



Growing in Christlikeness

Student Manual

Roseburg, OR, USA | September 2026

Counseling & Discipleship Training
ROSEBURG, OR, USA

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Session 1
The Calling of All Christians

What biblical counseling is not

1. It is not an autonomous ministry.
2. It is not an activity reserved for the experts.
3. It is not an optional ministry. (Acts 20:31; Rom 15:14; Col 1:28)
4. It is not an activity that is insensitive or uncaring.
5. It is not a canned methodology but is a life-on-life activity.
6. It is not merely giving biblical principles to apply but is focused on a person to follow.

What discipleship & biblical counseling is

1. It entwines every ministry of the church.

2. It discerns desires, thinking, and behavior that God wants to change.
3. It uses God's Word, by the Holy Spirit, to change desires, thinking, and behavior.
4. It seeks the sanctification of the Christian (into Christlikeness) for the glory of God.

We all need biblical counseling

1. The need began when God created man.
2. The need continued when wrong choices were made in the Garden of Eden. (Gen 3)
3. The cumulative result (2 Tim 3):
4. The Apostle Paul had an answer to these problems. (2 Tim 3:15-4:2)

The goal of discipleship & biblical counseling

1. True biblical counseling will have the clearly defined and communicated goal of helping a person become God's kind of a person. (Col 1:28)

2. The circumstances of a person's life will be used as a springboard to teach them how to think and act in a way that would please the Lord Jesus Christ. (2 Cor 5:9; Gal 1:10)
3. Becoming God's kind of person is an on-going process of putting off wrong thinking and behavior and replacing them with biblical thinking and acting.
4. This will happen as the individual's mind is renewed by salvation and progressive sanctification. (Rom 12:1-2; Eph 4:22-24; Col 3:1-17)
5. Solving the problems that motivate people to seek help will be secondary to the goal of helping them to please Christ, whether their circumstances change or not. (Rom 8:28-29)

Qualifications of a discipler & biblical counselor

1. A discipler & biblical counselor should be:
2. A discipler & biblical counselor should be committed to:
3. A biblical counselor should be committed to being like Robert Murray McCheyne, who was known as one who had faithfulness to the Word and tenderness for the souls of men.

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Session 2
What Makes Biblical Counseling Biblical?

A commitment to the **inerrancy** of the Scriptures

1. Scripture is both a human and divine book (2 Pet 1:20-21)
2. Scripture is the very Word of God (2 Tim 3:16a)
3. Scripture is our authority

A commitment to the **gospel** of Jesus Christ

1. The gospel teaches us about our insufficiency (Eph 2:1-3)
2. The gospel teaches us about our need for grace (Eph 2:8-9)
3. The gospel teaches us about our solution (Eph 2:4-7; Matt 11:28-29; 1 Cor 15:3-4)
4. The gospel teaches us about our purpose (Eph 2:10)

5. The gospel is our focus

A commitment to the **sufficiency** of Christ and Scriptures

1. God's Word is permanent and eternal (Is 40:8)
2. God's Word is breathed out by God for our training and equipping (2 Tim 3:16-17; 2 Pet 1:3-4)
3. God's Word is truth (John 17:17)
4. God's Word is powerful (Jer 23:29; Heb 4:12)
5. God's Word is a source of grace that builds you up (Acts 20:32)
6. God's Word testifies to its own sufficiency (Ps 19:7-11; Ps 1:1-4; 2 Pet 1:3; 2 Cor 3:5-6; 2 Tim 3:16-17)
7. God's Word is always effective in accomplishing God's purpose (Is 55:11)
8. God's Word is the standard for judgment (John 12:48; Heb 4:12)

