important than myself. And I choose to make You, Lord, the center of my life.*

*Please show me now all the specific ways I have demonstrated pride in my life. Enable me through love to be sympathetic to others and not react in pride. I ask this in the gentle and humble name of Jesus Christ, my Lord. Amen.”*

**Please check off all the ways in which you have demonstrated or struggled with pride in your life.**

### **The Symptoms of Pride**

- Perfectionist—I set up standards for myself that are beyond the normal requirement.
- Lack of love—I am indifferent to the needs of others; I am hasty in judgment, insensitive and critical.
- I am self-righteous. I often think that I am more humble, spiritual, religious, or devoted than others.
- I have a poor relationship with God (God resists the proud).
- Legalism-I believe that I can gain more favor with God or those in spiritual authority by performing.
- I am selfish with my time and possessions.
- I am constantly comparing myself to others.
- I am discontent and ungrateful. I have a hard time accepting my suffering.
- I am unforgiving and bitter—I cannot release my offenders to God.
- I cannot forgive myself for the past—I cannot receive God’s forgiveness.
- I desire the acceptance of men rather than having God’s approval in the choices, I make.
- I am self – willed, rather than seeking the will of God.
- I lean on my own understanding rather than seeking God’s guidance.
- I rely on my own strength and abilities rather than depending on the power of the Holy Spirit.
- I am more concerned about controlling others rather than developing self-control.
- I am too busy doing “important” things to take time to spend with God and my family.
- I have a tendency to think that I have no needs, spiritual or otherwise.
- I am overly concerned about getting the credit I feel I deserve.
- I am driven to obtain recognition and significance by attaining degrees, titles or positions, rather than finding my significance in Christ.
- I become defensive when criticized by those that really care about me.
- I have difficulty recognizing and admitting when I am wrong. I tend to want to deflect blame.
- I talk most often about myself and I am not interested in others when conversing with people.
- I draw attention to my abilities and achievements in a boastful way.
- I feel sorry for myself when I really should not (pity parties)

*“Heavenly Father, I come to you in the name of Jesus Christ. I thank you for dying on the cross for my sins. I ask now that you would cleanse my of my sinful pride.*

*Your Holy Spirit has convicted me, and I renounce that I have been prideful in the following ways (List those checked). I repent and renounce these ways I have lived out of the flesh in pride. I ask that you would take back the ground I have given the enemy in this area of my life. I ask you Lord Jesus Christ that you will continue to convict me when I am responding in pride in the future. In the name of Jesus Christ. Amen.”*