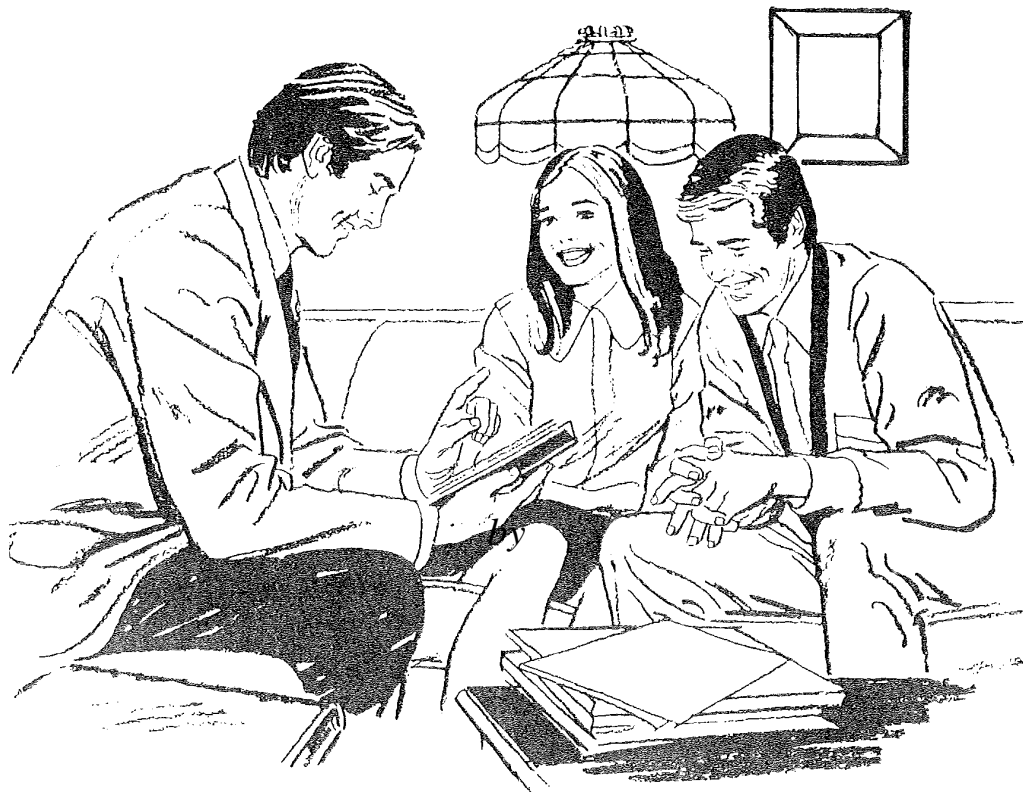


# COUNSELING AND BASIC NEEDS

LAY COUNSELING SERIES

*Book 2*



*by*

*Claude Townsend*

*FOREWARD BY DR. W.A. CRISWELL*

# Counseling and Basic Needs

Claude Townsend

LAY COUNSELING INSTITUTE  
P.O. BOX 351  
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ISBN 0-936709-00-6 (Set)  
ISBN 0-936709-02-2 (Volume 2)

Printed in the United States of America

# **Counseling and Basic Needs**

*By Claude Townsend*

|  |    |
|--|----|
| 1. Basic Needs Must Be Met.....            | 10 |
| 2. Motivated to Meet Basic Needs.....      | 20 |
| 3. Meeting Basic Needs Man's Way.....      | 28 |
| 4. Meeting Basic Needs God 's Way.....     | 32 |
| 5. Steps for First Counseling Session..... | 50 |
| 6. Basic Principles for Counseling.....    | 56 |

## FOREWORD

So many times, and in so many instances books on counseling are written by professionals in the fields of psychiatry or psychology or pastoral ministering. It is no exaggeration to avow that these wonderfully gifted and trained experts live in a world of their own. Their words are filled with wisdom and are born out of vast experience from penetrating observation. We praise God for the ministries of these dedicated and trained leaders who help us in our hours of need and in our times of trouble.

But all of the above is prelude to another avowal. Practically all of the people who are counseled and who come for help and encouragement are lay people. Is it not reasonable that a layman would know intimately and experientially the problems of those who live in his own world and who are struggling with like difficulties? This is the fundamental and basic reason why the books published by Claude Townsend of the Lay Counseling Institute are so pertinent and so useful. They are tools that have been beat out on the anvil of actual life and living, the situations and problems we ourselves face in the same context that the counselors themselves have worked through. Looking at the layman through a layman's eyes immediately commends itself as an approach most fraught with the possibilities for real answers and actual solutions.

Claude Townsend is correct when he says that all of us at some time or another are counselors. The question is not "Do you counsel?" but "How good a counselor are you?" The purpose of this Lay Counseling Series is to help us to be at our best in speaking words of direction and helpfulness and encouragement to others. There are so many fine things presented in the Series until we have not opportunity in a brief Foreword even to summarize the marvelous contents of the books. Just let it be said and received in all truth that the Christian laymen and laywomen who take time to read these volumes and to incarnate their wisdom in actual practices will be used of God to bless uncounted numbers of people who desperately need our loving prayers and heavenly encouragement.

God bless the eyes that read the books, and God bless the author and people who have made possible the publication of the Series.

W. A. Criswell, Pastor  
First Baptist Church  
Dallas, Texas

## PREFACE

"I rejoice when I find counseling material based on Biblical principles and presented in a practical manner. Such is the work of Claude Townsend, my brother in Christ. Claude's life is salt and light. His counseling material will not only help the lay persons who read it, but will greatly aid pastors as they train the laity for the work of the ministry, preserving, penetrating and producing Godly lives as these Biblical truths are learned and obeyed.

Their counseling tools are effective as they Exalt the Savior, Edify the Saints, and better prepare us for Evangelizing the Sinner. May they serve to ground us and build us up in the faith of the Lord Jesus Christ, knowing that He will receive ALL the glory."

Tony Trunnell  
Assistant Pastor  
Broadway Baptist Church  
Memphis, Tennessee 38116

# Counseling and Basic Needs

## *Introduction*

Our purpose is primarily two-fold: 1. To consider your basic needs and how these basic needs are met; 2. To help you lead others to know what their basic needs are and how they can be met.

Hebrews 13:15-16, "Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips giving thanks to His Name. But do not forget to do good and to share, for with such sacrifices God is well pleased." This passage reveals the functions of the priest hood of the believer: 1. To offer sacrifices of praise and the sacrifice of thanksgiving. These are to be offered continually before our God. It is easy to offer the sacrifice of praise and thanksgiving when everything goes right, but it is a sacrifice to praise God and thank Him when things go wrong.

2. The second function is to offer the sacrifice of service to other believers. We should be very cautious about one thing. We must never try to function as a priest for another believer. The function of the priest in serving another believer is to restore him when he has been disobedient to God and teach him to worship and serve his fellowman. God will never allow a saint to function as a priest as long as he is disobedient to Him. As long as there is an undealt-with sin in a Christian's life he can not function as his own priest. Do you know why God allowed only the tribe of Levi to function as priests in the Old Testament? Exodus 19:5-6, "'Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to me a Kingdom of priests and a holy nation.' These are the words which you shall speak to the children of Israel." "Kingdom of priests" reveals that God wanted all twelve tribes to be priests.

You will remember that after the nation of Israel came out of Egypt and while Moses was gone to receive the tablets of commandments, the people collected earrings and other items of gold. Aaron said they threw them into the fire and out came the calf. When Moses returned, the people were singing and dancing and worshipping the golden calf.

Exodus 32:26-28, "Then Moses stood in the entrance of the camp, and said, 'Whoever is on the Lord's side, let him come to me.' And all the sons of Levi gathered themselves together to him. And he said to them, 'Thus says the Lord God of Israel: 'Let every man put his sword on his side, and go in

and out from entrance to entrance throughout the camp, and let every man kill his brother, every man his companion, and every man his neighbor." So, the sons of Levi did according to the word of Moses. And about three thousand men of the people fell that day."

God told Moses to tell the people "put on your swords, kill everyone who worshiped the golden calf." They were to kill all their families, relatives and friends, fathers, mothers, brothers, sisters, and children. Eleven tribes disobeyed God. Only the Tribe of Levi was obedient and killed the disobedient people. Only the Tribe of Levi was allowed to serve as priests. This reveals a most important principle.

The only one who can function as a priest is the one who is obedient to our Lord God. Since the eleven tribes disobeyed God, He rejected them as priests. They now must go through a priest to God. God never intended for it to be that way. This procedure continued until Jesus corrected the problem. He restored the priesthood to every believer, and today God desires that every saint function as his own priest before Him.

Your function as an obedient priest is to restore your fellow man and teach him to be obedient to the Spirit that he may be able to function as his own priest. It is a real sacrifice to be in the business of restoring the ones caught in a fault. For you to please God at all times, you must be occupied continually with worship toward God and service toward mankind. Therefore, the basic purpose for your counselee to have his problems solved is so he may function as a priest. You should desire to enter the Holy of Holies that you may offer the sacrifice of praise and the sacrifice of thanksgiving to your God continually and be able to serve your fellow man.

Your basic desire for solving your personal problems should never be that you might have inner peace, joy, contentment, or any other blessing. When you function for the purpose for which God created you, these other blessings will become by-products of serving the Lord and serving your fellow man. Eyes have not seen, nor ears heard about the peace, joy, and happiness that will come to the child of God who trusts Him and who is obedient to Him.

The next time you look for the solution to your problem, stop and ask yourself, "Why do I want to solve this problem?" Should your answer be so you can be happy, find meaning and purpose in life or any other reason other than to please God, you are a long way from God's basic purpose for your problems being solved.

The reason that you have the problem is because there is a need for change in your life that God desires. When you learn the lesson that God desires for you to learn, the problem will be solved. You will then be able to worship God in spirit and serve your brothers and sisters effectively. You worship God when you offer Him the sacrifice of thanksgiving for the things that disturb and irritate you.

Your goal for biblical counseling should always be to restore your counselee and teach him to worship God and serve his fellowman. You should have two basic goals in Christian counseling: 1. To lead your counselee back into fellowship with God and to teach him how to worship and minister to the Lord. He must cease being a carnal Christian and become a spiritual Christian.

It seems to me that there are degrees of spiritual maturity, but that there are no degrees of spirituality. A person is either spiritual or carnal. You need only one short to short the electric wire to keep the light from shining. You need only one undealt-with sin in your life to cause you to be carnal and keep you from being spiritual.

Teach him how to serve his fellow man. Once your counselee becomes spiritual, you must teach him to walk in the Spirit so he will be able to worship God and serve others. A carnal Christian may learn academic knowledge, but he cannot grow spiritually, worship God, nor serve others because the branch severed from the vine will wither and die. When you lead your counselee to become spiritual, your work has just begun in helping him to become more like Jesus and growing to maturity.

Only the spiritual Christian can worship God in spirit and serve his fellow man by restoring his counselee so he may worship God and serve his fellowman. For a carnal Christian to counsel another carnal Christian is what our Lord spoke about when He said, "Can the blind lead the blind for they both will fall into the ditch." Only when there is an overflow in your counselee's life will he be able to enjoy the abundant Christian life and please God as He desires.

There is no way for you to teach Christian with an undealt-with sin in his life how to worship God or minister to others. Therefore, any Christian with an undealt problem you must first restore him to fellowship with God before you attempt to teach him to walk in the Spirit. To understand these two objectives in counseling will greatly simplify your work as a Christian counselor. First, restore your counselee and teach him to worship, praise and serve God. Second, teach your counselee how to minister to others.



You then will be functioning as a priest and enabling your counselee to be able to function as his own priest.