9. God's Word is to dwell within you (Col 3:16)

10. God's Word is spiritual food (Deut 8:3; Matt 4:4)

11. God's Word is our guide

A commitment to the **change** spoken of in the Scriptures

1. The gospel of Jesus Christ changes us (1 Cor 6:9-11)

2. The gospel of Jesus Christ promotes change (Rom 6:1-4; Ps 51:10)

3. The gospel of Jesus Christ calls us to change (Eph 4:22-24)

4. Biblical change is our goal

A commitment to the **obedience** of the Scriptures

1. Obedience is an essential mark of a believer (Luke 9:23-24)

2. We must expect it of ourselves and others who claim to follow Christ (1 John 1:6)

3. The best lived life is one built on obedience to God's Word (Matt 7:24-27)

4. Obedience to God is our motive

A commitment to the kind of **church** described in the Scriptures

1. The church is built and established by the Word of God (Matt 16:18; 1 Tim 3:15)

2. The church is primarily concerned about a person's relationship with God (Matt 18:15-17)

3. The church is precious and must be cared for and protected (Acts 20:28)

4. The church is our sphere of responsibility.

Conclusion

These six commitments, when lived out, will lead to a godly Christian being a fruitful "people-helper," regardless of age, education, or formal training in counseling (Rom 15:14; Col 1:28; 3:16).

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Session 3
Human Flourishment

The Image of Human Flourishing

1. Definition

Theory	Core idea	Strength	Limitation
Hedonic / Subjective well-being	Well-being is happiness, positive emotion, and life satisfaction.	Easy to measure and closely tied to lived experience.	Can miss meaning, virtue, or growth.
Eudaimonic / Psychological well-being	Well-being is functioning well and developing one's potential.	Captures purpose, autonomy, and self-realization.	Harder to define and measure consistently.
PERMA	Well-being includes positive emotion, engagement, relationships, meaning, and accomplishment.	Broad and practical for applied settings.	Not everyone agrees it is a full theory rather than a framework.
Self-determination theory	Well-being grows when autonomy, competence, and relatedness are met.	Strong link between motivation and well-being.	Focuses more on needs than the whole picture.
Dual continua model	Mental illness and mental well-being are related but separate dimensions.	Useful clinically because symptom relief is not the same as flourishing.	Less a theory of what well-being is, more a model of mental health.
Objective list / needs-based views	A good life includes certain goods like relationships, achievement, health, and security.	Makes room for values that matter even if not always felt subjectively.	Debates continue over what belongs on the list.

2. Doctrine

The Image of God in Humanity

Imago dei and the Old Testament

1. Creation
 - a. God creates man in His image (Gen 1:26-28)
 - b. Men and women are both created in the image of God (Gen 1:27)
2. Fall & After Eden
 - a. Satan deceives man about the image of God (Gen 3:1-5)
 - b. Man retains image of God after Eden but the image is distorted (Gen 5:1, 3)
3. After the Flood
 - a. The image of God is protected and reaffirmed (Gen 9:6)
 - b. Noah is viewed as a sort of new Adam, and God reasserts that man is still in God's likeness and is worthy of protection, no matter the age or quality of that reflection.

Imago dei and the New Testament

1. The New Testament reaffirms the OT teaching (1 Cor 11:7, James 3:8-9)
2. The New Testament says some new things about the image of God
 - a. The focus is on how Christ is God's perfect image (Col 1:15-19, John 14:8-9, Heb 1:3, 2 Cor 4:4)
 - b. Focus is on how God is transforming us into Christ's image (Rom 8:29, 2 Cor 3:18, Col 3:9-10, Eph 4:22-24)

- c. Focus is on the Day we will perfectly reflect Christ's image (1 John 3:2, 1 Cor 15:49)

What does it mean to us that we are made in the image of God?

1. Structural aspect
2. Functional aspect: The Bible is more concerned with what we do as image-bearers than with how we are made.
 - a. We are representatives of God (2 Cor 5:20, Matt 5:13-16)
 - b. We are made for relationship (Gen 1:27, Matt 22:36-39)
 - c. We are made for righteousness (Phil 3:9, 12)
 - d. We are made for revelation (Deut 8:3; Matt 4:4)

What are the implications of being made in the image of God? So what? How does this affect my life? My counseling?

