



Scriptures and Questions for Biblical Counselling

I have used all these Scriptures in my counselling and have made up some pertinent questions that are a common base for many counselee issues. These are generally in the order that I counsel, and I use at least one of them every session, starting with ones that look at truth and victories in Jesus and progressing through conforming to the world, transformation of the mind and living in the flesh (world) instead of in the Spirit. I then turn to living in the Spirit, finding rest in God, and then forgetting what lay behind in life and turning to God for future life in Him.

Here they are.

1. **John 16:13** – “When the Spirit of God comes, He will guide you into all truth.”
 - + What is truth?
 - + Who is the source of real truth?
 - + How can you know that this is the real truth?
2. **2 Corinthians 3:17** – “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”
 - + What does it mean that the Lord is the Spirit?
 - + What kinds of freedom does this Spirit give us?
 - + How do you know you are free from something?
3. **John 8:36** – “So, if the Son sets you free, you will be free indeed.”
 - + What freedom does the Lord bring us?
 - + What does it mean to be set free?
 - + Why do we need such freedom?
4. **1 Corinthians 15:57-58** – *“But thanks be to God! He gives us the victory through our Lord Christ Jesus. Therefore my brothers and sisters, stand firm. Let nothing move you. Always give yourselves over to the work of the Lord, because you know that your labour in the Lord is not in vain.”*
 - + Over what does He give us victory?
 - + What does ‘standing firm’ mean?
 - + What moves us?
 - + What is the work of the Lord?
5. **Romans 12:2** – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing, and perfect will.”
 - + What are some ‘patterns’ of this world?
 - + What would it look like if you didn’t let the world conform your mind?
 - + What does it mean to renew your mind?
 - + What/who actually renews your mind?
 - + Why can’t you know the will of God if your mind is not transformed?

6. **Galatians 2:20** – “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me.”
 - + What does it mean to be crucified with Christ?
 - + What does it mean “I no longer live”?
 - + What does it mean that Christ lives in me?
 - + What does it mean to live by faith in the body?
 - + How do you know that God loves you?

7. **Romans 8:5-6**– “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”
 - + Do you think you live more in the flesh or in the Spirit?
 - + What is your mind set on?
 - + How can you live more by the Spirit in day-to-day activities?
 - + Is it difficult for you to realize what the end result of living in the flesh and living in the Spirit will be?

8. **Galatians 6:9** – “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”
 - + What makes you weary?
 - + Have you often thought about giving up?
 - + What do think will happen if you don’t give up?

9. **Psalms 30:4-5** – “Sing praises to the Lord, O you His saints, and give thanks to His holy name. For His anger is but for a moment and His favour is for a lifetime. Weeping may tarry for the night, but joy comes in the morning.”
 - + Do you sing praises to the Lord? When, and where, and how often?
 - + How often do you thank God for anything?
 - + Do you feel that God is angry at you?
 - + What kind of favours do you think God gives?
 - + Have you ever had tears at night but joy in the morning?
 - + What would allow you to experience that?

10. **Psalms 62:5-8** – “Yes, my soul, **find rest in God; my hope comes from him. Truly He is my rock and my salvation; He is my fortress, I will not be shaken. My salvation and my honour depend on God; He is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.**”
 - + Do you find rest in Him alone? Rest rest from what?
 - + How is He your Rock?
 - + Do you trust in Him alone?
 - + In whom/what do you trust Him?
 - + Do you pour out your heart to Him?

11. **Philippians 3:7-12** – “*But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for Whose sake I have lost all things. I consider them garbage (manure), that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God on the basis of faith. I want to know Christ – yes, to know the power of His resurrection and participation in His sufferings, becoming like Him in His death, and so somehow, attaining to the resurrection from the dead. Not that I have already attained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*”

- + So much theology here.
- + What gains do you think you have had?
- + What do you now consider a loss? Why?
- + Did you think you had a righteousness that was your own?
- + How are you pressing on?
- + What are the goals in your present life?
- + What goals do you think God wants for you?

12. **Isaiah 43:18-19** – “*Forget the former things: do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.*”

- + Why are we to forget (not dwell on) the former things?
- + What former things should we remember?
- + What new thing is God doing in your life?
- + Why do we or don't we perceive what He is doing?
- + What would you like Him to do in Your life?

13. **1 John 1:8-9** – “*If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*”

- + Why do we diminish our sins or claim we don't sin (not that bad)?
- + What happens when the truth is not in us?
- + Why is confessing so hard to do?
- + Why does God go beyond just forgiving and actually purify us?
- + What unrighteousness in you are you aware of?

FOR MEN ONLY

14. **1 Corinthians 16:13-14** – “*Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.*”

- + What does it mean to be 'watchful'?
- + What does it mean to 'stand firm in the faith'?
- + What does it mean to 'act like men'?
- + What does it mean to be 'strong'?
- + How do you do things in love?