## **Chapter 1**

### **Basic Needs Must Be Met**

Before Adam and Eve sinned, they had their needs of self-worth and to be loved fully met by God. Since God accepted them, they fully accepted themselves. Since they accepted themselves, they had the feeling of self-worth. Since they were in communion with God, their hearts were filled by the love of God. Since they knew they were important to God, they regarded themselves as being important to God. They found true meaning and purpose by walking and talking with God and by doing God's will in tending the garden and caring for God's creation. From the time they were created, all their basic needs were fully met in a relationship with God.

Before Adam sinned, he was fully accepted by God and Adam fully accepted himself. After Adam sinned, he hid from God because he was afraid that he would be rejected. With sin in his life, he did not feel loved. He now felt insecure. Adam was told that he must work in order to eat. He must struggle with nature. He must now wrestle with his undesirable environment. Adam has now become conscious of his need for self-worth, to be loved, and meaning and purpose. He must learn that these needs can only be met by God Himself.

You must know that God desires to meet your needs. Your basic responsibility is not to try to get God to meet your needs. Your basic responsibility is to meet God's conditions so He will be free to meet your needs. The basic problem of mankind is a wrong belief about how his needs can be met. The natural human tendency is to run to safety when your needs are threatened.

When one's needs are not met, it is typical for a person with an immature personality to say, "It is not my fault." "I will not admit failure." The person with immature emotions seeks diligently to protect what little self-esteem and what little love he has because it is so important to him. Self-acceptance for many people depends on their performance and what they believe other people think about them. You must know that self-acceptance depends upon your knowledge of God's acceptance of you, who you are in Christ, and living a Christ-like life.

For you to function properly, your needs of self-worth, to be loved, and

meaning and purpose must be satisfied. Only when those needs are met by the Lord will you feel worth while as a person. Problems develop when you believe these basic needs are threatened. No one can threaten the supply of your basic needs since only God can meet them.

Your consideration of your problems must always include the correction of your basic beliefs about how your basic needs are to be met. Proverbs 23:7, "For as he thinks in his heart, so is he." The original word that was translated "thinks" basically means believe. What you believe in your heart will determine your conduct. The reason many people have many problems is because they have set the goals of the world to meet their basic needs.

As a child of God, you must know that in Christ you are completely accepted by God regardless of your behavior. He will never condemn you, yet He will condemn your bad behavior. Since God's love is eternal and unconditional, you should know that there is no pressure to earn or keep His love. God has fully accepted you, which enables you to fully accept Him.

Your acceptability to God depends upon the acceptability of our Lord because Jesus's death paid the full price for your sins and gave you Jesus to be your righteous robe. In Christ, you now stand before God as though you had never sinned. This completely frees you from your responsibility to meet your basic needs, which you can never do, and enables you to focus on faith in God and obedience to the authority of God so that God may be able to freely meet your needs.

These resources of God are available but only by faith. Without faith in God and obedience to God you have no hope that your needs will be met. Life has no real meaning and purpose apart from communion with the Lord.

When people have no knowledge that the Lord will meet these needs, they develop alternate strategies to meet the need of self-worth and the need to be loved. Since setting these alternate goals never works, they have obstacles in their pathway. When one's highest goal is material gain or pleasure, widespread immorality and perversion will be natural.

When one does not bow his knee to the purpose and lordship of Christ, he loses all knowledge of true significance. At regeneration God declared each of his children just and gave all the necessary resources to live and enjoy these needs which have been abundantly given.

No amount of money, fame, or pleasure can satisfy your basic human need for feeling worthwhile. The deep emptiness and void in some Christian's lives can only be met when they return to the Lord who is the source of living water.

May we ask, "Why do people do as they do?" The basic needs of life produce a strong motivation to meet these needs. When your needs are not met, you will be restless. This produces strong motivation from within for meeting these unmet needs. You are strongly motivated to do the things that you believe will meet your needs. This motivation is always toward a goal that you believe in your heart will meet your basic needs.

When one cannot have what he believes will meet his basic needs, he believes he is worthless, and he feels worthless. He is then motivated to protect his need to feel worth while from further hurt by minimizing the feeling of insignificance and by rationalizing. Sometimes people will withdraw from the crowd. Some become lazy or procrastinate, trying to protect the self from increased feelings of inadequacy.

As a Christian counselor, you must know that all behavior makes sense. It may be bizarre behavior, but it does make sense. For you to understand acts of behavior, you must discover what need is motivating the behavior. You know his convictions about what he believes will meet his needs. You need to know the goal which his beliefs have determined and how successful he has been in reaching those goals.

Should a person not feel worthwhile, he will develop goals that he believes will meet his needs so he will feel worthwhile. The world teaches the false value system that to be important you must have money. Should you believe that having money will make you significant, you will set your goal to make money. You may know that the Word of God teaches that the love of money is the root of all evil. Even so, as long as you believe that money will help meet your basic needs, you will be strongly motivated to acquire money.

You must discover that your real problem is your conviction about what will meet your basic needs. Your basic problem is never your love for money. Should you believe that your basic problem is your love for money, you may deal with this extensively, but this will not solve your problem since your basic problem is your wrong conviction about what will meet your basic needs. As long as you believe that money will meet your basic need even though you may feel guilty, you will continue to pursue.

Your energy will be channeled in the right direction only when you have the proper conviction that only God can meet your basic needs.

A wife may believe that for her basic need for love to be met requires that her husband love her. Since her conviction is wrong, she will then develop unethical strategies to entice him to love her. She may know that what she is doing is wrong and even hate herself for it, but she will do it anyway because of her conviction that she must have her husband's love in order to meet this essential need.

It is unbelievable how strongly one is motivated to meet these basic needs. It is amazing what one will resort to in order to reach the goals that he has set to meet his basic needs. A partial list would include laziness, uncontrolled anger, headaches, depression, anxiety, and bizarre behavior, just to mention a few. These problems fulfill a useful function in dulling the pain of the lack of self-worth and lack of love. Then one could believe that should these problems not exist; he might become successful in meeting his goal.

God also wants your physical needs met and He promises to meet them when you meet His conditions. Matthew 6:33, "But seek first the kingdom of God and His righteousness, and all these things shall be added to you." Some people seem to believe that meeting their physical needs will meet their deep spiritual need. Only after you seek first the kingdom of God and His righteousness is God obligated to meet your physical needs. This reveals that only after you turn to God for Him to meet your spiritual needs will He abundantly meet your physical needs.

It is only after your basic needs are met that God can use you to meet your counselee's needs. Mental health comes when your needs are met, and you are actively involved in meeting others' needs. The more fully your basic needs are met, the more caring you are for other people's problems and needs. The more your basic needs are met, the less you will be irritated, suffer from hurt feelings, and express a selfish concern by trying to, manipulate others to meet your needs.

As long as you are preoccupied with satisfying your own needs, you are no different from the people of the world. Since God has already provided your spiritual and physical needs, then the only thing that remains for the saint of God is for him to possess his possessions.

Many husbands and wives diligently try to change each other in order to have their own needs and desires met. You may believe that your spouse

can satisfy your desires and meet your needs, but only God can satisfy your desires and meet your needs. When anything happens to an individual that he believes does not affect his personal needs he is not likely to react very strongly, but should something happen that he believes affects the meeting of his basic needs, he will have deep emotional reactions.

A person's convictions about an event will determine how he feels about that event and how he will behave in response to it. All of us at one time or another have tried to fulfill our basic needs from some source other than God. The reason some people are so reluctant to come to the Lord so their needs could be met is because they must come by way of the cross.

Everyone has assumed some wrong conviction about how to get his basic needs met. Your convictions control what you do and what you do determines how you feel. Many are unaware of their basic wrong beliefs about how their needs are to be met. When you lead your counselee to change his convictions, you influence his total personality and behavior.

Some people believe that financial success is a must in order to have self-worth. Others feel that for them to be accepted they must not be criticized. Some feel that they must develop great abilities for them to be significant.

Some people believe that their self-worth is related to how successful their ministry is. Some people feel that should they ever be wrong that this would jeopardize their personal value. Since people have these kinds of convictions it is no wonder that many people act out of uncontrolled anger, resentment, guilt, or anxiety.

You must be conscious that some counselees do not welcome unpleasant revelation about their wrong convictions. For a husband to admit that he has secretly tried to manipulate his wife to love him to meet his need to be loved is sometimes very difficult. When a wife believes that her self-worth depends on her husband's love, it will be difficult for her to be honest and admit that in reality she has been trying to manipulate her husband to be affectionate.

For a person to discover that he has had wrong convictions for many years is very painful. You must remember that the heart is deceitful and desperately wicked. It will take the work of God in a person's heart to get him to acknowledge that he has been wrong. A conviction that has been strongly reinforced and put into practice over many years means that change will come painfully.

Since one must become worthwhile, he will ask, "How do I do it?" Many people have been taught wrong methods. You must go slow in undermining a person's long-lived wrong convictions.

When you lead your counselee to discover the truth about what his convictions must be, you must be aware of the emotional effect in changing his approach to meeting his needs. It is much better to show a person in the Word of God what his convictions should be rather than tell him that his convictions are wrong. Your counselee must feel at ease and feel totally accepted by you. He must feel safe and that he can fully trust you.

Very simply put, a person must choose to either live for himself or to live for God. There is no way you can do both. Should one turn his back on God, he has blocked the only source that can completely satisfy his needs. When one puts the Lord first, he then can reject all of the world's convictions on how to find self-worth and to be loved.

As a counselor, start studying scripture on how God meets one's needs of self-worth, to be loved, and meaning and purpose. Once your mind is renewed, you will evaluate all events from God's perspective. You will be on the road to becoming a transformed person. When your conviction, that your needs as a person depend totally upon your relationship to the Lord, becomes strong enough, the things that happen to you will not cause you to react in an ungodly way.

Most people usually choose to do what makes sense to them. You must remember that you walk by faith and not by your senses. Your freedom to choose is limited by your convictions. When your counselee's convictions are based on the truth of God, his conduct will be right, and he will come to have right feelings. Your emotions will begin to heal and mature.

We are told that three of the most common negative emotions are guilt, resentment, and anxiety. In every case the wrong negative emotion can be attributed to a wrong conviction about how personal needs are met. When your counselee believes that all he needs is God and what He chooses to provide, he will not experience any of these three negative emotions.

When a person does not trust God to provide and then goes outside of God's will to try to meet his needs, he will feel guilty. He will forsake God, the source of living water and hew cisterns that hold no water. When one believes that his needs are jeopardized by someone, he will judge him and hold resentment toward him. When you fear that your need will not be provided, you will become anxious and worried.

When your convictions are based on the world's wrong value system you will experience these negative emotions which will block your love for your counselee. When you walk in the Spirit, He will renew your mind and bring to your remembrance the scriptural truth suited to meet each situation. Then you will recognize that no event can rob you of your self-worth, of God's love, or true meaning and purpose regardless of what happens to you. When your will is in union with God's will, you will regard yourself as a non-threatened individual, a whole person whose personality will express itself in worship to God and service to your brothers and sisters. When your basic needs are not met, problems will develop.

May we ask, "How do problems develop?" When you have a clear understanding of how problems develop, you will be more likely to be able to lead your counselee to see the cause of his problems. When you have a clear concept of how your counselee developed his problems, you better understand him. You then can lead him to understand himself. You can more intelligently approach his problem from an intelligent, systematic approach.

We can never completely understand the mystery of man, but with a biblical explanation of the basis of human functioning we can develop an approach that will be a biblical approach. It is good to develop a pattern for your approach in counseling. You then can come nearer fitting the problems into your pattern, and your counselee will better understand what he must do to correct his problems.

Since you have a spirit, soul, and body, then you have spiritual needs, psychological needs and physical needs. How are these needs met? God wants you to know that all your needs are met by Him. All of your spiritual needs are met by God. All of your psychological needs are met by God, and all of your physical needs are met by God.

God may use people as instruments, to meet your needs, but God wants you to depend on Him and never depend on any person to meet any of your needs. For you to remain alive and function adequately as a person, you must have your basic needs of self-worth, to be loved, and meaning and purpose sufficiently met. Many people are in the process of degenerating because these needs are not met.