1. Speaks to the uniqueness of human beings (Ps 8)
2. We recognize the worth and dignity of all people (Ps 139:13-16)
3. We see what it means to be fully human
4. We belong to God
5. We ought to worship Christ, who is the image of the invisible God
6. Reaffirms the purposeful pursuit of Christlikeness as a way of life

The Image of God in Christ

1. Christ is the image of God (Col 1:15; 2 Cor 4:4; Heb 1:3)
2. Christ possesses all the attributes and powers of God (Rom 11:36; 1 Cor 8:6; Col 1:16)
3. Christ is equal with God (Phil 2:6-11)
4. Christ is the perfect human image of God (John 13:15; 1 Cor 15:45, 49; 1 Tim 1:16; 1 Pet 2:21)

The Image of God in Believers

1. Christ in his people is their purification and promise of glory (Rom 8:9-10; Col 1:27)
2. Christ in his people is their peace and pleasure (Ps 16:8-11; 32, esp. vv. 10-11; Rom 4:7-8; Eph 2:13; Col 1:20)
3. Christ in his people is their purpose and privilege (Rom 8:1-17, 23, 26-27, 29; Eph 4:1, 20-24; 5:1-2; Phil 1:6; 2:12-13, 14-16; 2 Pet 1:5-11; 1 John 3:1-10)

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Session 4
Progressive Sanctification

Important Definitions

1. Sanctification – to set apart, to be holy, or to consecrate to God
2. Progressive sanctification – the process of a believer growing and changing to be more like Jesus Christ in both the inner and outer man

Progressive sanctification in its proper theological context

1. Progressive sanctification is preceded by justification (Positional sanctification)
2. Progressive sanctification is dependent on our union with Christ and the indwelling Holy Spirit
3. Progressive sanctification is followed by glorification (Prospective or Ultimate sanctification)

Sanctification begins at conversion

1. You are sanctified at conversion (1 Cor 1:2; Acts 26:18)

2. You are rooted, built up and established in Christ
3. You are no longer to be conformed to the world (Rom 12:1-2)
4. You can grow because you have a different relationship with God (John 3:36; Rom 3:21-22; 5:1, 9, 11; 8:1, 32; Phil 3:9; Heb 2:18, 4:15-16)
5. You are to establish a biblical pattern of life (Eph 5:15-17)

Sanctification is God's **purpose** for you

1. You are to worship and serve God (Luke 4:8; John 4:23-24)
2. You are to die to self (Luke 9:23-24)
3. You are to please Him in all you do (2 Cor 5:9; Col 1:10)
4. You are to conform to the image of Christ (Rom 8:29; 2 Cor 3:18)

5. You are to be an ambassador for Christ (2 Cor 5:20)

6. You are to glorify God (1 Cor 10:31)

Sanctification is a normal and **expected** part of a Christian's life

1. God has given you sufficient resources for spiritual growth (2 Pet 1:3-4)
2. God has given you a clear prescription for spiritual growth (2 Pet 1:5-7)
3. God has given you the value for spiritual growth (2 Pet 1:8-11)

Sanctification occurs when you **cooperate, confront & commit**

1. Spiritual growth is a cooperative effort Phil 1:6; 2:12-13; Heb 5:14; James 1:13-15, 22-25; 1 Pet 3:8-17; 4:2)
2. Spiritual growth requires self-confrontation (Ps 139:23-24; Matt 7:1-5; Rom 12:2; 1 Cor 4:4; 1 Tim 3:16-17; also see 1 Cor 13; Gal 5-6; Eph 4-6; Phil 2-3; Col 2-3 for lists for assessing our walk)
3. Spiritual growth requires you committing to the practice of God's Word (Matt 7:24-27; 2 Tim 3:16-17; Heb 5:12-14; James 1:22-25; 2 Pet 1:4-11)

