



# Effective Biblical Counseling

*A Model for Helping Caring Christians  
Become Capable Counselors*

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LARRY CRABB

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Chapter 1

# The Goal of Counseling: What Are We Trying to Do?

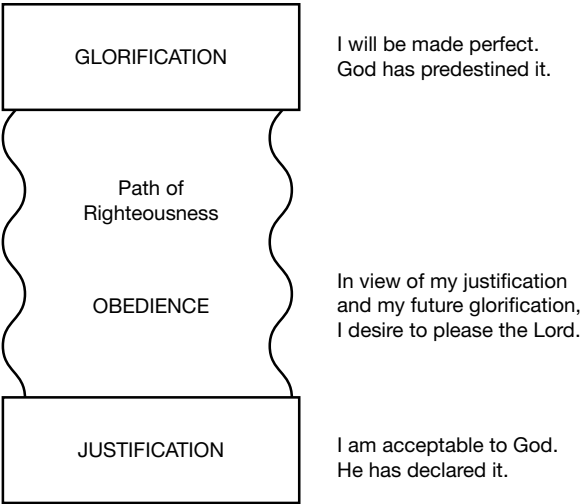


Chart 1

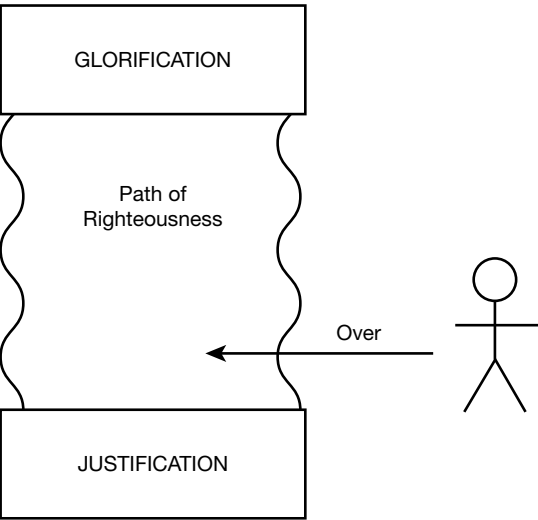
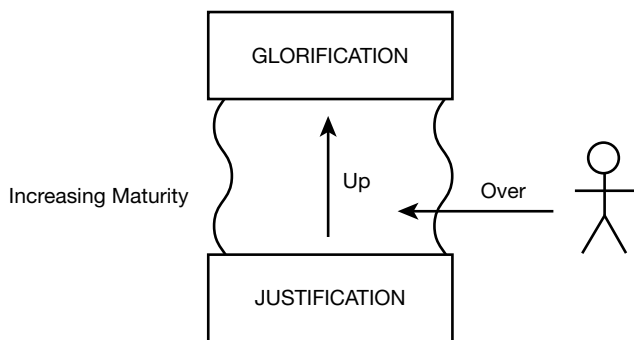


Chart 2

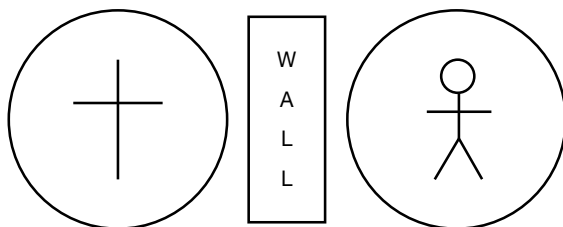


*Chart 3*

## Chapter 2

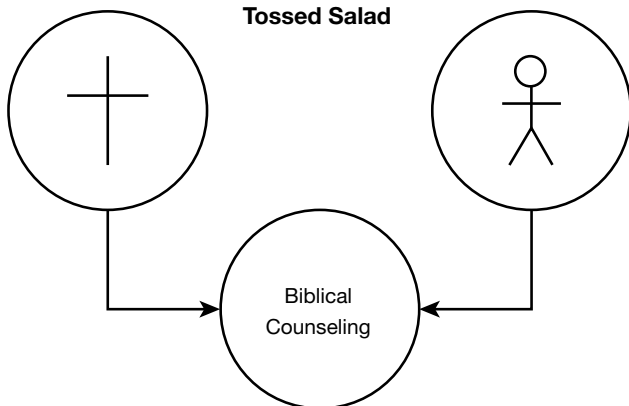
# Christianity and Psychology: Enemies or Allies?