As long as a person believes that other people, money, prestige, pleasure



and things will provide them with the satisfaction that their needs require, they will keep going even though they are in the process of degenerating. Should a person come to a point in his life that he no longer has hope of attaining these basic needs, he will come to a state of despair. At this point he may have a nervous breakdown. He may resort to bizarre behavior. He may resort to food, sex, alcohol, drugs, violence, or anything that he believes might dull his pain.

When a person receives the light of God's truth that he is righteous and secure in Christ, that his self-worth is related to the Lord, and that meaning and purpose can be found in losing himself in worshiping God and in restoring others, that will be the day that turns his life around. Once he hungers and thirsts after righteousness, he shall be filled with the love of God. His deep hurt caused by his conviction of rejection shall be comforted, and his emptiness shall be filled by the love of God.

When he begins to learn the truth, practice the truth by being responsible and obedient, he will start his journey of becoming alive, a whole, radiant person. Regardless of how bad life's situation is, life still is worth living. This life must be looked upon primarily as preparation for the next life.

When you look at life in relation to God and His purpose, life will make sense. Once you have the conviction that God can meet your needs and that God will meet your needs, provided you meet God's conditions, you will begin your journey of fulfillment and meaning and purpose. Your personality will begin to mature and begin to radiate. Your emotions will begin to heal, and you will experience mental health.

You must remember that God is a covenant God. His covenant has two sides - His side and our side. His side is that He has promised to meet all of your needs, but your side has some conditions that must be met. When you meet the conditions that God laid down in His Word, then God will always fulfill His promises.

This means that when you are knowledgeable of God's conditions, and an obedient child of His, then He fully takes care of your needs. You must believe that when God does not take care of your needs, whether they are spiritual, mental, emotional, or physical, that God is trying to get your attention and communicate with you that there are some changes that He expects to be made in your life.

When you have a need that is not met, that is God flashing a red light. He wants you to know that it is time to stop, look to Him, and listen. Your

counselee may believe that he has a need for the approval of his friends, but he does not. This may be a desire, but it is not a need.

What he needs is the knowledge of the acceptance of God, but he believes that should His friends accept Him that this would meet this basic need. By trying to do things that would cause his friends to approve of him means that his friends are directing his thinking and activity instead of his getting his direction from the Lord. He may have believed all his life that his self-worth depended on the approval of others. Parents can put so much emphasis on good grades, good looks, and good behavior that the child will come to believe that his self-worth depends on good grades, good looks and his good behavior. Some children are praised more for their good looks than they are their character. This causes them to believe that their self-worth is based on their looks.

Unless somewhere in life, a child is taught that his self-worth depends on God, he will meet with many mental and emotional problems. The key to his problem is to recognize that he needs the knowledge of God's anger against him when he does wrong rather than approval from his friends. Romans 1:18, "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness." One way that you can recognize God's anger against you is by inner conflict. God's method for dealing with his children is to always make it profitable to do what he says and unprofitable to disobey.

God's anger was fully satisfied by Jesus, and you will experience peace when you accept what Jesus did for you. As long as a person lives, he has the need of self-worth and to be loved. These needs will be paramount as long as you live on the face of this earth. You will never stop needing these basic needs, but you can stop trying to meet these needs on your own by trying to manipulate people. It is when you take the responsibility of meeting these needs in any way that problems develop. It is God's responsibility to meet all your needs. God wants to be God and He wants you to be His humble, submissive child.

You must understand the difference between needs and desires. You may have the desire for money, approval, prestige and pleasure, or many other things which may be alright within themselves, but you must understand that the fulfillment of these desires will never meet your basic needs of life.

For you not to try to meet your needs may produce pain in your life. Here is where you must learn to trust in God for meeting your needs. For Him to withhold something that you desire greatly may be His discipline, trying to

get you to be obedient to Him in some area of life, so He may be able to meet your basic needs.

You may want a good marriage, good children, a beautiful home, a good business, but you must remember that you can live a life of meaning and purpose, a satisfying life, and a whole life without any of these. Sometimes God takes the best things that we have in life away from us so He may give us something better. You may ask, "What is better than having a good family, a good business, and a good way of life?" The answer is, "God Himself, because He alone can meet your basic needs." Your family, business or no earthly accomplishment or thing can make any contribution toward meeting your basic needs.

Therefore, to counsel, one concept that you must have clearly in your mind is to know the difference between your counselee's needs and what his desires are. His enthusiasm toward his desires will give you an indication of how strong his convictions are that the fulfillment of these desires will meet his basic needs. One thing for sure, to become spiritually and emotionally mature, you and your counselee must have your basic needs met.

## Chapter 2

# Motivated to Meet Basic Needs

An important part of our understanding for counseling is the concept of motivation. By motivation we mean the inner drive or desire to meet personal needs. The closer a saint lives to His Lord, the more God is able to meet all his needs of life. The more your needs are met, the less conscious you will be of your unmet needs.

With undealt-with sin in one's life, the Lord will withhold the fulfillment of these needs. The Lord wants you to learn that it is always unprofitable to do wrong. A person with sin in his life will have a stronger desire to have self-worth and to be loved. The further one lives from God, the stronger these desires become. When a person does not trust the Lord, he becomes more and more willing to do whatever he believes is required for these needs to be met. The motivation builds up and becomes stronger and stronger. This is why some people are willing to spend day and night for financial gain. It is amazing how much energy will be exerted trying to satisfy these basic needs.

A person may say, "I'm willing to work hard at becoming a worthwhile person, but what do I do?" "I desire to be more and do more but in what direction do I move?" "What am I motivated to do? What is important to me?" The answer to these questions is simple but important. The direction that you take will depend on what you believe will meet these needs and not on how strongly you are motivated. Your needs are obvious, and you are strongly motivated to meet these needs. The direction of your motivation will be determined by what you believe will give you self-worth and security. You must know that sin depreciates your self-worth.

We are told that in each stage of a child's development that he is motivated to find some way to meet his personal needs. At some point along the way he discovers a strategy that seems to work for him. He may observe that doing a certain thing pleases his parents. Should his parents talk about a particular thing, maybe success in business, he may draw the conclusion that to be successful in business will bring him self-worth. As long as he has the false conception of what will bring self-worth, he is headed toward trouble. This is why parents should begin early in a child's life to teach

him about God and teach him that only God can meet all of his needs of life. When parents have a wrong sense of values, it will play havoc with the child's self-worth.

Should a wife believe that her needs are met by her husband's fitting into her plans, she will complain and criticize him for not cooperating in meeting her basic needs. This may cause a daughter to falsely believe that a husband is supposed to meet the basic needs of a wife, but that in reality it just does not happen.

Her conclusion may be that she will avoid the disappointment by never marrying, or should she marry she may immediately take the defensive position to try to avoid the hurt of disappointment. She may be unconscious of what she is doing, and she will interpret her husband's reactions as rejecting her. She will feel as though she just cannot win for losing.

The root problem is a set of wrong assumptions that she learned from her mother as a child. She may know that she is doing many wrong things, but she will be willing to change her behavior only when she changes her convictions as to what she believes will meet her basic needs.

Proverbs 22:6 teaches that when you put a child on the right path, he will forever remain upon it. This reveals how important it is to train a child early how his basic needs can be met. The most important part in this training is by example.

It is natural for children to be motivated to meet their basic needs. The responsibility of the parents is to teach these convictions by the way they live. The parents must create a desire in the child to look to the Lord for satisfying his basic personal needs. Children in some way will reproduce their parents' efforts in finding security and purpose. When the parents have the right sense of values, it is true that the children will also. When a child has the right sense of values, he will have the right convictions about how his basic needs can be met. When he has right convictions about how his basic needs can be met, he will be motivated in the right direction.

You may try to teach your children to love the Lord, to go to church, and be kind to others, but should you have the wrong sense of values, the children will also, regardless of what you try to teach them. Your children will learn to depend on the same things to satisfy them that you depend on to satisfy you. No amount of teaching will convey the proper principle when your message by the way you live contradicts what you say.

When parents trust the Lord to meet their needs, so will their children. Exodus 34:7 speaks of the sins of the parents being passed on to the children to the third and fourth generations. When parents have wrong convictions and live wrong, their children are prone to make the same mistakes and also suffer the consequences. A child is never responsible for his parents' sins, yet he does suffer because of them. For example, should the father fail to be the authority in the home and allow the mother to wear the pants, this will cause many mental and emotional problems for the child. His self-worth will be greatly disturbed.

I thank God for parents that taught me when I was a small boy to love the Word and who taught me by example the value of getting on my knees and praying to God. They carried me to church and taught me the love of God, the love for people, and the love for the church. The more problems that I see in children and young people today, the more I am convinced of the importance for the child to have Christian parents who know how to express their love to God, to each other and to the child from the birth of the child. You cannot start too early.

Children always develop a strategy for meeting their needs. The strategy is always based on their convictions as to what they believe will meet their basic needs. A common list of convictions: "I will feel important provided I excel in school; or provided I have money; or provided I never make a mistake; or provided I am a good worker; or provided my peer group accepts me; or provided I am included in important meetings;" and provided many other such things. A wife may believe that she is O.K. provided her husband loves her, provided no one ever rejects her.

Once a child chooses basic assumptions as to how he believes his needs can be met, his motivation will take direction. He will set goals consciously or unconsciously based on his false convictions. He will now engage in behavior designed to meet his needs according to his basic assumption.

You must understand at this point that a child's goal-oriented behavior can be wise, realistic, and intelligent, or it can be false based on ignorance, be unrealistic and totally ineffective. When the goals set are not reached, the person will feel further threatened because his needs are still not met. He will become irritated, resentful, and maybe anxious.

Suppose a husband believes that his self-worth depends upon his wife loving him and caring for him. Then he will likely try to reach his goal of winning his wife's approval. Because of wrong convictions he will try to

manipulate his wife. This will reveal helplessness which she will reject which will cause emotional problems. Love gives and does not seek rewards. Love chooses to meet the needs of others and never tries to get other to meet your needs.

When a marriage partner tries to get his spouse to meet his needs, relationship problems will develop. One may understand what he is doing is wrong, but he will not change until he changes his convictions about what he believes will meet his needs. The reason a person does wrong is because his basic motivation is self-centered.

As long as a person gives to get his desires fulfilled, he is in trouble. What he is trying to do is to use his spouse to meet his needs. God's way for a marriage to function properly is for each spouse to try to meet the other's needs and never try to get the other to meet their own needs. The Lord can never use your spouse to satisfy your needs or desires as long as you try to manipulate your spouse.

You must learn to trust God completely in satisfying your desires and meeting your needs rather than expecting your mate to meet your needs. Each spouse must be willing to give completely of themselves to their mate. This is the Lord's way. You may not need to change much that you do, but the great need may be that your motive may need to be changed. It is so easy for your heart to deceive you. What you do must be to please the Lord and your partner and never to please your own self.

A counselor must never help a wife manipulate her husband to try to meet her own needs. This will only frustrate the problem. A counselor must discover the counselee's wrong convictions and then gently lead the counselee to discover the right convictions as to how his needs can be met. Since it is true that only God can truly satisfy all our basic needs, then should a counselee be successful in meeting his goals, he will still not be satisfied. He will then set new goals and go through the cycle again to reach his new goal. He will spend his entire life chasing after the wind. He will be digging cisterns that are broken which will hold no water.

There are people today with an expensive home, adequate clothes, two new cars in the garage, a good bank account, who are still miserable and they have discovered that these things do not satisfy their inner desires. As long as your counselee's convictions are wrong, he will continue to chase after the wind.

The doctor is taught to first diagnose the patient's condition before he

prescribes the treatment. As a counselor, you must do the same thing. The key element behind all symptoms is a wrong conviction which interferes with the person reaching his designated objective. God will allow barriers to stay in a person's pathway as long as his goals are wrong.