Sanctification is a **lifelong** commitment

1. Spiritual growth is a process that enables you to “grow up” in Christ
2. You must constantly examine yourself in accordance with God’s Word (2 Tim 3:16-17)
3. Spiritual growth entails learning to accurately handle the Word of God (2 Tim 2:15)
4. Spiritual growth requires continual hearing of God’s Word and practicing it
5. Spiritual growth equips you to overcome joyfully the trials of this present life (James 1:2-4)
6. You must deny yourself by putting off your natural self-centeredness to follow Christ (Matt 10:38-39; Luke 9:23-24)
7. You must seek to please God in all things (2 Cor 5:9; Eph 6:6-7; Col 1:10; 1 Thess 4:1; Heb 13:21)
8. Spiritual growth requires continual prayer with thanksgiving (Phil 4:6-7; 1 Thess 5:17-18)
9. You are to regularly worship the Lord, remaining in fellowship and in ministry with other believers (Ps 29:1-2, 122:1; John 4:23-24; Heb 10:24-25; 1 Pet 2:5; 1 John 1:7)

10. Spiritual growth entails placing the welfare of others ahead of your own, following the example of Christ (Phil 2:3-8)

11. You must love others in biblical ways (1 Cor 13:4-8a)

12. You must faithfully use your spiritual gift(s) for God's glory and for the benefit of others (Rom 12:3-8; Eph 4:1-16; 1 Pet 4:10-11)

13. Spiritual growth entails being ready at all times to give testimony for the hope that is within you (2 Pet 3:15)

14. Spiritual growth entails seeking to reconcile others to God, and discipling them to walk in His way (Matt 28:19-20; 2 Cor 5:18-20)

15. Spiritual growth can always be improved upon until the day we are ushered into the real and eternal presence of God (John 15:2; 1 Cor 15:58; Phil 1:9; 2 Thess 1:3; 2 Pet 1:8, 3:18); 2 Pet 1:8, 3:18)

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Session 5
Issues of the Heart

The heart is the source of all we think, say and do – “mission control”

1. Mark 7:21-23; cf Matt 15:19
2. Luke 6:43-45
3. James 1:13-16
4. James 4:1-3

The heart is naturally bent toward sin and self – “idol factory”

1. Gen 6:5
2. Jer 17:9
3. Ecc 7:20; 9:3
4. Eph 2:1-3
5. Ezek 14:1-11

The heart must be transformed – “born again”

1. Eph 2:4-10
2. John 3:3

3. Gal 6:15
4. 2 Cor 5:17
5. Matt 22:37-40

The heart must be watched over and guarded – “wellspring of life”

1. Prov 4:23; 23:19
2. Deut 4:7-9
3. Ps 119:11; 139:23-24
4. Eph 4:22
5. Heb 12:15

The heart is our target in counseling – “heart of the problem is a problem of the heart”