**Separate But Equal**



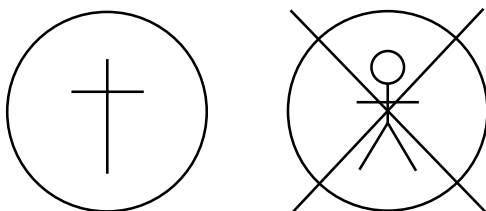
*Chart 4*

**Tossed Salad**



*Chart 5*

**Nothing Buttery**



*Chart 6*

## Spoiling the Egyptians

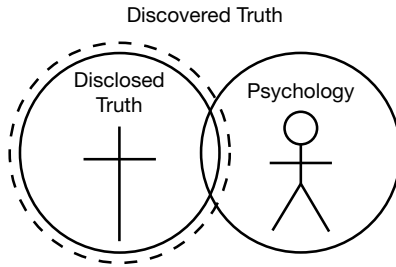


Chart 7

## Appendix

- I. *Responsibility for Behavior* (Acts 5:1 – 11).
  - A. Concept: People should be held responsible for what they do and not blame their sinful behavior on mental illness.
  - B. Authors:
    - Menninger — *Whatever Became of Sin?*
    - Mowrer — *The Crisis in Psychiatry and Religion*
    - Glasser — *Reality Therapy*
  - C. Caution: Sin is defined as social offense or irresponsibility.
- II. *Thinking Influences Our Behavior and Feelings* (Rom. 12:2)
  - A. Concept: What we fill our minds with at any given moment will strongly influence how we feel and what we do.
  - B. Authors:
    - Lazarus — *Behavior Therapy and Beyond*
    - Ellis and Harper — *A Guide to Rational Living*
    - Maltz — *Psycho-Cybernetics*
  - C. Caution: Proper content of thinking should be determined by Scripture, but in these books it is not. What

Ellis calls “rational belief” includes atheism. If you think “no God,” you feel no guilt.

III. *Need for Meaning and Hope* (Acts 17:22 – 34)

- A. Concept: Man cannot function effectively without regarding his present activity as truly significant and meaningful and his future condition as desirable.
- B. Authors:  
Frankl — *Man’s Search for Meaning*  
Sartre — summarized in Francis Schaeffer, *The God Who Is There*
- C. Caution: Meaning is artificially created rather than tied in to service for God; hope is unfounded optimism or, in absence of optimism, a jump into whatever *feels* good to avoid despair.

IV. *Need for Love and Social Relationship* (Rom. 8:35 – 39)

- A. Concept: Man can function effectively only when he has social relationships; he therefore depends on them and his behavior is understandable only in terms of its social context.
- B. Authors:  
Adler — *Superiority and Social Interest*  
Sullivan — *The Interpersonal Theory of Psychiatry*  
Fromm — *The Art of Loving*
- C. Caution: Inadequate definition of love; no tie-in to source of love, God; no moral context, no biblical guidelines; no basis for true community (i.e., the body of Christ).

V. *Most Things We Do Move Toward a Goal* (Matt. 11:28)

- A. Concept: People choose to do what they perceive will meet their needs. All our behavior is governed by these choices. Wrong choices depend upon wrong perceptions or beliefs. Paul was willing to live (“For me to live is Christ”) and quite willing to die (“to die is gain”).

He pressed forward to the goal that God had set before him — conformity to the image of Christ — believing that that goal was indeed the most rewarding. To understand behavior, identify its goal — ask “not whence, but whither.”

