Making the Most of Homework

*Grace Fellowship Church / Pastor Brad Bigney*

1. **Use Scripture**
2. **Get them to Memorize It**

* Create a “Scripture Memory” list to choose from (see website)
* Find ways to help them memorize [See “Smorgasbord of Ways to Memorize” Jean Williams, June 21, 2012 http://matthiasmedia.com/briefing/2012/06/a-smorgasbord-of-bible-memorization-methods-and-one-way-to-learn-whole-books]
* Have them write it out on a 3x5 card
* Have them say it aloud (in car, on bathroom mirror, kitchen window, etc.)

1. **Get them to Read it Daily**
2. **Get them to Answer Questions about the Passage**
   * For example – 2 Cor. 7:10-11 on real repentance (see website)
   * “Saving Faith” worksheet
   * “21 Days with John” – Elliff pamphlet ([www.ccwonline.org](http://www.ccwonline.org))
3. **Know when to Assign Specific Passages and When to Let them Choose**

* Create a ‘Homework Bible Reading Assignment’ Sheet for you to use in choosing reading assignments for them (see website)
* Give them a balanced diet – balance reading that emphasizes the Gospel imperatives (what we’re commanded to do) and the Gospel indicatives (what God has already done for us!)

1. **Always Ask for and Check Up on the Homework**

* Discuss it with them in your session
* Collect it and read it on your own, marking specific places that you want to discuss further with them in a future session

1. **Gear Some of the Homework to Help You Gather More Data about Your Counselee**

* “You – God – Others” Story (see website)
* Journal of Upsets
* Heart Journal

1. **Gear the Homework Towards Making a Disciple rather than just Fixing a Problem**

So if that’s what you’re shooting for – then I think your homework should include 6 key elements:

**Six Elements of Disciple-Making Homework**

* 1. **Assign Prayer**
* Specifically
  + For their spouse to see them changing and to be encouraged
  + For me to have wisdom to know what to do
  + For them to see what God wants them to see about themselves
* Progressively
  + Praying Together
  + Fasting (use Bill Bright’s booklet, “7 Basic Steps”)
  + Day of prayer
  + Use “Valley of Vision” – collection of Puritan prayers
  + Set up a prayer journal
  1. **Assign Bible Reading**
  2. **Assign Scripture Memory**
* Select verses that are related to the rest of the homework that week
* Have a list with different categories for you to choose from (see website)
  1. **Require Worship Attendance / Small Group Attendance**

This is critical! Don’t back off on this. They need to be connected with other believers and not just isolated with their own problems.

Satan wants their world to shrink down to the size of their latest problem. Corporate worship and involvement in a small group forces their head up and their eyes out to a world that’s bigger than their specific trial or problem.

* 1. **Assign Other Good Resources (Reading or Listening)**

Know what’s out there… and what some of the good churches and publishers are producing that you can use.

* CCEF site
* BCC site
* P&R site
* Faith Baptist Counseling (Lafayette, IN)
* Focus Publishing
* New Growth Press
* Walk in the Word (James MacDonald)
  1. **Assign Practical Works**
* Log List
* Loving Deeds / Humbling Acts of Service
* Date Night
* Couch Time
* Pride Interviews
* Y Diagram – teach it to someone else this week
* Catch Yourself
* Floor Tile
* Assign them to serve somewhere in the church (nursery, parking, welcome counter, sermon CD counter, setting up for conference, helping at VBS, etc.)

1. **Let Sermon / Teaching CDs Fast-Track Your Ability to Teach Them Biblical Truth**

Start collecting a good CD library of biblical teaching on various topics.

For years I had a huge cassette tape rack on my office wall with cassettes from Lou Priolo, Stuart Scott, and others on all kinds of topics.

Now – by God’s grace I have a library of things that I’ve taught and preached over the past 17 years here at GFC that I use in counseling:

* But God – When You’re Feeling Overwhelmed - I Cor. 10:13 (GFC archive 4.20.08)
* Sovereignty of God (GFC archive 3.16 .03)
* Gospel Therefores – Make Every Effort (GFC archive 2.5.12)
* Gospel Therefores – Living Like It’s Not All About Me [Are you really a Christian?] (GFC archive 2.24.12)
* Marriage
  + When Marriage and Mercy Collide
  + Seven Deadly Sins of Marriage
  + Built to Last
* Parenting
  + Raising Solid Kids in a Broken World
  + Parenting on Purpose
  + Hope and Help for Hurting Parents
  + Parenting with Joy
* Idols of the Heart
* Trusting God (sovereignty of God in trials and suffering)
* Soul Check (assurance of salvation)
* Hope and Help for Hurting Parents (for parenting teens and young adults)
* Parenting on Purpose

1. **Learn What Some of the Best Resources Are and Keep a Supply On Hand**
   1. **Top Resources I Use the Most**
2. **Early in the Counseling Process**