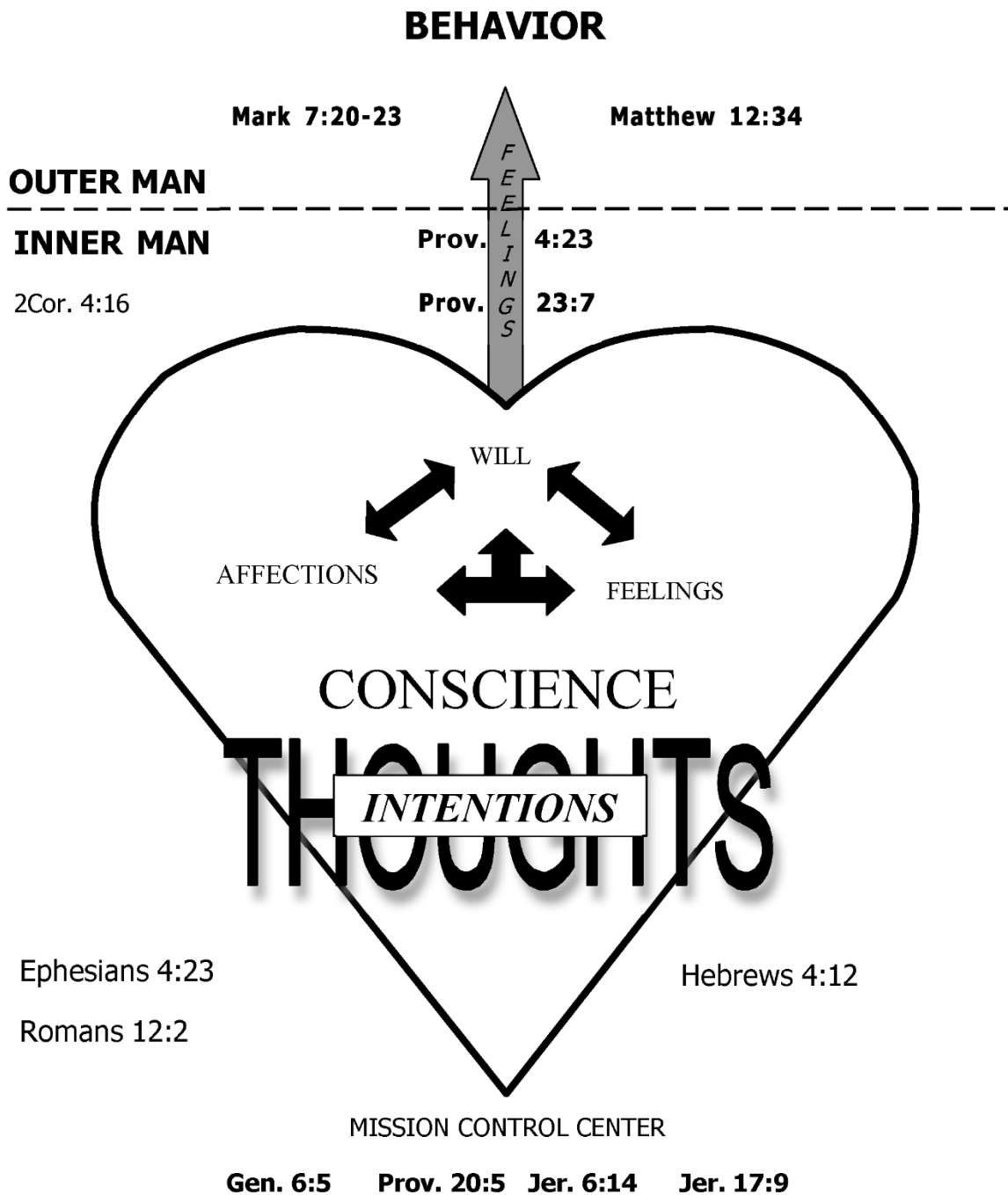
1. We must help people identify the issues of their heart (Prov 20:5)
 - a. Signs of Heart Idolatry
 - i. When you desire anything more than you desire God, His approval, and pleasure
 - ii. When you have a strong, compelling desire for something or someone who God does not want you to have
 - iii. When you want something that is legitimate, but you are willing to be ungodly to get it
 - iv. When you respond in an ungodly way if you do not get what you want
 - v. When you try to force people to give you what you want by ungodly words or actions