Sometimes the problem cannot be overcome. When these problems continue to exist because the obstacle cannot be removed, people usually respond in one of three ways:

1. When a person is unable to reach his goal, he will experience irritation and frustration and will respond with self-condemnation. The sin of self-condemnation will produce the emotion of guilt. This is the wrath of God expressed against unrighteousness.
2. External circumstances. In other words, should a person believe that his goal could be reached but someone gets in his way, he will respond with uncontrolled anger. When the uncontrolled anger is not dealt with, it will develop into the emotion of resentment. This, too, is God's wrath.
3. The fear of failure. Should a person believe that he just cannot reach his goal, he will respond with the emotion of worry or anxiety. The psychologists tell us that we respond to most difficulties by one of these three negative emotions - guilt, resentment, and anxiety. All of these are the wrath of God against sin.

May we look a little more closely at each of these three. When a person can not reach his goals, he will respond with self-judgment and self-condemnation. His estimation of himself goes down. When someone judges and condemns himself, he cannot be justified by faith and he will lose his peace. Any sin will shipwreck your faith. When one is justified by faith, he will not accept judgment nor criticism from others. Revelation 12:10, "the accuser of the brethren." The accuser will use even your best friends and closest relatives to accuse you. You can "overcome him by the blood of the Lamb and by the Word of your testimony" (Rev. 12:11). Your testimony must be. "I am righteous in Christ and His blood has cleansed me from all my unrighteousness."

For you to experience irritation or hurt feelings when someone criticizes you reveals that you have already accepted their judgment and that you have responded with self-condemnation. When you condemn yourself, you will then experience the wrath of God. The irritation or hurt feelings is only the expression of God's wrath.

There are many goals that many people set which cannot be reached. Suppose a person is criticized when in the early years of childhood, he may come to believe that in order to feel good that he must avoid criticism. He



may set his goal to keep people from criticizing him. This is an unreachable goal. When he discovers that he cannot reach this goal, he will feel that something is wrong with him and he will condemn himself.

When he judges and condemns himself, he will naturally have feelings of guilt. Should this sinful conduct not be corrected, it will snowball. He will have greater feelings of emotional guilt. Many times, these feelings of guilt will be expressed in statements of self-hatred, attitudes of disgust with oneself, and a loss of drive. God never gave anyone the right to judge and condemn himself.

When the problem is external conflict, the circumstances are different. A different situation will exist when one believes his goal could be reached should it not be blocked by someone other than himself. The emotion of uncontrolled anger will occur when this type of situation happens. When the sin of uncontrolled anger is not dealt with by confessing and forsaking, it will develop into resentment. Resentment is a result of not handling the sin of uncontrolled temper. The principle is that when you are motivated to reach a goal and someone gets into your way, you will judge him, condemn yourself, and become angry toward him.

The third kind of reaction is fear of failure. The goal may be reached, and no one might get in the way, but there may be indecision. He may take wrong thoughts. Matthew 6:34, "take no thought," which means not to take thoughts from evil spirits. When one takes thoughts from evil spirits, he will waver between two opinions. The result is indecision, which will develop into worry. He will experience the emotion of anxiety. One may fail several times at a given project, but you must remember that one is never a failure unless he quits. These frustrations of worry and anxiety reveal the wrong conviction about how one's needs are met.

Many people are angry with the world. They have much resentment. This is even revealed in a person's dreams. Some Christians live under the cloud of continuous tension and fear, which brings anxiety. They feel that Christianity is a long, hard road, but since they do not know of another alternative, they continue the steady grind. Underneath this life of undesirable problems is some wrong convictions which have resulted in one of these three basic problems. The human personality was never designed to operate with guilt, resentment, or anxiety.

Unless the obstacle that prevents the goals from being reached is removed, one of the three emotions will continue. Should one of these emotions continue over a long period of time, it will play havoc with the nervous

system. Should this continue a person may experience what is commonly called a nervous breakdown. This, of course, is a life that has broken down rather than his nerves. Should the frustration continue long enough or become serious enough the person may stop trying to overcome the obstacle.

The problem of the emotions of anger, resentment, and guilt can cause organic problems like headaches, ulcers, heart trouble, and many other ailments. These mental and emotional problems spill over into all areas of life.

For you to develop a plan of action for counseling, you must know what you are trying to change. Motivation is a necessary part of a person's personality. We all want to have our needs met and will expend untold energy to meet them. The change that must occur must be the change of convictions as to how needs can be fully met. These convictions must be based on the truth of the Word of God. Matthew 5:6, "Blessed are those who hunger and thirst for righteousness, For they shall be filled."

The well-adjusted person is one who depends on God alone and what He chooses to provide to meet his need of self-worth, his need for love, and his need for meaning and purpose. Guilt, anxiety, depression, and all of these types of symptoms, in fact, every problem can be traced directly to wrong convictions how a person believes his needs can be met. One great problem is that we depend on people and things when we must depend totally on God to meet all the needs of our life. When a person is in fellowship with God, the Spirit will renew his mind. He will then start his road of transformation. To be transformed depends on the renewing of your mind, not your feelings.

Should you try to change a person's behavior without changing his conviction, you have headed for trouble. You may accomplish some good, but this is not God's goal. Right behavior will never produce right convictions; however right convictions will always produce right behavior. A person must be motivated to change his convictions before he is motivated to change his behavior.

Sometimes the right convictions will temporarily increase the problems. This is normal. God will always try your faith. The trying of your faith is more precious than silver and gold. A person may change his behavior but that does not change his spiritual stature unless it is based on changed convictions. When a person's conviction changes, he naturally will change his goals.

When convictions are correct, goals will be set by the leadership of the Spirit. When your number one goal is to please the Lord, you will become amazed at how He will begin to meet your needs of life and satisfy your desires. Problems, insults, and criticism are unpleasant, but once you know that only God can satisfy your desires and meet your needs you will not feel personally threatened. You will look at life as a challenge because your motivation will have you headed in the right direction.

## Chapter 3

# Meeting Basic Needs Man's Way

You have three basic spiritual needs: 1. Self-worth or self-esteem, 2. To be loved, and 3. Meaning and purpose. May we ask, "*How do the people of the world try to meet these needs?*" Most people try to meet their need for self-worth by money and what money will buy: fame, and pleasure. Most people try to meet the need to be loved through their family, friends, and business associates. Most people try to meet their need of meaning and purpose through their occupation, recreation, and hobbies.

What are the results when people believe that their basic spiritual needs will be met in any way except by God Himself? Proverbs 24:12, "There is a way which seem right to man, But its end is the way of death." It may seem that money, fame, and pleasure will satisfy your need for self-worth. It may seem that your basic spiritual need to be loved can be met by your family, friends and business associates; however, when you reach the end of the road you feel empty and dead inside. You will experience great mental and emotional pain.

Jeremiah 2:13, "For my people have committed two evils: they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water." Anyone who believes his spiritual needs of self-worth, to be loved, and meaning and purpose can be met in any way other than by the Lord has committed two evils: 1. He has forsaken the Lord who is the fountain of living water. The Lord is the only source for satisfying basic needs. It is a sin to turn from the Lord and expect man and things to meet your needs. 2. He has been digging cisterns that will hold no water. The world nor the things of the world can meet your basic needs. The world will not satisfy. Should you be trying to meet your needs by the ways of the world, then you are digging cisterns that hold no water. You must change your conviction about how you believe your basic needs can be met and turn to God who is the source of your supply.

We find the same principle taught in John 4:13, "Jesus answered and said to her, "Whoever drinks of this water will thirst again." You may find some satisfaction when you try to meet your needs other than in the Lord, but they will not give lasting satisfaction.

When you meet the conditions, so God will meet these needs, you will be continuously satisfied. John 4:14, "but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a well of water springing up into everlasting life."

Romans 1:17, "...the just shall live by faith." You must be justified by faith before you can live by faith. For you to expect the things of this world to satisfy your basic needs of life reveals unbelief in God. God expects you to live by faith and trust Him to meet all your spiritual needs. Should you not, His anger will be revealed against you. Romans 1:18, "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness." You will always experience the wrath of God when you have unrighteous conduct. God always operates in harmony with the law of reinforcement. The law of reinforcement is one of God's basic laws. He always makes it profitable for you do right and unprofitable for you to do wrong. When you are justified by faith, God will Stop His anger toward you and the blessings will begin to flow.

Since His invisible attributes are clearly seen, then you are without excuse. Verse 20, "For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse." The reason that you are without excuse is because as a Christian you know God and through the study of His word you can learn how to live the justified life.

Since you know God, He expects you to glorify Him. That means that you worship Him, rejoice in Him, and place the value on Him that He deserves. Verse 21, "because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened." To glorify God is to worship Him, rejoice in Him and praise Him. Should you try to meet your basic needs by means other than God, by your actions, you are professing that you have become wise. Verse 22, "Professing to be wise, they became fools." A person who believes that the world can make a contribution toward the supply of his basic needs is foolish.

You also will have changed the value of a holy God into images of the things whereby you expect your basic needs to be satisfied. Verse 23, "and changed the glory of the incorruptible God into an image made like corruptible man, birds, four-footed beasts, and creeping things." When you expect the things of this world to satisfy your basic needs, they have

become your god.

When you continue to try to fulfill your basic needs by means other than God, He will give you up to your ungodly emotional desires. Verses 24-25, "Therefore God also gave them up to uncleanness, in the lusts of their hearts, to dishonor their bodies among themselves, who exchanged the truth of God for the lie, and worshiped and served the creature rather than the Creator, who is blessed forever." The truth of God is that your spiritual needs can only be met in Him, but should you expect to have your needs met by other means, you are exchanging the truth of God for the lie of the devil.

When you exchange the truth of God for lies, He will give you up to your vile passions. Verses 26-27, "For this reason God gave them up to vile passions. For even their women exchanged the natural use for what is against nature. And likewise, also the men, leaving the natural use of the woman, burned in their lust toward one another, men with men committing what is shameful, and receiving in themselves the penalty of their error which was due." The reason that a woman becomes a lesbian is because God has turned her over to her own passions. The reason that a man becomes a homosexual is because God has turned him over to his own passions. The reason any person engages in sex perversion of any type is because God has given him over to his vile passions. Should the law of reinforcement not accomplish the purpose of God, He will increase the pressure.

When a Christian does not like to retain the knowledge of God in his mind, God will turn him over to his dejected mind. Consider the results. Verses 28-32, "And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting, being filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; they are whisperers, back biters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents, undiscerning, untrustworthy, unloving, unforgiving, unmerciful; who, knowing the righteous judgment of God, that those who practice such things are worthy of death, not only do the same but also approve of those who practice them." God says that those "who practice such things are worthy of death." Does that reveal that God utilizes the law of reinforcement? Study the list of evils that are listed in this passage and you will understand what people experience when they demand to have their basic needs met by means other than by God Himself.

By now you can see that when you expect your needs to be met by man's way, problems will develop. These problems will be solved only when you learn how to handle them God's way and depend on God's way for meeting your basic needs.

## Chapter 4

# Meeting Basic Needs God's Way

According to the Word of God, when a child is born into this world, he is born a sinner. Romans 5:19, "For as by one man's disobedience many were made sinners." Since a child is born under judgment, this leads to condemnation. Romans 5:16, "And the gift is not like that which came through the one who sinned. For the judgment which came from one offense resulted in condemnation." Should a person remain in this condition, the ultimate penalty is death in this life and hell in the life to come. This is truly a dark picture, but you must know that a child is not responsible for his sins until he reaches the age of accountability.

The good news is that when that child is born again, he is born not guilty. The reason he has been declared not guilty is because the death penalty has been paid by another person. Romans 5:8, "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." This is the substitutionary death.