B. Authors:

Adler — *Superiority and Social Interest*

Dreikurs — *Logical Consequences*

- C. Caution: Appropriate goal is never described as maturity in Christ. Adlerians help their patients move in whatever direction the therapist and patient agree is sensible, usually involving elements of humanistic social interest and groundless self-acceptance.

VI. *How We Function in Groups Usually Is Based on Our (Unmet) Needs for Acceptance* (Gal. 2:11 – 13)

- A. Concept: We need to accept ourselves. Most of us don't. Much of our social behavior is determined by our feelings of unacceptability, our resentment at others for not accepting us, our jealousy of others who have what we want, and our desire to get others to accept us.

B. Authors:

Berne — *Games People Play*

Harris — *I'm OK — You're OK*

Rogers — *On Becoming a Person* and *Carl Rogers on Encounter Groups*

- C. Caution: Wrong basis for acceptability.

VII. *People Basically Are Out for Themselves but Hate to Admit That to Themselves or Others* (Jer. 17:5 – 10, especially verse 9)

- A. Concept: People essentially are motivated by a desire for self-gratification. Nonbelievers and “carnal” Christians are characterized by self-interest. Few admit it. Many



Christians disguise living for themselves with religious phrases. Ways to hide the truth of your motives from yourself are dealt with in the following books.

B. Authors:

Brenner — *Freud, An Elementary Textbook of Psychoanalysis*

Fine — *Freud: A Critical Re-evaluation of His Theories*  
(Adequately summarizes basic analytical views and the important concept of defense mechanism.)

C. Caution: These authors hold that problems can be solved by living for yourself in a socially acceptable manner.

VIII. *Personal Authenticity: Be Who You Are* (Rom. 12:6)

A. Concept: There is real need for honesty with yourself, an open awareness of your feelings, and a non-phony expression of the real you.

B. Authors:

Jourard — *The Transparent Self*

Perls — *Gestalt Therapy Verbatim*

Rogers — *On Becoming a Person*

Coulson — *Groups, Gimmicks, and Instant Gurus*  
(good summary book)

C. Caution: The “real you” involves a cesspool of feelings, an imagination capable of scheming hideous sins, and a basic motivation of self-centeredness. Scripture teaches that the “new man” in Christ is to find realness in emotion through fellowship, realness in behavior through ministry, and realness in thinking through learning.

IX. *We Are Subject to Environmental Influence* (Gen. 1:28 speaks of dominion over environment. Genesis 1:17 – 19 suggests that the Fall interfered with man’s dominion; now he is partly subject to nature.)

- A. Concept: We learn to be afraid of heights by conditioning; we see someone fall on TV, we are told about broken bones, etc.
- B. Authors:  
Skinner — *Beyond Freedom and Dignity*  
Wolpe — *Psychotherapy by Reciprocal Inhibition*
- C. Caution: We are controlled totally by environment. Scripture speaks of new life in Christ that does not enable us to stop weeds from growing in our garden but does enable us to pull them out without grumbling. Cure for personal problems is not rearrangement of circumstances but realignment with God's Word.

## Summary

Man is responsible (Glasser) to believe truth that will result in responsible behavior (Ellis) that will provide him with meaning, hope (Frankl), and love (Fromm) and will serve as a guide (Adler) to effective living with others as a self- and other-accepting person (Harris), who understands himself (Freud), who appropriately expresses himself (Perls), and who knows how to control himself (Skinner).