- vi. When you use an ungodly standard or rule to justify ungodly attitudes, thoughts, desires, words, actions, and reactions
- b. Examples of Heart Idolatry
 - i. Lust of the eyes – making a god out of appearance, possessions, or people (Matt 6:24; 1 Tim 6:9-10)
 - ii. Lust of the flesh – making a god out of appetites (sex, entertainment, food, sports, comfort, drugs, happiness, peace, etc.)
 - iii. Pride of life – making a god out of success, power, control, respect, intelligence, education, approval, etc.
- 2. Biblical change and spiritual growth begin in the heart
 - a. Use Scripture to give perspective
 - i. Their difficult circumstances are not causing their behavioral, relational, or emotional problems.
 - ii. Their difficult circumstances are the context in which their hearts are being revealed.
 - b. Use X-ray questions to identify the idol(s)
 - i. When you became..., which of your desires was not being fulfilled? What did you want that you were not getting?
 - ii. Right now, what would have to happen for you to be happy?
 - iii. What is it that brings out the worst in you?
 - iv. What is it that brings out the best in you?
 - v. If you could change your situation in any way, how would you want it changed?
 - vi. Tell me what it is that you think about more than anything else.
 - vii. Why does what so and so did (or, why does what happened) bother you so much?
 - viii. What would it take for you to consider yourself to be a really successful person?

- ix. By the time you come to the end of your life, what do you most want to have accomplished?
- c. Show the futility of false worship
 - i. Help them to understand that they have turned away from worshipping and serving the true and living God to worship a false god.
 - ii. Isa 44:10-20 – “...a deceived heart has turned him aside...”
- d. Show God’s demand for all worship
 - i. Make it clear that God demands and deserves to be the absolute and unrivaled ruler of their hearts.
 - ii. Exo 20:4-5 – “...I, the Lord your God, am a jealous God...”
- e. Explain the way of repentance
 - i. Godly Sorrow (2 Cor 7:8-11)
 - ii. Confession (1 John 1:9)
 - iii. Heart Change (Psalm 51)
 - iv. Blessings of... (Psalm 32)
- f. Explain the process of sanctification
 - i. Help them to put off ungodly motives, beliefs, thoughts, attitudes, and practices while putting on godly ones.
 - ii. Eph 4:22-24 – “...put off...put on...”

Recommended Resources

1. *Gospel Treason* by Brad Bigney
2. *Idols of the Heart* by Elyse Fitzpatrick
3. *The Dynamic Heart in Daily Life* by Jeremy Pierre



WHAT IS YOUR CIRCUMSTANCE?