To be declared not guilty by God, it was not only necessary for Jesus to die so you would not have to die, but also it was necessary for Him to meet the righteous requirements of the law for you to provide righteousness for you. Romans 2:13, "for not the hearers of the law are just in the sight of God, but the doers of the law will be justified." God not only requires that you not do wrong, but He also requires that you do right. Since only the doers of the law could be justified, then how could you ever be justified? Simply because the Lord Jesus not only died for you, but He also kept the law for you. Jesus not only shed His blood to take care of what you did that was wrong, but He did for you what you could not do for yourself. You must never believe that you must "do something" to be right with God. Since Jesus did for you what God requires of you, then in Christ all is done and all is right.

Jesus met all of the conditions of the law so that a child of God might be declared not guilty. To be declared not guilty is spoken of as justification. Romans 8:30, "Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He



also glorified." Therefore, every child of God has been declared justified, which is a legal term that means "not guilty." Justification is the act of the judge that pronounced you not guilty.

Every sinner who has been born under judgment has two basic problems: 1. He was born wrong, Romans 3:10, "As it is written: 'There is none righteous, no, not one.'" 2. He has done wrong. Since he was born wrong, he does wrong. It is natural for one who is wrong to do wrong. Romans 3:12, "There is none who does good, no, not one." He not only had done wrong, but he was wrong. For the problem to be solved, not only what he had done that was wrong must be corrected, but he himself must be changed by being made righteous.

In Christ, His blood cleanses you from all sin, which takes care of your problem that you have done wrong. You have been unconditionally forgiven. God also gave you Jesus to be your righteousness so that you would have a righteous robe. Since you are righteous in Christ, then in Christ you are right. Spiritually you have been washed and clothed. Faith in these two works of the cross will bring you to the point that you will be declared justified by faith. Romans 5:1, "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ." To live the justified life, you must have faith in the two conditions which the Lord Jesus met for you.

We wish to deal with each of these in greater detail: 1) The Forgiveness of Sins - Eph. 1:7, "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." My experience in counseling has been that many problems are caused by people not understanding the teaching of forgiveness. Since forgiveness of sins is in Christ, then when you received Christ you received the forgiveness of sins.

You must know that the only reason that God has forgiven the sinner of his sins is because the penalty has already been paid. The purchase price has been met. This is called redemption. Only because the sinner has been redeemed could God forgive him of his sins. Col. 2:13, "And you, being dead in your sins and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses." You will notice that the verb is in the past tense, "having forgiven you all trespasses." God took the initiative to secure your salvation. In Christ He redeemed you and forgave you for all your sins.

Col. 2:14, "having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way,

having nailed it to His cross." What does it mean "having wiped out the handwriting of requirements that was against us?" In Jesus's day it was common when a criminal was convicted, that his crime and penalty be written so he might carry it with him to jail. Suppose his sentence was for three years. Each day he could mark the day that he served. When he served the full three years, they would write on the handwriting of requirement that his sentence was paid in full. This was his guarantee that he would not have to serve time for that crime again. Since the Lord Jesus paid the penalty for all your sins that were against you, neither will you be required to suffer for them, provided you receive the forgiveness that has been provided for you.

It is the sinner's responsibility to receive the forgiveness of sins. Acts 26:18, "to open their eyes and to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me." Since forgiveness is already provided, the need of the sinner is only to receive. You find this principle taught also in Acts 13:38, "Therefore let it be known to you, brethren, that through this Man is preached to you the forgiveness of sins." Jesus told Paul to preach "the forgiveness of sins."

We also find the same teaching from Jesus while He was on the earth. Luke 24:47, "and that repentance and remission of sins should be preached in His Name to all nations, beginning at Jerusalem." Remission means forgiveness. Jesus wanted the forgiveness of sins proclaimed. The good news is that since the Lord died on the cross to redeem you, the Father forgave you.

Maybe a simple illustration will help you understand more clearly the difference between redemption and forgiveness. Suppose you buy an automobile and finance it for some three or four years. Each month you make a payment on the loan. This is the process by which you redeem your automobile. Once you pay the last payment, that is redemption. Then you will receive a receipt marked, "Paid in Full," that is forgiveness. Forgiveness simply means that the debt has been paid in full. Forgiveness in the Bible means that your sin debt has been paid in full.

You find this teaching in 1 John 2:12, "I write to you, little children, Because your sins are forgiven you for His name's sake." Since the price for all of your sins has been paid and you have been forgiven, that means that all of your past sins, all of your present sins, and all of your future sins were forgiven you before you were even born physically. The Lord Jesus does not die for you and shed His blood every time you sin.

Nowhere in God's Word will you find any teaching to the effect that a sinner must ask God for the forgiveness of sins. God's condition for a sinner to experience the forgiveness of sins is simply to receive the forgiveness of sins by faith. In witnessing to a lost person, you should use the scripture to reveal to him that his sins have already been forgiven. His need is only to receive the forgiveness that has already been provided. He receives the forgiveness when he receives Christ because in Him, we have the forgiveness of sins. Eph. 1:7.

You may ask, "What about 1 John 1:9?" This is for the saint. When the saint sins, the condition that he must meet before God that he might experience the forgiveness of his sins is confession. In the Model Prayer, Jesus said, "Pray, forgive us our sins as we forgive those who sin against us." This is called communal forgiveness. The forgiveness of the sinner is called eternal forgiveness. The sins of the Christian break his fellowship with his Father. This confession is to restore the fellowship. The Bible teaches that a sinner should confess that he is a sinner. Romans 5:19. I find nowhere in the Word of God the teaching that a sinner should confess his sins. It is the child of God that confesses individual sins.

Once a sinner receives forgiveness for his sins, the blood will adequately cleanse him. Heb. 10:2. The blood has the power to cleanse a person so that he will not experience the consciousness of sins. As long as there is any consciousness of sins in a saint's life, the blood has not accomplished its full purpose. Once you are cleansed you will have no more consciousness of sins.

The only sins for which a sinner can receive forgiveness are those sins which he committed before regeneration. After regeneration when a Christian sins he must not only confess that sin, but he also must receive forgiveness for it. In other words, you cannot receive forgiveness for a sin that you may commit tomorrow or next week, even though you have already been eternally forgiven for it. Just as you confess and forsake each sin by an act of your will, you must also choose to receive forgiveness for it.

Once I had a counselee who was having trouble with forgiving himself. I am fully convinced that the cause of a saint not forgiving himself is simply the fact that he has judged himself and has not received the forgiveness from the Lord. Once you receive forgiveness for a specific sin, it is impossible for you to judge yourself for it and not forgive yourself for that sin. To forgive yourself is a choice. Once a saint receives forgiveness for a

particular sin, he will have no trouble choosing to forgive himself for it. When you have trouble forgiving yourself, simply tell Satan and yourself, "I have received forgiveness for that sin." This is so very important for a Christian counselor to understand. For the saint to receive God's forgiveness and for him to forgive himself is a choice.

The second act of faith that God requires for you to be justified by faith is for you to receive your robe of righteousness. You may ask, "What is my robe of righteousness?" In Romans 5:15-18, you find the word "gift" mentioned six times. That reveals a great emphasis on "the gift." What is "the gift?" We are told what "the gift" is in verse 17. It is the gift of righteousness.

We are told what the gift of righteousness is in Isaiah 61:10, "I will greatly rejoice in the Lord, My soul shall be joyful in my God; For He has clothed me with the garments of salvation, He has covered me with the robe of righteousness." The gift of righteousness is pictured as a garment for covering. The gift of righteousness is a robe of righteousness. The purpose of this robe is to clothe the saint. Job 29:14, "I put on righteousness, and it clothed me; My justice was like a robe and a turban." This reveals that when God justified you, that it was like a robe and a turban. Justification reveals that the blood not only washed your sins whiter than snow, but that you are robed as a king.

A physical illustration may help at this point. Suppose you get really dirty. Suppose you have to stay dirty for a long enough period of time that your body odor becomes offensive. How can your problem be solved? The only thing that will solve your problem is a good bath. However, you may wash yourself as clean as possible, but you can not come out into public that way. That would be most embarrassing. You not only need to be washed, but you also need to be clothed. So it is spiritually. You not only need to be washed spiritually, but you also need to be clothed with the robe of righteousness to comfortably appear before the presence of God. The shame that you would experience by being in public unclothed is mild compared to what you experience in God's presence unclothed.

The experience of Adam and Eve may also help crystallize the picture. When Adam and Eve sinned, the first thing they became conscious of was their nakedness. When they became conscious of their nakedness, they did four things: 1. They covered themselves, 2. They ran, 3. They hid themselves, 4. They blamed somebody else. Anytime you have any desire to cover yourself, run, hide, or blame someone else, you must be conscious of the fact that sin is involved.

When God came and called for Adam, He wanted to walk and talk with him. But God could not walk and talk with Adam and Eve since they were running and hiding. God wants to walk and talk with you, but He cannot should you be covering, running, hiding, and blaming someone for your bad conduct.

What was Adam's problem? Gen. 2:25, "And they were both naked, the man and his wife, and were not ashamed." That is an amazing thing. Before Adam and Eve sinned, they were both naked and they were not ashamed. After they sinned, they began to experience shame because of their nakedness. They tried to solve the problem by covering themselves with fig leaves. Man does not have the capacity to solve his own problems. Isaiah 64:6, "But we are all like an unclean thing, And all our righteousnesses are like filthy rags." Righteousness refers to conduct. Man can never solve his problems by his own conduct. Adam and Eve tried it, but they failed. They were still afraid when they heard the voice of God. Of what were they afraid? They were afraid of rejection.

How did God solve their problem? Gen. 3:21, "Also for Adam and his wife the Lord God made tunics of skin and clothed them." Adam and Eve knew that their clothing was now accepted by God because God did it.

Yes, the saint of God must be clothed by God. How are you clothed by Him? 1 Cor. 1:30, "But of Him you are in Christ Jesus, who was made to us wisdom from God - and righteousness and sanctification and redemption.' ' You must see that it is Jesus who became righteousness for you. Jesus does not give you righteousness. He IS your righteousness.

Your need is to see spiritually that Jesus is your righteousness. This is the work of the Holy Spirit. John 16:8, "And when He has come, He will convict the world of sin, and of righteousness, and of judgment." The Holy Spirit will convict you of righteousness. It is the work of the Holy Spirit to unveil righteousness for you.

When a sinner receives Jesus, he receives his righteous robe since Jesus is that robe. You now must receive the gift of righteousness by faith. For you to do that your first need is to see it. The second step after you see that Jesus is your robe of righteousness, you must by an act of faith receive your gift of righteousness. This is the meaning of Romans 13:14, "Put on the Lord Jesus Christ." Romans 5:17, "For if by the one man's offense death reigned by the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ."

You must not only see that Jesus is your righteous robe, but you must also receive Him as your righteous robe.

You must know that this free gift, the gift of righteousness, is related to justification. Romans 5:16, "And the gift is not like that which came through the one who sinned. For the judgment which came from one offense resulted in condemnation, but the free gift which came from many offenses resulted in justification." Once you see your robe of righteousness and by faith receive your robe of righteousness, this will result in justification of life. You find the same truth taught in Romans 5:18, "Therefore as by one man's offense judgment came to all men, resulting in condemnation, even so by one Man's righteous act the free gift came to all men, resulting in justification of life." To receive your robe of righteousness will result in justification of life. In other words, it will change your lifestyle.

You may ask, "Why so much emphasis on the robe of righteousness?" May I ask, "Have there been times when you prayed, and you seemingly could just float into the presence of God? It seemed that communion with God was so wonderful. You could come boldly before the Throne of Grace with great confidence?" We all have had that experience. May I ask, "Have you had other times when you could not do so? It seemed like you would come into the presence of God kindly like a crawfish?" What is the difference?

When your conduct was good, it was easy to come into the presence of God, but when your conduct was not right you found it difficult to come into the presence of God. The answer is simple. You were coming to God on the basis of your conduct. You were coming to God on the basis of your righteousness. When you thought your righteousness was good, you had no problem coming into the presence of God, but when you knew that your conduct was not what it ought to be, then you could not come into the presence of God with boldness or confidence.