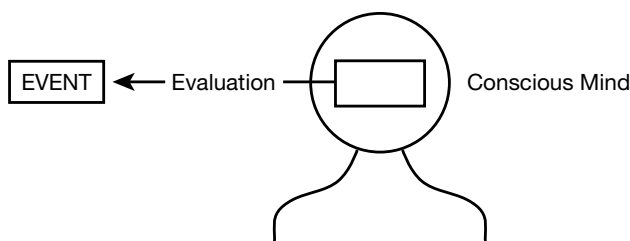
**Chapter 3**

# Personal Needs: What Do People Need to Live Effectively?

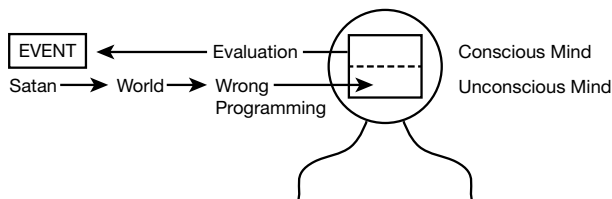
| Stage A                                       | Stage B                                             | Stage C                                                      |
|-----------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------|
| Basic human needs can only be met by God<br>↓ | Without God the highest needs which can be met<br>↓ | Inevitable long-term consequences of a life without God<br>↓ |
| Significance —————→                           | Power —————→                                        | Violence                                                     |
| Security —————→                               | Pleasure —————→                                     | Immorality                                                   |

## Chapter 5

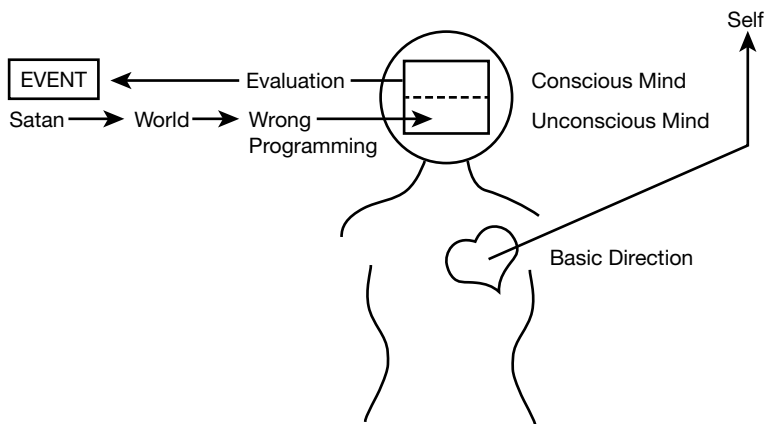
# Personality Structure: Taking Apart the Watch to See What Makes It Tick



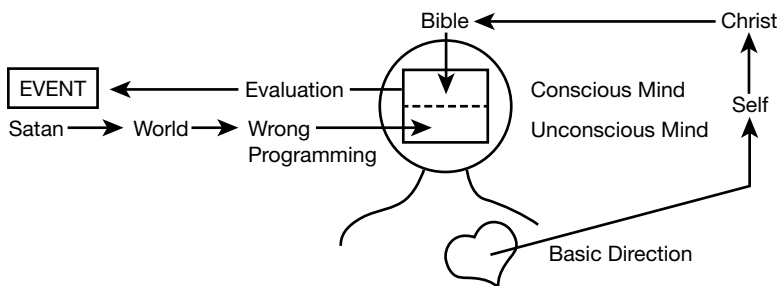
Sketch 1



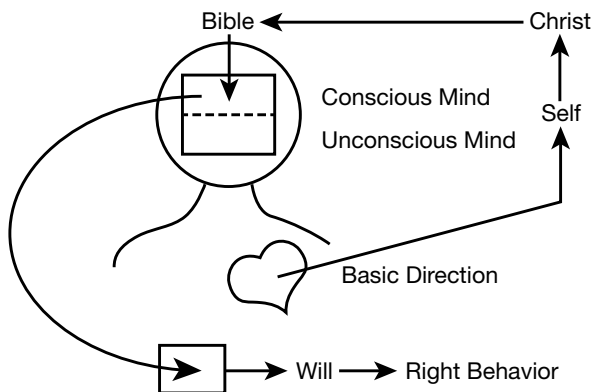
Sketch 2



Sketch 3



Sketch 4



Sketch 5

## Column A

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**1. Depression:** self-preoccupation, self-pity, giving up. No concern for others; therefore no action on behalf of others.