Godly behavior

Godly thoughts

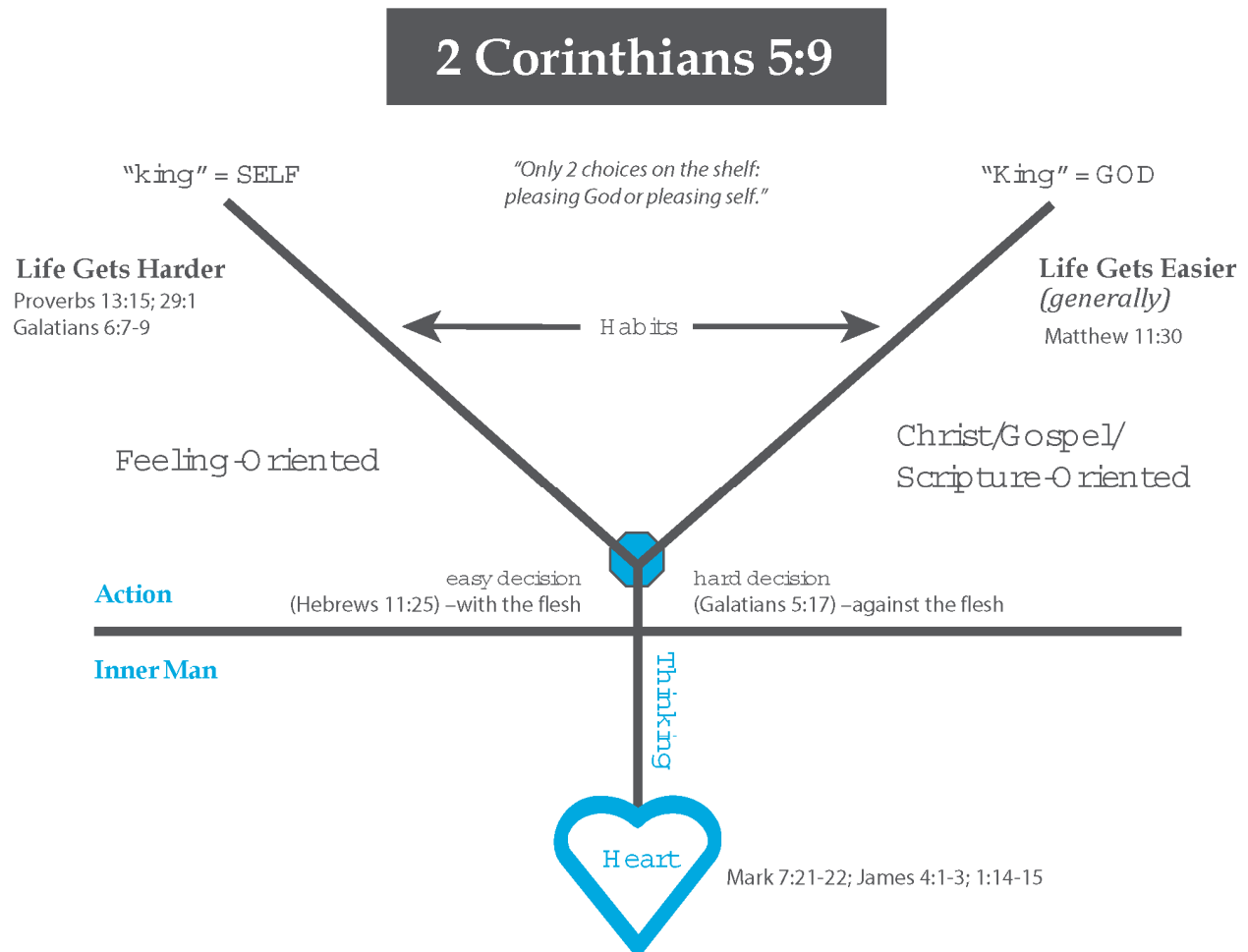
How did you respond/react?

What are/were you thinking?

What are/were you wanting?

WHAT are you worshipping?

Godly wants



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Session 6
How to Grow and Change

Faulty **processes** of change

1. Worldly processes
2. Spiritual processes

Biblical change starts with **recognizing** your sin

1. Behavior – e.g. impatience, unkindness, revenge, sexual impurity
2. Speech – e.g. lying, gossip, slander, speech that tears people down
3. Thoughts & Feelings – e.g. fear, anxiety, coveting, jealousy

4. Desire (heart idols) – e.g. control, respect, honor, ease, comfort, pleasure, security

Biblical change continues with **repenting** from your sin

1. Definition of repentance (Jer 3:22-4:2; 2 Cor 7:10-11)
2. Evidence of repentance

Biblical change continues with **replacing** your sin

1. Remember these great truths:
2. Put off the old self (Eph 4:22)
3. Renew your mind (Eph 4:23)

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Session 7
A Growing Lifestyle

Identify your need for biblical change

1. Ask God for wisdom and be subject to the Holy Spirit (James 1:5; John 14:15-18, 26; Rom 8:9-11; Gal 5:16; Eph 5:18)
2. Identify any “put-offs” (Rom 6:12-14; Eph 4:25-31; Col 1:8-9; Gal 5:19-21; 1 Cor 13:4-7)
3. Confess these to the Lord
4. Identify the biblical “put-ons” that are to replace your “put-offs” (Rom 6:19; Eph 4:25, 28-29, 32; Col 3:10, 12-17; Gal 5:22-23; 1 Cor 13:4-7)

Develop your basic plan for biblical change

1. List specific steps whereby your “put-offs” are replaced by biblical “put-ons”
2. Develop and deploy your plan for praying, reading, studying and memorizing Scripture
3. Avoid all forms of evil and make no provision for sin (1 Thess 5:22; Prov 4:23; Rom 13:14)
4. Obey God in all things instead of pleasing self by gratifying fleshly desires (Matt 7:24; John 14:15; 1 John 5:3; Gal 5:16-17; 2 Tim 2:22a; Titus 2:12)
5. Have consistent fellowship, worship and ministry in the Church (Heb 10:24-25; 1 Pet 4:10)
6. Continually evaluate yourself according to God’s Word, asking yourself these questions:

