Basic Principles of Biblical Counseling
Meeting Counseling Needs Through the Local Church
by Dr. Larry Crab
An Aerial View

1. Identify negative (sinful) feelings (which are compounded by negative behavior) then
2. Identify negative (sinful) behavior (which, along with negative feelings, is caused by wrong thinking) then
3. Identify wrong (sinful) thinking, then
4. Promote right thinking, then
5. Plan and engage in right behavior (produced by right thinking), then
6. Identify satisfying feelings (produced by right behavior and right thinking), and then

Unreflective behavior

<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>SOLUTION</th>
<th>RESULT</th>
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</thead>
<tbody>
<tr>
<td>Unconscious Selfishness;</td>
<td>Soften Conscience</td>
<td>1. At best: Socially acceptable hedonism</td>
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<tr>
<td>Harsh Conscience</td>
<td>Uncover Id</td>
<td>2. At worst: sociopathy</td>
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# Floating Anchors

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<tr>
<th>PROBLEM</th>
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<tbody>
<tr>
<td>Ego Psychology</td>
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1. At best: Pride
2. At worst: Frustration

- Weak Ego
  - Dominant Id
- Strong Ego
  - Controlled Id

Floating Anchors

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<td>Rogers</td>
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1. At best: Temporarily workable relativism
2. At worst: Unrestrained hedonism and lawlessness

Inhibited Goodness  
Liberated Goodness

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<td>Skinner - Behaviorism</td>
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1. At best: Mechanical adjustment
2. At worst: Technocratic tyranny; the end of man as man

Random Control  Systematic Control

Floating Anchors

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1. At best: Self-sustained meaning
2. At worst: despair

Rational gloom and hopelessness
Non-rational hope

Understanding Our Deepest Needs

- Physical Needs
- Spiritual Needs
Basic Needs

“The basic personal need of each personal being is to regard himself as a worthwhile human being.”

Larry Crabb
Worthwhile

Significance & Adequacy

Security
Significance & Adequacy

Significance - a purpose for living which will make a real and lasting impact on my world

Adequacy - a purpose which I am completely capable of accomplishing
I Peter 2:4-10
As you come to him, the living Stone—rejected by men but chosen by God and precious to him—you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. For in Scripture it says:
"See, I lay a stone in Zion,
a chosen and precious cornerstone,
and the one who trusts in him
will never be put to shame." Now to you who believe, this stone is precious.
But to those who do not believe,
"The stone the builders rejected
has become the capstone," and,
"A stone that causes men to stumble
and a rock that makes them fall." They stumble because they disobey the message—which is also what they were destined for.
But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.
Security

Security - the security of being loved.
Romans 8:38
For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.