

# Biblical Counseling Worksheet

Biblical Counselee Name: \_\_\_\_\_

Date of Meeting: \_\_\_\_\_ Begin Time: \_\_\_\_\_ End Time: \_\_\_\_\_

Session # \_\_\_\_\_

- **Preparation for Biblical Counseling Session:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- **LOOKING BACK:**

<p><b>Care:</b> Highs and lows since previous meeting:</p>	<p><b><i>What major events surround this person? What thoughts do we need to bring into alignment with the Gospel?</i></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>New Circumstance Since last meeting: _____</p> <p>_____</p>
<p><b>Vision:</b> Why are we meeting today (Counselee's Goal)?</p>	
<p>Biblical Counselor's Goal:</p>	
<p><b>Loving Accountability</b> (How did you do with your goals? Celebrate Obedience!):</p>	

- **LOOKING UP:**

- Bible passage focus:
- What does it say?
  
  - What does it mean?
  
  - How is God calling me to obey?

Life in the Flesh	Biblical Counselors Notes:	Life in the Spirit
<i>Negative Life Circumstances</i> What is going wrong?		<i>Positive Life Circumstances</i> What is going right?
<i>Sinful Behaviors</i> Listen for sinful actions		<i>Obedience to God</i> Listen for obedience to God
<i>Destructive Emotions</i>		<i>Biblical Emotions</i>
<i>Faulty Faith</i> Signs of trusting in the flesh		<i>Biblical Faith</i> Signs of true faith
<i>Lies</i> What lies are being believed		<i>Biblical Truth</i> What truth is being expressed?
<i>Blaming/Excusing Sin</i>		<i>Taking Responsibility for Sin</i>
<i>Motivation of the flesh</i>		<i>Motivation of the Holy Spirit</i>
<i>Sinful Desires</i>		<i>God Given Desires</i>

