

Good Mental Health

#2 Talking to yourself/ Self counselling in Ephesians 4

Definitions

Self counselling: A self evaluation of sort so that your can search the Scriptures accurately for counsel and then biblically apply that counsel to in your life.

Sufficiency of Scripture: To say the Scriptures are sufficient means that the Bible is all we need to equip us for a life of faith and service. No other writings are necessary for this good news to be understood, nor are any other writings required to equip us for a life of faith.

Accusation: A charge or claim that someone has done something illegal or wrong.

Conviction: A formal declaration by the verdict of a jury or the decision of a judge in a court of law that someone is guilty of a criminal offence

Scripture references

This is my comfort in my affliction: for thy word hath quickened me.
(Psa 119:50)

I remembered thy judgments of old, O LORD; and have comforted myself.
(Psa 119:52)

My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes. (Psa 119:48)

Incline my heart unto thy testimonies, and not to covetousness.
(Psa 119:36)

Princes also did sit and speak against me: but thy servant did meditate in thy statutes. Thy testimonies also are my delight and my counsellors. My soul cleaveth unto the dust: quicken thou me according to thy word. I have declared my ways, and thou heardest me: teach me thy statutes. Make me to understand the way of thy precepts: so shall I talk of thy wondrous works. My soul melteth for heaviness: strengthen thou me according unto thy word.
(Psa 119:22-28)

If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation, the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.
(Eph 4:21-24)

Summary of discussion points

- **What is your problem**
 - Asking honest constructed questions about your situation and problem to evaluate yourself in order to accurately move the the next step of finding what the Bible says about it.
 - It helps to write down your thoughts and ask specific questions such as when, where, what, and how?
- **What does the Bible say about your problem?**
 - Searching for counsel from Scripture begins with the understanding that Scripture is authoritative and sufficient when it comes to faith and moral practice
 - An external resource such as a Christian book or article can help you understand what the Bible is saying, so use it as a tool.
 - If it is an issue of sin then do not sidestep the issue. Repent and ask for forgiveness. The Scriptures will help you discern if it is the conviction of the Spirit or accusation from Satan.
- **What does the Bible say to do about your problem?**
 - Ephesians 4 records a great practical principle of applying any truth in your Christian life. The put off, be renewed, and put on principle.
 - Think about practical ways you can start applying this principle to your situation

Counselling Quotes

Jay Adams:

Doubt and discouragement, and sometimes despair, so frequently assert themselves in conjunction with other difficulties, that the counselor soon must learn how to confront and overcome these complicating problems. Until these have been cleared away and have given place to hope, usually it is fruitless to try to handle other matters. Immediately after the fall, in the very midst of punishment and judgment, God also gave hope (Genesis 3:15).
(The Christian Counselor's Manual, 40)

Paul Tripp:

We cannot properly understand people without accurately exegeting Scripture, and we cannot properly apply Scripture without accurately exegeting people. (Instruments in the Redeemer's Hands, 186)