When you receive your robe of righteousness by faith, it will revolutionize your prayer life. Then you can come to God with as great a confidence when you have sinned as you can when you have not sinned. You will not feel the same, but you will come just as boldly and with as much confidence when you receive your righteous robe.

Any parent can easily understand this. Should you have a child that did something wrong, would you want him to come boldly into your presence, or would you prefer that he come into your presence with great misgivings?

Regardless of what your child has done, when you love him, you will want him to come into your presence so you may be able to restore fellowship.

You must not only see your robe of righteousness, receive your robe of righteousness, but you must also wear your robe of righteousness. This simply means that you must continuously receive your robe of righteousness. In other words, you see it by faith, you put it on by faith, and you keep it on by faith. This is absolutely necessary for you to be justified by faith and to stay justified by faith.

Romans 3:24, "being justified freely by His grace through the redemption that is in Christ Jesus." You can be justified only because you have been redeemed. Since you are justified, God has taken care not only of what you have done but also of what you are. You were not only justified in Christ when you were born again, Romans 8:30, but you must continue being justified. Vine's dictionary points out that in Verse 24, "being justified" is in the present continuous tense, indicating the constant process of justification in the succession of those who believe and are justified. Therefore, you need to know that you have been justified, but also that you must continue being justified by faith. To be justified by faith means that you must have faith in the blood and faith in your robe. You must choose to receive forgiveness for all past sins and choose to receive your robe of righteousness. Once you do this, you will be declared righteous by God, just as Abraham was, Romans 4:3.

When you are justified by faith, you will have peace with God. Romans 5:1, "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ." You were justified by God at regeneration. That is a fact. You are justified by faith whenever you believe in the blood and receive the robe. You then will experience peace. Notice the procedure - fact, faith, and experience. First, you must know the fact. You have been justified by God. Faith is your believing, and your experience is peace. There is a lot of difference in being justified in Christ and being justified by faith.

When you are not justified by faith, you will experience the wrath of God. Romans 5:9, "Much more then, having now been justified by His blood, we shall be saved from wrath through Him." You must know that the wrath of God is against the saint of God when he disobeys. Please notice that after a person has been justified, it is possible for him to be saved from God's wrath.

We find that the anger of God was against God's Chosen People in the Old

Testament. Judges 2:14, "And the anger of the Lord was hot against Israel. So He delivered them into the hands of plunderers who despoiled them; and He sold them into the hands of their enemies all around, so that they could no longer stand before their enemies." You not only discover that the anger of the Lord was hot against Israel, but also the result of that anger. Again, God was putting into practice the law of reinforcement many years ago.

Romans 5:1 reveals that when a saint is justified by faith that the anger of God ceases, and the blessings of God commence. Peace is the first blessing that the child of God experiences when he is justified by faith and restored to fellowship with God. This is another example how God uses the law of reinforcement. Here it is the positive. You will discover throughout the Word of God that He always makes it profitable for you to do what is right, but unprofitable to do what is wrong.

Please take note that since justification by faith brings peace with God, then justification by faith is the condition for the Spirit to be free to produce the fruit of the Spirit. Once you are justified by faith, the Spirit will begin to produce the fruit of the Spirit in your life. As long as you stay justified by faith, the Spirit will continue to produce the fruit of the Spirit in your life.

May we deal further with what it means to be justified by faith. The opposite of justification is condemnation. When you are justified by faith, there will be no condemnation in your life. Romans 8:1, "There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit." Since the Bible speaks of no condemnation after it speaks of justification by faith, then there must be a possibility for the saint to experience condemnation.

I have asked many Christians, "What is the source of condemnation?" One very common answer is Satan. It might help you to understand justification to know that it is a legal term. Suppose you were accused, sued, and brought to court for trial. The trial takes place, and the judge picks up the gavel, raps it, and then says, "I now declare you not guilty." That is exactly the picture of justification.

Once you are declared by the judge to be not guilty, you will sense relief. Suppose you walk outside the courtroom and there you see two people that you recognize. One punches the other and says, "That is him. He is the one who did it. He is guilty." How would you handle that accusation? You must simply say, "The judge said I was not guilty." No person has the authority to declare you guilty since the judge has declared you not guilty.



In the same way, since the Great Judge has declared you not guilty, then Satan has no authority to declare you guilty. The worse thing that he can do is accuse you. Rev. 12:10, "And I heard a loud voice saying in heaven, "Now salvation and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down." Even though Satan speaks condemning words, he has no authority to condemn you.

It has been said that other people can condemn you. No person can condemn you because neither does any person have the authority to condemn you. They may judge, speak condemning words, or accuse you, but they can not condemn you.

It has been said that God will condemn you. This, too, is a devil's lie. Romans 8:33, "Who shall bring a charge against God's elect? It is God who justifies." No one can bring a charge against God's elect. Surely God will not condemn you since He was the one who justified you. However, you must remember that when you do wrong, God will judge your improper conduct.

Since the devil nor any person can condemn you, and God will not condemn you, then what is the source of condemnation? Yes, it is possible for the child of God to experience condemnation. Romans 14:22, "Do you have faith? Have it to yourself before God. Happy is he who does not condemn himself in what he approves." The only source of condemnation for the child of God is self-condemnation.

Now may we ask, "What are the possible ways that a saint may condemn himself?" 1. By judging other people. Romans 2: 1, "Therefore you are inexcusable, O man, whoever you are who judge, for in whatever you judge another you condemn yourself: for you who judge do the same things." It is so easy to judge other people. You may judge other people and not even know it. You can judge other people by merely making a judgmental statement or by asking a judgmental question. For example, "Why did you do that?" or, "I would not have done that," or, "Do you have to do it like that every time?" You may judge someone by speaking evil about him. James 4:11, 12.

Every time that you judge someone for doing wrong, you do the same thing. What you do wrong may not be the same thing that the other person does wrong in application, but it is the same in principle. Since you do the same thing, you not only judged the other person, but you have judged

yourself and thereby condemned yourself.

Self-condemnation always brings the feeling of guilt. Your emotions will hurt until what you have done has been justified by faith. You must choose not to judge anyone. For an example, suppose someone does or says something that you do not like. We shall list the wrong actions that we all have taken at one time or another and the results.

1. The first wrong thing you do when someone does something that you do not like is judge the other person. There is a righteous judgment, but we are talking about unrighteous judgment. When you judge someone, you condemn yourself.

2. You will experience the wrath of God in the form of irritation, hurt feelings, guilt, etc. Matt. 7:1&2, "Judge not, that you be not judged, For with what judgment you judge, you will be judged; and with the same measure you use, it will be measured back to you." When you judge someone who has done you wrong, you will experience the judgment of God, which is His wrath.

3. You will blame someone else. When someone does you wrong, you judge them, you experience the wrath of God, then you blame the other person. We say, "My wife irritated me, or my husband hurt my feelings." God never gave anyone the ability to irritate you or hurt your feelings. That is God using His law of reinforcement trying to reveal to you that it is unprofitable to do wrong. The solution to the problem is a choice to not judge anyone regardless of how wrong they may be, and a choice to let God be the judge. You must continue to reaffirm your decision until it becomes a way of life. You must not react ungodly to anyone by judging them.

4. By receiving accusation. You only need to accept the accusation of Satan when he injects ideas of condemnation into your mind and you will condemn yourself. You must learn to reject the accusation of the enemy.

This is also true of other people. When Satan uses other people to accuse you or speak words of condemnation toward you, you must be sensitive and reject these immediately. Should you receive these accusations, you would be judging and condemning yourself. The only one that can condemn you is yourself. However, you must know that should you judge yourself that you will also experience the judgment of God. Satan nor any person can condemn you in any way. They only have the power to accuse. Should you accept accusation, you judge yourself. The way you can tell

when you have received accusation and condemn yourself is that you will experience irritation or hurt feelings. All accusations must be rejected.

5. By judging yourself. It is common for the saints of God to judge themselves. God never gave any saint the right to judge or condemn himself. Jesus was judged for you so there is never a need for you to judge yourself. When you judge yourself, you condemn yourself and you will experience the wrath of God. Should the Holy Spirit convict you of sin, you must confess it and forsake it, but you must not judge yourself for it. Should you judge yourself for it, you will condemn yourself, and you will live under the wrath of God until that sin is handled God's way.

6. Your conscience can condemn you. I John 3:20-21, "For if our heart condemns, God is greater than our heart, and knows all things. Beloved, if our heart does not condemn us, we have confidence toward God." Your heart will always condemn you when you have a defiled conscience. Your conscience will bother you. You will experience emotional pain. There will be no way for you to not condemn yourself when your conscience condemns you.

Since every undealt-with sin defiles your conscience, then every undealt-with sin carries with it self-condemnation. You will always live under condemnation as long as there is any undealt-with sin in your life. You should judge the sin, but you should not judge yourself because you sin. When all undealt-with sins are dealt with God's way, there will be no condemnation in your life.

When you are justified by faith there will be no condemnation in your life. When there is no condemnation in your life the law of the Spirit of Life will be free to operate in you. When the law of the Spirit of Life is free to operate it will naturally overcome the law of sin. Romans 8:2, "For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death." Please note the expression "the law of sin". All saints have had experience with sin, but do you know that sin is a law? You find the expression "the law of sin" in Romans 7 :23, and also in Verse 25.

Why is sin called a law? It is because it operates in the same manner every time. It is consistent just as the law of gravity. It is possible for the law of sin to operate in the Christian's life. When the law of sin is in operation, sin will have authority over your life. Romans 6:14, "For sin shall not have dominion over you, for you are not under law but under grace."

Also note in Romans 8:2 the expression "the law of the Spirit of life."

What is the law of the Spirit of life? The Spirit of life is the Holy Spirit. The Holy Spirit also is a law. The way that you are delivered from the law of sin is for the Holy Spirit to be free to operate who will naturally deliver you from the law of sin. It is simply the power of one law overcoming the power of another law for you. Only when there is no condemnation in your life will the Holy Spirit be free to operate and naturally overcome the law of sin for you.

Once the law of the Spirit of life is free to operate in your life, you then have met the condition for spiritual growth. The Holy Spirit will renew your mind and begin to produce the fruit of the Spirit in your life. As long as the law of sin is in operation, the Holy Spirit cannot produce the fruit of the Spirit in your life.

Only after you are justified by faith can you put into practice Romans 6:11, "Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord." It will do you no good to reckon yourself dead to sin as long as the law of sin is in operation in your life. Only after the law of the Spirit of life is free to operate will it do you any good to reckon yourself dead to sin. Only when the Holy Spirit is free to operate and use the cross to put to death the old man in your life will reckoning yourself dead to sin become effective.

The same thing is true when you reckon yourself alive to God. You will experience resurrection life by reckoning yourself alive to God only when the law of the Spirit of life is free to operate and overcome the law of sin. This helps reveal why many Christians have gotten so little results from reckoning themselves dead to sin and reckoning themselves alive unto God.

May I ask, "Have there been times in your life when the Holy Spirit convicted you of sin?" You then by an act of your will yielded that sin to the cross and you experienced cleansing and victory immediately. You were so wonderfully blessed; however, have there been times when the Holy Spirit convicted you of sin or the works of the flesh and you yielded it to the cross to no avail? You said, "Lord, I ask you to remove this." You prayed with no results. You begged the Lord, please remove this, but He did not. What is the difference?

Again, the Holy Spirit must be free to operate to use the cross in order for you to be able to put to death the members of your body. Romans 8:13, "For if you live according to the flesh you will die; but if you, through the Spirit, put to death the deeds of the body, you will live." You can put to death the members of your body only when the law of the Spirit of life is

free to operate and deliver you from the law of sin.

