

Equipped to Counsel

Biblical Counseling Level 1 Certification / Audited

This class is offered through the Association of Biblical Counselors and was developed by John Henderson (Professor of Biblical Counseling at The Southern Baptist Theological Seminary). It's mission is to enlist, equip, and encourage followers of Jesus Christ to live and counsel the gospel of Jesus Christ and His Word, especially to those living amidst suffering and the troubles of this life. This is an introductory course of the foundations of biblical counseling.

I believe that this meets our mission for the local church in living out the great commission as well as obeying scripture to equip the saints, admonishing with all wisdom, comfort others with the Comfort of God, and proclaim Christ. (Matt 28; Eph 4; Col 1; 2 Cor 1)

What is being offered:

- A level one certification track (must fulfill all requirements)
- An audited track* (offered the same course but without requirements)

*Auditing participants will have up to a month after the class starts to change their mind to pursue certification.

How Many:

I am hoping for 5 to 15 participants.

Time-Table:

The class is self-paced. The syllabus is laid out for 30 weeks including flex weeks. However, if pursuing certification, they have a year from the start date to complete.

Equip to Counsel Textbook:

The class has 9 Modules with 4 chapters in each module that fortify their teaching goals. These modules include:

1. A Vision for Counseling
 - a. Counseling Ministry in the Church
 - b. The Origin of Counseling Ministry
 - c. The Place of Counseling Ministry
 - d. A Definition for Biblical Counseling
2. Counseling Foundations
 - a. Counseling Worldview, Part 1
 - b. Counseling Worldview, Part 2
 - c. The Aim of Biblical Counseling

- d. The Fruit of Biblical Counseling
- 3. God and his Word
 - a. Scripture Tells the Story
 - b. Creation, Fall, and Judgment
 - c. Redemption, Consummation, and Eternal Life
 - d. Know the Word of God
- 4. The Gospel
 - a. The Gospel Outlined
 - b. Gospel Implications
 - c. The Gospel Lived, Part 1
 - d. The Gospel Lived, Part 2
- 5. Understanding People
 - a. Suffering
 - b. Whatever Rules Your Heart Rules Your Life
 - c. The Descent into Depression
 - d. The Ascent into Joyful Abundance
- 6. Counseling Methods
 - a. General Methods: Love and Discern
 - b. General Methods: Identify and Exhort
 - c. Specific Counseling Methods
 - d. Specific Counseling Conditions
- 7. Addiction and Anxiety
 - a. Understanding Addiction
 - b. Counsel for Addiction
 - c. Understanding Fear, Worry, and Anxiety
 - d. Counsel for Fear, Worry, and Anxiety
- 8. Anger and Depression
 - a. Understanding Anger
 - b. Counsel for Anger
 - c. Defining Depression
 - d. Counsel for Depression
- 9. Sexual Purity and Sexual Sin
 - a. God's Purpose and Design for Sex
 - b. The Nature of Sexual Temptation and Sin
 - c. Understanding Homosexuality
 - d. Counsel for Homosexuality

Articles:

Articles from *The Journal of Biblical Counseling* by CCEF, Desiring God, and others will also supplement the readings. This further supports their understanding. A few articles include:

- *The Great Commission: A Paradigm for Ministry in the Local Church*
- *Speaking Redemptively*
- *How Does Scripture Change You*
- *Who Are We? Needs, Longings, and the Image of God in Man*
- *Understanding the Influences of the Human Heart*
- And more

Video Seminars from Paul David Tripp (provided by Ryan's livestream license):

- Your Walk with God is a Community Project
- What Did You Expect

6 Live Sessions:

Participants will gather together either in-person or virtually to discuss the topics, encourage one another

Requirements for those seeking Certification:

- Complete required readings in the textbook and articles
- Participate in all 6 Live Sessions
- Watch "Your Walk with God is a Community Project" Series
- Response paper to the video
- "Your Story" Paper
- 2 Process Papers
- A Case Study Paper
- Watch "What Did You Expect" Video Series
- Response Paper to video
- 2 Exams
- 10 Counseling Meetings/Journals

All assignments must be completed to receive their certification from The Association of Biblical Counselors.

Participants turn in papers through Google Classroom.

Encouraged for those Auditing:

- Complete readings and articles
- Participate in all 6 live sessions
- Watch both Video Series
- “Your Story” Paper

Those auditing are encouraged to do everything that those pursuing certification are doing. However, the four categories above are highly encouraged.

Cost:

Auditing – \$80 Includes:

- Equip to Counsel Textbook – \$59
- CCEF JBC Subscription (1 Year) – \$21

Certification – \$554

- Equip to Counsel Textbook
- CCEF JBC Subscription (1 Year)
- Application Fee (ABC Required)
- Association of Biblical Counselors Membership (ABC Required)
- Course Tuition

**** I am not receiving any profit from this opportunity. ****

Registration:

www.biblicalhelpandhope.com/equipping

Deadline:

December 1, 2025

Class Begins:

January 10, 2026