* “Christ and Your Problems” – Adams, booklet
* “What to Do When Your Marriage Goes Sour” – Adams, pamphlet
* “The Unrepenting Repenter” – Jim Elliff ([www.ccwonline.org](http://www.ccwonline.org))
* “Marriage – Whose Dream?” – Paul Tripp, booklet
* Evangelism / Gospel
* Children – “Eaglet Story” - Jim Elliff ([www.ccwonline.org](http://www.ccwonline.org))
* “The Real Thing” – Philip Tait, booklet
* “How Good is Good Enough?” – Andy Stanley, booklet
* “Two Roads” – Matthias Media, tract
* “Two Ways to Live” – Matthias Media, pamphlet Bible study
* “Ultimate Questions” – John Blanchard, booklet

1. **Middle of the Counseling Process**

* “Five Critical Steps to Change” – James MacDonald, booklet
* “Forgiving Others” – Tim Lane, booklet
* “I Just Can’t Forgive Myself” – Robert Jones, booklet
* “Bitterness – the Root that Pollutes” – Lou Priolo, booklet, P&R
* “Pride to Humility” – Stuart Scott, booklet
* “Communication & Conflict” – Stuart Scott, booklet
* “Temptation – Applying Radical Amputation to Sinful Patterns” – Jay Adams, booklet, P&R
* Conflict – Tim Lane, booklet
* Valley of Vision (collection of Puritan prayers) - book

1. **Towards the End of the Counseling Process**

* Changing Your Thought Patterns – George Sanchez, booklet, Nav Press
* Renewing Marital Intimacy – Powlison, booklet
* Motives – Ed Welch, booklet
* Gospel Treason – Bigney, book
* Identify Idols Sheet
* Idol Repentance Plan Sheet

1. **Graduation / End of Counseling**

* Set up a prayer journal
* Gospel Primer – Milton Vincent, book
* Godliness Through Discipline – Jay Adams, booklet
* Learn Your Spouse – project, booklet
* Write out your personal counseling testimony
* Get them to discuss their Bible reading together (Use ?, î , ↓)
* Assign a book to read and then meet for a 3 mos. ‘Check-Up’
  + “Complete Husband” – Priolo, book
  + “Excellent Wife” – Peace, book
  + “When Sinners Say ‘I Do’” – Dave Harvey, book
  + “Sacred Marriage” – Gary Thomas, book
  + “The Meaning of Marriage” – Timothy Keller, book

1. **Specific Issues**

* **Divorce or Threat of Divorce**
* “Divorce” – Lou Priolo, booklet
* “How to Save Your Marriage Alone” – Ed Wheat, small book
* “How to Act Right When Your Spouse Acts Wrong” – Leslie Vernick, book
* “You’re Divorced – Now What?” – Amy Baker, booklet
* **Worry & Fear**
* “Worry” – Powlison, booklet
* “Fear Factor” – Mack, workbook
* “When People are Big & God is Small” – Welch, book
* “People Pleasing” – Lou Priolo, book
* **Addictions**
* “Addictions - A Banquet in the Grave” – Ed Welch, book
* “Just One More” – Welch, booklet
* “New Wine” – Setting Captives Free, workbook (60 day interactive course) [www.settingcaptivesfree.com/courses/new-wine](http://www.settingcaptivesfree.com/courses/new-wine)
* **Trials / Suffering / Self-Pity**
* “Suffering – Eternity Makes the Difference” – Tripp, booklet
* “Thankfulness Even When It Hurts” – Susan Lutz, booklet
* “You Can Trust God” – Bridges, booklet
* “Trusting God – Even When Life Hurts” – Bridges, study guide
* “The Attitude of Gratitude” – Nancy Leigh DeMoss, booklet
* “Down But Not Out” – Wayne Mack, book (unpacking 2 Cor. 4)
* **Sex**
* “Intended for Pleasure” – Ed Wheat, book
* “Biblical Principles of Sex” – Dr. Bob Smith, small book
* “Sex, Romance, & the Glory of God” – C.J. Mahaney, small book (for men)
* “Intimate Issues” – Linda Dillow, book (for women)
* **Sexual Sin**
* Pure Life Ministries – counseling (Overcomers at Home) [www.purelifeministries.org](http://www.purelifeministries.org)
* Way of Purity – workbook (60 day course) www.settingcaptivesfree.com courses/way-of-purity
* **Death / Grief**
* “When a Christian Spouse Dies” – Jay Adams, booklet
* “Grief” – Paul Tripp, booklet
* “Through Tears to Triumph” – Stephenson, book
* “Safe in the Arms of God” – MacArthur, book (death of baby)
* **Parenting**
* “Heart of Anger” – Lou Priolo, book
* “Faithful Parents” – Stuart Scott, book
* “Never Stop Being a Parent” – Newheiser/Fitzpatrick, book
* “When Good Kids Make Bad Choices” – Newheiser, book
* “Come Back Barbara” – Miller