Once you decide to pay the price and live the justified life, you will experience a more rapid work of the cross eliminating the old man in your life. This may be a time when you experience more problems, greater adversities, and greater pain in your life. However, you must remember that the more you hurt when you are obedient to Christ, the faster you will die to your old self. You must experience this death side before you can fully experience the life side which gives you peace, joy, and power. You must be willing to deny your soul life, take up your cross, and follow Jesus regardless of the pain and how unpleasant your environment may be.

We now wish to deal with one very important principle which must be put into practice for you to live the successful Christian life. The principle is to glory in tribulations. Romans 5:3-4, "And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope." What does it mean to glory in tribulations? First of all, let us recognize that the word "glory" has to do with value, rejoicing and praise. This simply means that you must learn to look for value in tribulations. You must rejoice and praise God for your tribulations. The only saint that will rejoice, praise the Lord, and find the value in tribulations is the one who has been justified by faith. One who walks in the flesh will never find any value in tribulation. He will never be able to praise God nor rejoice because he will be caught in the sin of complaining.

One of the values that you find when you glory in tribulations is patience. In counseling with many people, most of them tell me that their number one desire and need as a Christian is for patience.

The one who has need of patience also has a greater need. His greater need is the need to get rid of impatience. Impatience is the lusts of the flesh. Once that is yielded to the cross and you begin to rejoice, praise God and look for value in your troubles, you will be surprised how the Holy Spirit will begin to produce the fruit of the Spirit in your life. You will remember that patience is the fruit of the Spirit.

You must learn to rejoice when you have your troubles. The more and greater that your problems and tribulations are, the more and the greater are your temptations. Why should you count this joy? It is because when you count it all joy, it will produce patience. James 1:2, "My brethren, count it all joy when you fall into various temptations." The only time that your faith can be tested is when you are walking in faith. You must learn to

count it joy during your trials and problems.

Paul is a good example of one who rejoiced in suffering. II Cor. 12:9-10, "And He said to me, 'My grace is sufficient for thee: for My strength is made perfect in weakness.' Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore, I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." The reason Paul gloried in his afflictions was so the power of Christ might rest upon him. The reason many saints do not experience the resurrected power of our Lord is because they complain. Complaining never brings the power of God into your life.

Paul discovered that when he rejoiced in his tribulations that he experienced the power of Christ, therefore he took pleasure: 1. in infirmities. The basic word "infirmities" means sicknesses or weaknesses. How can a saint of God take pleasure in his sicknesses and weaknesses? Only by living the justified life. 2. Reproaches. Paul took pleasure in reproaches. Reproach means insult, injury, hurt or overbearing from other people. In all these you must learn to rejoice and find value in each of those experiences. 3. Needs. What do you do when you have a keen consciousness of a need, whether it is spiritual, mental, emotional, or physical? When you walk in the Spirit, you will rejoice because you have needs, knowing there are values in not having those needs already met. 4. Persecutions. You must learn to rejoice and find value when you are persecuted. 5. Distresses. Distress means anguish or calamities. The only saint who will be able to rejoice and find pleasure and value in his infirmities, in reproaches, in needs, in persecutions, and in distresses is the one who is justified by faith. He is the only one who will stay justified by faith.

The only person who will begin to experience a life of patience is the one who learns to rejoice when he does not feel like rejoicing. From a human standpoint you may have adverse circumstances, but the saint who walks by faith knows that his loving Father engineered them for him.

Look again at Romans 5:4, which reveals that patience produces character. Character is what a person is. Christian character is revealed by the fruit of the Spirit in his life. The end result of counseling is Christian character. Character is the fruit of the Spirit. Gal. 5:22-23, "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."

We now come to another most important point. You will discover that as your character is built, so will your self-worth be built. When you learn how to build character, you have learned how to increase your self-worth. This will begin to meet the first and most important need that your counselee has -- his need for self-worth.

Every time you are obedient to God, your character increases in value and so does your self-worth. Every time you disobey God, sin mars your character, and your self-worth depreciates. Each time you do what is right, your self-worth increases, but each time you do anything that is wrong, your self-worth decreases. Since every right choice increases your character and every wrong choice decreases the value of your character, then each right choice increases your self-worth and every wrong choice decreases your self-worth.

Therefore, we conclude that a person must be justified by faith in order to believe there is value in tribulations. You must believe there is value in tribulations and rejoice in order to develop patience. You must have patience because patience produces character. You must have character for you to have self-worth. These are the conditions that you must meet for God to meet your need of self-worth.

Now we ask, "What conditions must the child of God meet for the Lord to meet his basic need to be loved?" You must notice that character produces hope, and hope does not disappoint you because God will fully meet your need to be loved. Romans 5:5, "And hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." When you live the justified life, rejoice in tribulation, experience character and have hope, your need to be loved will be fully met. When you continue with this lifestyle, you will experience the love of God being shed abroad in your heart by the Holy Spirit.

Once your need to be loved is met, you will know the love of Christ. Eph. 3:19, "to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God." To be filled with the fullness of God means that you will be filled with God's love. When you know the love of God, your need to be loved will be fully satisfied. It is wonderful to know that God loves you, but that does not meet your basic spiritual need to be loved.

There is a lot of difference in knowing that God loves you and knowing the love of God. This is why we place so much emphasis on the law of the Spirit of life in Christ Jesus. It is the law of the Spirit of life that

administers to you the fruit of the Spirit. When the law is free to work, your need to be loved will be fully met. The work of the Spirit is to fill your heart with the love of God.

Yes, God loves you, but you must accept His love for you to know the love of God. John 14:23, "Jesus answered and said to him, 'If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.'" The way that you receive the love of God is by responding to His love. The way that you respond to His love is by keeping His commandments. When your heart is filled with love, then all your conduct must express your love toward God. God expressed His love to you by giving Himself unconditionally to you, and He expects you to respond by giving yourself unconditionally to Him.

You can tell how much of God's love you have received by how obedient you are to His commands. John 14:24, "He who does not love Me does not keep, My words; and the word which you hear is not Mine but the Father's who sent me." When you disobey God, it only reveals that your love is not being expressed to God.

The way for you to know God's love is to stay in His love. John 15:9, "As the Father loved Me, I also have loved you; continue in My love." God wants you to stay where you can enjoy His love. Jude 21, "keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ to eternal life." The way that you can stay where you can enjoy God's love is by keeping His commandments. John 15:10, "If you keep my commandments, you will abide in My love, just as I have kept My Father's commandments, and abide in His love." God wants you to stay in His love so that you may have joy and that your joy may be full. Verse 11, "These things I have spoken to you that My JOY may remain in you, and that your joy may be full."

When you stay in God's love by keeping His commandments, He will perfect His love in your heart. 1 John 2:5, "But whoever keeps His word, truly the love of God is perfected in him. By this we know that we are in Him." When God perfects His love in your heart, it will enable you to love others as God loves you. John 15:12, "This is My commandment, that you love one another as I have loved you.'

When your need to be loved is fully met, then God can use you to love others by counseling them and helping them discover how they can have their needs fully met. One way you can tell when your need to be loved has been met is when you have a greater desire to love others than your



desire is for others to love you. When your needs are fully met, you will love others and you will have the desire to live for them.

John 15:13, "Greater love has no one than this, that he lay down his life for his friends." What did Jesus mean when He said, "lay down your life for your friends." God wants you to love your friends enough to be willing to die for them, but Jesus died for you so that you can live for your friends. To lay down your life means to lay down your soul life. This means that you deny yourself and meet their needs.

For you to meet their needs, you must deny yourself and take up your cross, because meeting their need is doing the will of the Father. The way you take up your cross is simply by an act of your will, doing the will of the Father. Your cross is never something that just happens to you. Your cross is always your choice to do the will of your Father.

What are the conditions that you must meet for you to experience meaning and purpose in life? Meaning and purpose come from meeting the needs of others. God can use you to meet the needs of others only after your needs have been met and your heart overflows. John 4:34, "Jesus said to them, 'My food is to do the will of Him who sent Me, and to finish His work.'" Your need for meaning and purpose will be met only as you do the will of the Father in meeting the needs of other people. You must do the work of Him who sent you, and you must continue until you finish His work.

You will discover that when God meets your basic needs that he will do it abundantly. God will never meet your spiritual needs of self-worth, to be loved, and meaning and purpose for your own pleasure, enjoyment, and contentment. The only reason that He will meet these needs for you is so He can use you to minister to others.

# Chapter 5

## Steps for First Counseling Session

May we consider a *plan of counseling* for your first session:

Step 1 - Open the interview with prayer. I always pray. I ask God to help us to be open and honest toward Him. This gives the Spirit an opportunity to touch the counselee's spirit.

Step 2 - I usually ask these three basic questions: 1. What has God been teaching you? Give your counselee time to respond. 2. What are your spiritual needs? 3. What are your burdens or problems? In other words, what would you like changed? One good thing this approach does is bring God into the picture from the beginning. The reaction and the answers that you receive from these three questions will tell you much more than what first meets the eye. Be a good listener. Give your counselee time to vent his emotions. Ask any additional questions so you may learn all you need to know about your counselee, how he accepts himself, his relationship to God and his fellow man.

Step 3 - You may simply ask, "Will you tell me something about your childhood life - from as early as you can remember up to about 8 or 10?" Ask about the happy times as well as the sad times. Sometimes you need to ask questions to encourage him. Questions like, "Which did you get along with better, your father or your mother? Tell me why. Why did you not get along as well with the other parent? Did you have any problems?" The more you learn about a person's parents and particularly how they reacted to their parents, the better you will know and understand your counselee.

You will want to discover some of the joys and pleasures that your counselee had in early life, but also you will need to discover the problems, particularly the problems that caused him to have hurt feelings, feelings of rejection, or any area of conflict. Ask about his relationship to his friends and to his teachers at school.

Ask, "What do you remember in your childhood life that caused you to feel

bad about yourself?" You are looking for things that caused him to believe his self-worth was very low. You must look for skeletons in the closet, something that when he remembers, he judges himself and becomes guilty, has self-condemnation, fear, or anxiety. These come most often in the area of sex sin and sex perversion. It could be from unforgiveness or from any undealt-with sin.

Sometimes the person is reluctant to give you this information. The more he trusts you and the higher esteem he has for you, the more likely he will be to reveal this information. I usually tell a person that just as a doctor examines a person before he prescribes the cure, that the more that I know about him, the better I will be able to help him. Only with all the facts can you make the right decision.

It is amazing after I have prayer, ask the three questions, and talk about the Lord and his spiritual needs, how open and honest people have been with me. Sometimes I try to encourage a person by simply saying, "I know this is a bit painful, and we are not going to try to get all the details, but I must have enough general information to know how you think and how you feel." Whatever information you believe you need, you must get. You need adequate information to make adequate decisions. After you give your counselee time to ventilate, then you must help him gain insight into his problems and God's solution.

Step 4 - I will usually say something like, "Now let me explain. When God brings a new baby into this world, His basic desire is for that child to have a Christian father and a Christian mother who love God, who love each other, who love that child, and provide the proper atmosphere so the child's basic needs will be met. You do not bring a baby into this world and take him out into the woods, consecrate him to God, set him down and say, 'God bless you.' God cannot meet that child's basic needs directly. He has chosen to do that through the parents."

I explain that every person has these three basic needs - self-worth, the need to be loved, and meaning and purpose. God expects to use the parents in early child-hood to meet these needs. He expects the parents to love the child. As the child begins to have even a little activity, God expects the parents to say something like, "Look at him, that is wonderful." "he is doing so good."

Approval early in life means much more to a baby than most of us have been aware. They can feel when they have been accepted or rejected. As the child begins to play and you compliment how good he is doing, this is

when he finds meaning and purpose in what he does. God expects the parents to love the Word of God enough that they will start teaching the Word to the child.

This is done much more in the early life of the child by example, but God expects the parents to teach this child that ultimately it is God that meets the child's needs and over a period of time, gradually they must teach this child to learn to depend upon God to meet their basic needs instead of relying upon the parents. The mother has a much greater part to play in the child's life because she is with the child much more; however, the father's responsibility is just as great and important as that of the mother.