Develop your contingency plan for biblical change

1. Make a plan to deal with temptation when it occurs (1 Pet 5:8-9)
2. Pray for wisdom, direction and grace to withstand temptation
3. Take your thoughts captive (2 Cor 10:5; Col 3:2)
4. When possible, flee temptation (Gen 39:7-12; 1 Cor 6:18; 2 Tim 2:22a)
5. If prohibited from fleeing temptation immediately, remain obedient and trust God to be faithful to strengthen you to bear up under the temptation (1 Cor 10:13)
6. Whenever possible or necessary, get help from others (Prov 11:14, 15:22; Ecc 4:9-10, 12; 1 Cor 12:25-27; Gal 6:1-2; 2 Tim 2:22)

Be prepared for temptation

1. We all face various trials throughout our lives (1 Pet 4:12-13)
2. There is a difference between a test and a temptation
3. God is sovereign over tests
4. Satan's role in temptation
5. Levels of temptation (examples for our instruction and hope)
6. Your hope in tests and temptations
 - God cannot be tempted by evil and does not tempt you (James 1:13)
 - Tests and trials are common to every follower of Christ

- The intent of temptation is to entice you to please yourself instead of obeying God's Word and the decision is yours to make (Josh 24:15; Ps 119:101; Rom 6:12-22; 1 Cor 6:18-20; Gal 5:16-17)
- In Christ, by the power of the Holy Spirit, you don't have to give in to temptation (Rom 6:16, 8:12-14; Gal 5:16-17; 1 Pet 1:14-15, 4:1-2)
- These trials enable you to share the sufferings of Christ and follow His example of obedience (Rom 8:17; 2 Cor 6:4-11; Phil 1:29; Heb 5:8; 1 Pet 2:19-21, 4:12)
- Your sufferings are not to be compared with the value of knowing Christ or the glory that is to be revealed (Phil 3:8-10; Rom 8:18)
- Any suffering you experience is just for a little while and God promises to mature, confirm, strengthen and establish you after you experience the suffering (1 Pet 5:10)
- There is great encouragement and reward for remaining faithful through trials (1 Pet 1:6-7; Jame 1:12; Rev 2:10)
- God has promised that you will never have more than you can bear and that He will be faithful to give you a way of escape from sin (1 Cor 10:13; 2 Pet 2:9)
- No matter what tests may come your way, God has promised to deliver you (Ps 34:19); therefore, you can be an overwhelming conqueror through Jesus Christ (Rom 8:35-39)
- God uses your trials to develop Christlike character in your life and are to be received with joy (Rom 5:3-5; James 1:2-4)
- These trials are designed to show forth the power of God and the life of Christ within you (2 Cor 4:7-11)
- Jesus, as your High Priest, was tempted in all things as you are, yet without sin. Therefore, He is able to provide mercy and grace to help in any difficulty, no matter how prolonged the trial may be (Heb 2:18, 4:15-16)

Practice and revise your plan for biblical change

1. Faithfully practice your new biblical pattern for living (Gal 6:9; Phil 4:9; Heb 5:14; James 1:25)
2. Respond to any failure immediately (Prov 24:16; 1 John 5:4-5)

3. Identify any failure and confess your sin (Psalm 51:1-4; 1 John 1:9)
4. Confess your sins to others you may have sinned against (James 5:16)
5. Show the deeds of repentance
6. Make any necessary changes to your basic or contingency plan for change
7. Press on, not dwelling on past failures (Phil 3:13-14)
8. Remember that God has forgiven you and is continuing to perfect His work in you (1 John 1:9; Phil 1:6, 2:13)