**2. Crippling Guilt:** feelings of worthlessness and self-punishment that do not lead to positive steps to correct the problem. Such feelings often serve as an excuse from working responsibly on problem areas.

**3. Resentment:** holding a grudge, letting many sins go down upon your wrath, behavior motivated by vengeance.

**4. Frustration:** a “throwing up of the hands” attitude, what’s the use of trying, frantic effort to change, smoldering anger at unchanging problems.

**5. Anxiety:** apprehension about anticipated unpleasant event either specific or vague that is so strong that it controls behavior; e.g., preoccupying worry over how someone will respond to me.

## Column B

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**1. Anguish:** deep hurt over difficult circumstances, emotional pain over loss, soul-searching agony as problems mount. Luke 22:44

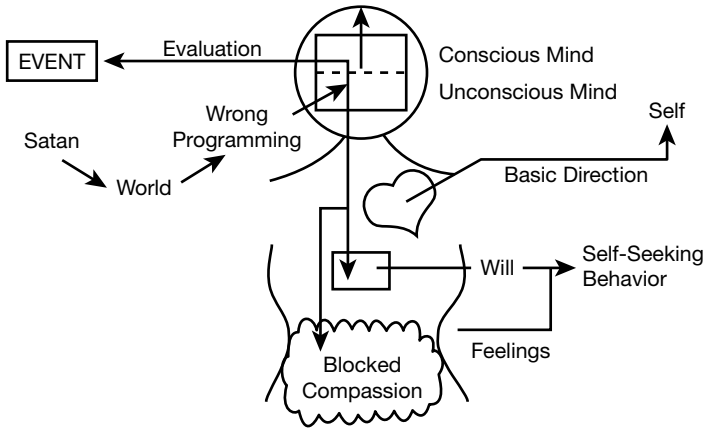
**2. Constructive Sorrow:** In their excellent book *Guilt and Freedom*, Bruce Narramore and Bill Counts describe an attitude of contrition and sorrow over misdeeds that leads to changed behavior. 2 Corinthians 7:8–10.

**3. Anger:** reaction to moral wrong that asserts holiness of God and rebukes sin with eye toward vindicating God’s holiness and restoring the offender to right behavior. Matthew 21:12, 13.

**4. Motivated Discontent:** concern with difficult circumstances that leads to either a plan to change them or, if that proves impossible, an attitude of accepting something unpleasant knowing God can work in every situation. Philippians 1:12.

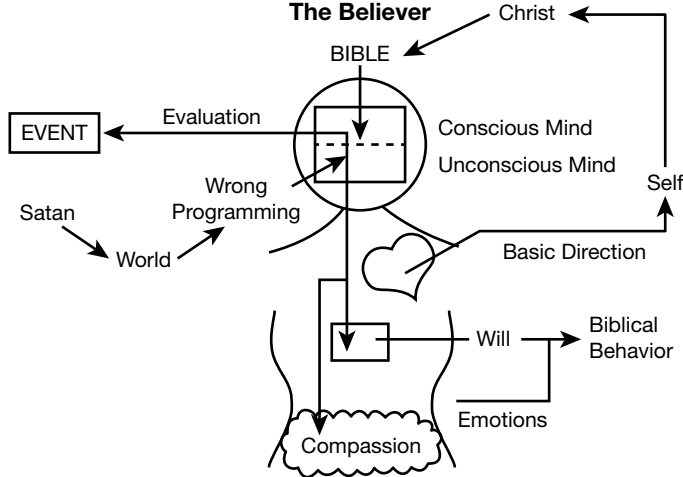
**5. Concern:** anticipation of possible future event that does not cause disobedience to God, but rather provokes intelligent forethought. Proverbs 6:6–11.