Now the problem is that none of us had perfect parents. No parents know how to fully meet the needs of a child; therefore, when these needs are not satisfactorily met, there will be an emptiness and a hunger in that child's life. When these needs are not met, the child will begin to look for alternate ways to have these needs met. These unmet needs will cause emptiness and inner pain.

The less the parents meet these needs, the more severe are the aches and pains and the stronger the child is motivated to look for substitutes or alternate ways for these needs to be met. This is when conflict and problems begin, because by trial and error the child will continue to look for something that he believes will help satisfy his unfulfilled desires. I explain that these goals which are set take one or more of three directions, which are related to the basic desires of the body: 1. Food and drink, 2. Defense of the body or self-protection, 3. Reproduction, or the desire for sex.

There is nothing wrong with any of these desires, but the problem comes when they are mixed with sin. Only one undealt-with sin in one's life will cause all three basic natural desires to be mixed with sin. The first alternate is usually in the area of food and drink. This is the basic reason why so many people have weight problems, because early in life they became convinced that eating and drinking help satisfy their basic needs in life. As the child grows older, this can multiply into areas such as smoking, alcohol, drugs, etc.

Another very prominent way is for a person to start allowing his temper to get out of control. This is the basic desire to defend the body which has been mixed with sin and now he tries to defend his self-worth, his opinions, and the fulfillment of other basic needs. This is why so many people are so sensitive to criticism, are so prone to judge themselves and are so free with

a critical tongue. This also explains why we have so much violence. All of these are based on the wrong conviction as to how basic needs are met.

The third area is sex. It is amazing today how many people have guilt feelings and undealt-with problems in the area of sex. It is astounding to me to discover particularly in teenagers, boys, and girls, who do not know that the basic desire for sex is holy and natural. It is God-given and just as normal as the desire for food. The problem comes when this desire is mixed with sin and when one tries to fulfill this desire outside of marriage or in sex perversion.

I explain all of these areas as much as I feel is necessary to enable the counselee to understand himself and his particular problems. I explain that even should a child have the best parents in the world and they did a superb job in meeting his needs, still there must come the time of gradual transition when the child begins to depend on God to meet his needs. God will not allow anyone to continuously have his needs met in any manner except by God Himself. God is in the business of teaching us to learn to depend on Him. This begins with the new birth experience.

One 16-year old girl said after I explained this to her, "I have learned more about myself in one hour today than I knew about myself in all the rest of my life put together." One major purpose of Step 4 is to help reveal how problems develop.

Step 5 - Explain that the people of the world choose ways other than God to meet their basic needs. To meet the need of self-worth, they choose money, fame, and pleasure. To meet the need to be loved, they choose family, friends, schoolmates, and business associates. For meaning and purpose, it is their occupation, hobbies, recreation, or sports. These are areas that you may want to question. Should a person spend a lot of time or have problems in any one of these areas, you know what he believes will meet his basic needs.

Step 6 - You will want to discover their basic conviction as to what they believe will meet their goals and how successful they have been. Remember that when they cannot reach their goals, they will react with self-condemnation. This gives them a good case of guilt. When someone gets in their way they will react with uncontrolled anger. When they react by fear of not reaching their goal, they will have the problem of worry or anxiety.

They must be told that God never made the personality to be able to cope

with any of these three common negative fears for a long period of time. They will cause serious mental and emotional problems should they continue. You must reveal to your counselee how his problems developed. Basically, his problems developed in three basic stages: 1. Wrong convictions about how his basic needs can be met, 2. He set wrong goals, and 3. He reacted ungodly. Naturally he would react ungodly because he already had sin in his life, and it is the nature of sin to multiply. His wrong reaction is what causes guilt, resentment, or anxiety.

Step 7 -We will now deal briefly with the solution to the problems. To solve his problems, you must lead him to formulate a plan of action. We have dealt with the solution to problems in depth in other booklets. Prov. 23:7, "For as he thinks in his heart, so is he." Explain that this word *thinks* means belief or conviction. Simply say, "For you to correct your problem, you must learn what God said about how your basic needs can be fully met." What he believes must be changed.

All counselors have the fruit of the Spirit as their major goal in counseling. The Spirit cannot produce the fruit of the Spirit in one's life as long as there is any self-condemnation. Only one undealt-with sin will activate the law of sin and death. The law of sin and death will keep the Law of life from operating.

My objective is to cover all these steps briefly in the first session, but there are many times when it cannot be done. Sometimes it is possible to lead a counselee to see what justification by faith means and thereby experience God's peace. Should you not be able to accomplish this in the first session, then deal with it in the following sessions until your counselee experiences peace. You may try to solve problems in personal relationships, but only after they experience God's peace can you successfully lead them to solve problems in personal relationships.

Step 8 - Give homework. Let your counselee know what God expects him to do. Be sure he understands his assignment and set the date for the next visit. Get a commitment to do the homework.

Step 9 -The last step in the first counseling session is to ask your counselee to close in prayer. At any point along the way when I discover that the counselee has become convicted of a sin and he confesses it to me, then I say, "Now since you have confessed that to me, you must confess it to God." He may do this more than once during the session. When I ask him to close in prayer, I ask him to thank the Lord for what He has done, and I ask him to pray for me.

Only after a counselee is restored to fellowship with God will it be time to start dealing with other relationships and his other problems. Only when he is restored to fellowship with God can God begin to meet his basic needs and satisfy his desires. The more he learns how to live a life of no self-condemnation, and how to glory in his problems, the more fully God will meet his basic needs.

# Chapter 6

## Basic Principles for Counseling

Every counselor has his own approach to counseling. A counselor's approach grows out of his training, understanding of the Bible, and experience. The steps that were given in Chapter 5 are suggestive to help you build your own counseling approach. In this chapter we wish to emphasize three basic principles that are basic and will apply to all Christian counseling.

Regardless of what system or steps you use in counseling, there are three basic principles that you must put into practice to be an effective counselor. These basic principles are: 1. Be a good listener, 2. Lead your counselee to acquire insights, 3. Lead your counselee to develop a definite plan of action. These are the three basic principles for all personal ministry. We wish to deal with each of these in more detail.

1. Be a good listener. Being a good listener is being a friend. For your counselee to be able to talk to you about his problems helps to relieve the tension. Listening is one character trait that helps build true friendship. Attentive listening lets your counselee know that you are interested in him and his problems. This helps build a lasting friendship. Listening reveals that you care.

When you care for your counselee, he will sense it. Quite often a person with problems seems to believe that no one cares. When you accept your counselee unconditionally, express understanding and warmth, your counselee will more likely listen to you when you begin to try to help him.

When your counselee develops a caring relationship with you, he will be more strongly motivated to make changes in his convictions and lifestyle. One of the best ways that you can express your love to your counselee is by listening with a heart of concern. Listening shows concern.

Should you not be a good listener, your problem is impatience and lack of concern. First, you must deal with your problem of impatience and lack of concern and then learn the techniques of listening. The techniques for



listening do not come automatically. They must be learned. It is important that you do not interrupt while your counselee is speaking. There may be exceptions, but the basic principle is never interrupt when another person is speaking. To be a good listener, you must listen with interest to everything that your counselee says. You must wait until your counselee has told the whole story before you jump to a conclusion. The only way that you will not become restless with your counselee is to learn the art of listening. To learn the art of listening, you must practice listening.

The expression of your face, your smile, expression of your eyes, and other movements of your body will reveal whether you are concerned or not. You must learn to give your counselee your undivided attention. Anything worth doing is worth doing right.

Some counsees will talk too much. It is better to allow a counselee to talk too much than it is to cut him off too quickly. Should a person be inclined to talk excessively, you may need to aid in directing the conversation. For you to become an effective counselor, it is essential for you to become a good listener.

2. You must lead your counselee to gain insight. The biblical word is revelation. Revelation simply means unveiling. Your counselee needs to see the truth as God sees it. The major key in Christian counseling is to lead your counselee to gain insight. When your counselee gains insight into the true nature of God, himself, and his problems, many of his problems will fall by the wayside. You must pray for your counselee that God would give him the spirit of wisdom and revelation, Eph. 1:17, and that his eyes of understanding would be enlightened, and that he may know . . . Verse 18. You can help your counselee maintain a balance between the past, present, and future by gaining insight from the Word of God.

There may be a variety of approaches to help your counselee gain spiritual insights. Sometimes it is better to use the non-directive approach and lead your counselee to discover. Other times it may be better to confront or use the directive approach. Sometimes you must comfort and encourage. Only the Spirit of God can give you discernment in these areas. Your counselee must have enlightenment to resolve all past issues and formulate a plan of action for the future. He must not only have adequate light to deal with his feelings and behavior, but also to formulate new convictions.

To gain insight, timing is of utmost importance. Your counselee is ready for some light, but there is some light for which he is not ready. Non-Christian counselors by and large, take the non-directive approach to

counseling. Since the Bible is the standard of authority for a Christian, then Christian counseling is directive. A Christian counselor must use both techniques. Asking questions is an indirect technique. Sometimes only a suggestion is necessary to accomplish your purpose. The Christian counselor can effectively use indirect techniques to accomplish a direct end.

Your counselee needs insight on spiritual and emotional maturity. You must not only emphasize spiritual maturity, but also emotional maturity. Both are emphasized in the Word of God. The more emotionally mature a person is, the more effective he will be in relating to other people.

You must lead your counselee to develop an effective plan of action. The reason your counselee is in trouble with God and his fellow man is because he does not have an effective plan of action. Once you listen to your counselee with concern and lead him to discover spiritual insight about the nature of his problems and the solution to them, then you must help your counselee develop a specific plan of action to deal with these problems and their solution.

Your counselee has a plan of action, even though it has proved ineffective. All his conscious thoughts from birth have been recorded in his subconscious mind. The wrong convictions that he has acquired through the years are now working against him in his subconscious mind. You must help him reprogram his brain. This is why God places so much emphasis on meditating on the Word of God. Joshua 1:8, "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." He must learn that God gave him a free will and he must learn that he must take control of his will in regard to what he thinks about and what he does.

You will need to help your counselee make a list of alternate ways of dealing with his problems and for becoming mentally and emotionally mature. Help your counselee make the list. You only help him when needed. After the list is completed, then the alternate ways for handling his problems should be discussed. In this process you are helping him to learn how to gain insight on how to handle problems when they arise.

After studying the list cautiously, you may ask your counselee to select a specific plan of action, or you may need to tell him the one that you think is the best for him. The program needs to be specific. For example, an

exercise program, a nutrition program, a spiritual program, etc. ·You will need a definite program in every area of life - spirit, soul, and body. The best resource material for developing his plan of action is the Word of God.

Once the plan of action is complete you must lead your counselee to a commitment. It is of utmost importance that your counselee makes a deep commitment to the specific plan of action and stick to it for a specified period of time. The plan of action can be altered, under your supervision, from time to time as needed. As goals are reached and problems solved, he will discover that his feelings will change.

These three basic principles will help crystallize your thinking and simplify Christian lay counseling. For you to be an effective lay counselor it is absolutely essential for you to become a good listener, be able to lead your counselee to gain insight, and help him develop an effective plan of action.

# SUMMARY

In summary, you must know what your basic needs are. Then you must know and understand God's conditions which you must meet which will allow God to meet your basic needs. You must know the ways of the world in meeting basic needs and have a clear understanding of the results. This will help you better understand the symptom that you discover in your counselees.

You must know the basic principles for counseling. Once your basic needs are met, you then will need to develop a plan of action for your own counseling. Once your needs are met, then God will be able to use you to meet the needs of your brothers and sisters. "Let us work while it is day, for the night cometh when no man shall work."

## “What the Others Have Said”

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CLAUDE TOWNSEND is a Christian Counselor. He conducts revivals, teaches Bible Conferences, conducts retreats and teaches lay counseling seminars.