**The Unbeliever**



*Chart 8*

**The Believer**



*Chart 9*

## Chapter 6

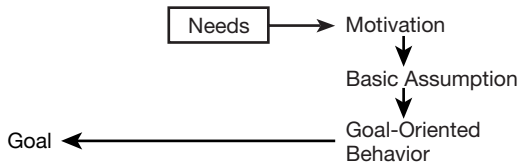
# How Problems Develop I

Start Here:

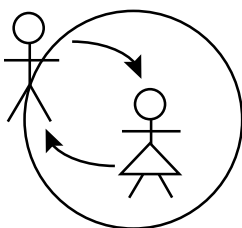


*Chart 10a*

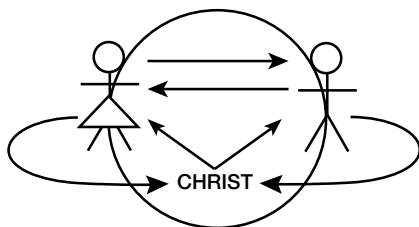
Start Here:



*Chart 10b*

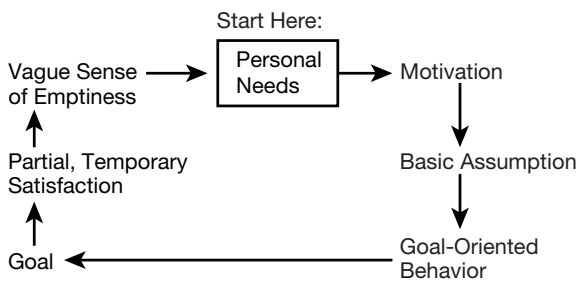


Marriage Diagram

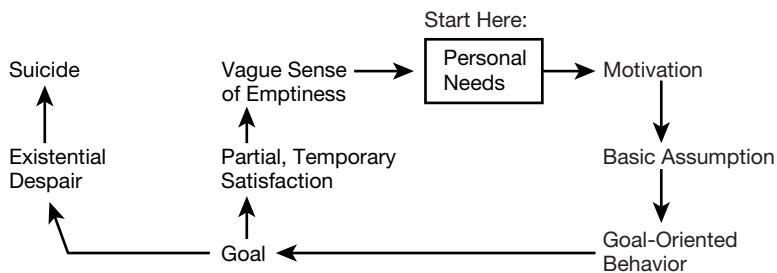


Christian Marriage Diagram





*Chart 10c*



*Chart 10d*

## Chapter 7

# How Problems Develop II

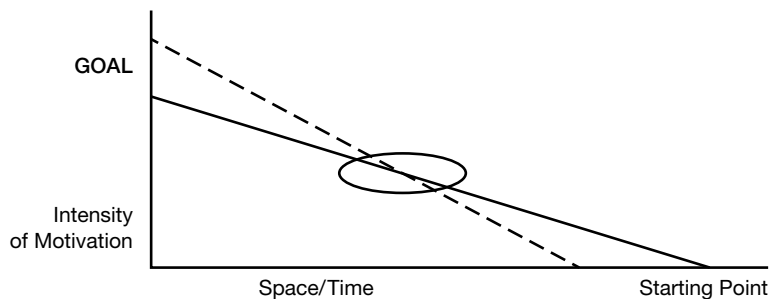


Diagram Representing Anxious Indecision

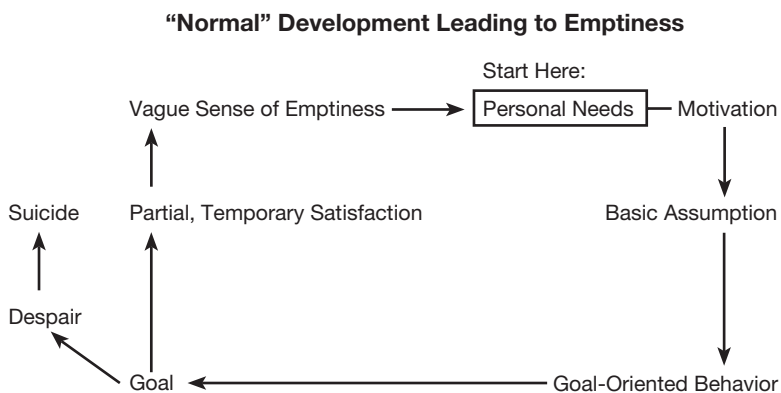
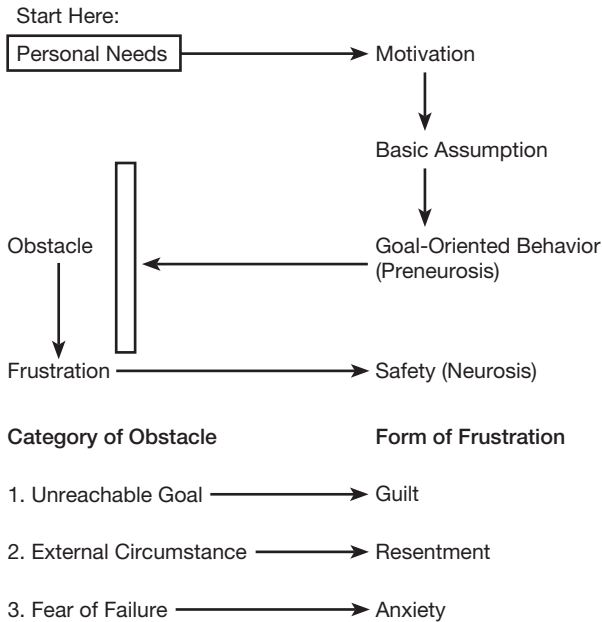


Chart 10 Complete

**“Abnormal” Development Leading to Psychological Disorder**

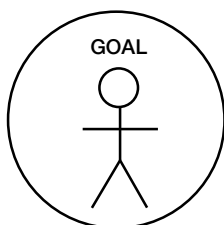


*Chart 11*

## Chapter 8

# What Do You Try to Change?

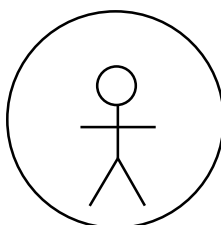
**A**



No Basic Anxiety

**B**

GOAL

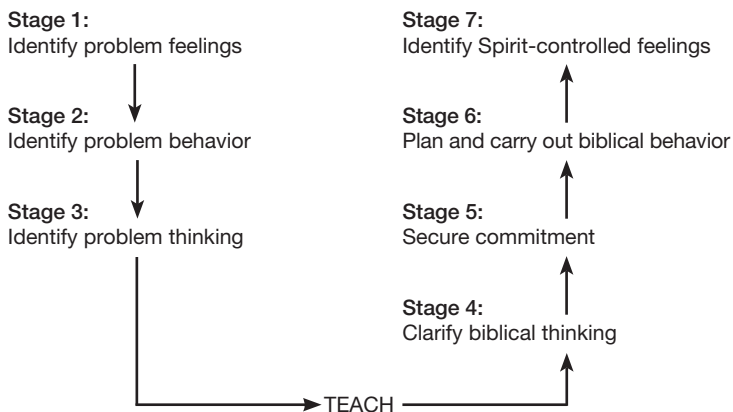


Basic Anxiety

## **Chapter 9**

# A Simple Model for Counseling

### **Stages of Counseling**



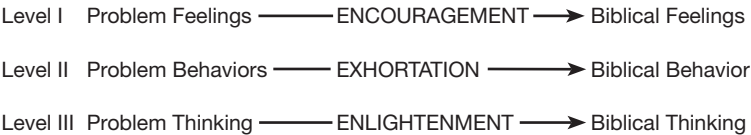
*Chart 12*

**Chapter 10**

# Counseling in the Christian Community

**Levels of Counseling**

Counseling by



*Chart 13*