Equipped to Counsel

2025-2026

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| **Date** | **Description** |
| Before Class | Watch “Your Walk with God Is a Community Project” before our first class. This video series is encouraged for everyone, but required for ABC students. |
| Sep 24/25 | IN CLASSROOM TRAINING – Kick Off; “What Is Biblical Counseling?” |
| Sep 25-Oct 1 | 1. ETC Lesson 1: Counseling Ministry in the Church
2. ETC Lesson 2: The Origin of Counseling Ministry
3. ETC Lesson 3: The Place of Counseling in Ministry
4. Article: *Counseling Is the Church \**
5. Video: Finish watching “Your Walk with God Is a Community Project”
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| Oct 2-8 | 1. ETC Lesson 4: A Definition for Biblical Counseling
2. ETC Lesson 5: Counseling Worldview, Part 1
3. ETC Lesson 6: Counseling Worldview, Part 2
4. Video: Finish watching “Your Walk with God Is a Community Project”
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| Oct 8/9 | IN CLASSROOM TRAINING – “History of Biblical Counseling” |
| Oct 9-15 | 1. Article: *The Great Commission: A Paradigm for Ministry in the Local Church \**
2. Article: *Affirmations & Denials: A Proposed Definition of Biblical Counseling*
3. Article: *What Is Biblical Counseling Anyway? \**
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| Oct 16-22 | 1. ETC Lesson 7: The Aim of Biblical Counseling
2. ETC Lesson 8: The Fruit of Biblical Counseling
3. Article: *God’s Glory Is the Goal of Biblical Counseling*
4. Article: *Speaking Redemptively \**
5. Assignment: Your Story Paper (ABC & SHC) – Due Oct 23
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| Oct 22/23 | IN CLASSROOM TRAINING – “The Aim and Fruit of Biblical Counseling” |
| Oct 23-29 | 1. Read Article: *Cure of Souls (and the Modern Psychotherapies)*
2. Assignment: Community Project Reaction Paper (ABC) – Due Oct 30
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| Oct 30-Nov 5 | 1. ETC Lesson 9: Scripture Tells the Story
2. ETC Lesson 10: Creation, Fall, and Judgment
3. Read Article: *Who Is God?*
4. Read Article: *Modern Therapies and the Church’s Faith*
5. Read Article: *Toward a Definition of the Essence of Biblical Counseling*
6. Read Article: *How Do You Help a “Psychologized” Counselee?*
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| Nov 7/8 | Made to Minister Conference |
| Nov 6-12 | 1. ETC Lesson 11: Redemption, Consummation, and Eternity
2. ETC Lesson 12: Knowing the Word of God
3. Read Article: *The Present Glories of Redemption*
4. Read Article: *Is the Adonis Complex in Your Bible?*
5. Read Article: *How Does Scripture Change You?\**
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| Nov 12/13 | IN CLASSROOM TRAINING – “God and His Word” |
| Nov 13-19 | 1. ETC Lesson 13: The Gospel Outlined
2. ETC Lesson 14: Gospel Implications
3. Read Article: *Who Are We? Needs, Longings, and the Image of God in Man\**
4. Read Article: *The Therapeutic Gospel*
5. Read Article: *How Does Sanctification Work? (Part 1)*
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| Nov 20-26 | Thanksgiving Break Flex Week – Catch up on reading |

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| **Date** | **Description** |
| Nov 27-Dec 3  | 1. ETC Lesson 15: The Gospel Lived, Part 1
2. ETC Lesson 16: The Gospel Lived, Part 2
3. Read Article: *How Does Sanctification Work? (Part 2)*
4. Read Article: *How Does Sanctification Work? (Part 3)*
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| Dec 3/4 | IN CLASSROOM TRAINING – “The Gospel” |
| Dec 4-10 | 1. ETC Lesson 17: Suffering
2. ETC Lesson 18: Whatever Rules Your Heart Rules Your Life
3. Read Article: *Understanding the Influences on the Human Heart*
4. Read Article: *Suffering and Psalm 119\**
5. Read Article: *Biological Psychiatry*
6. Read Article: *What if Your Father Didn’t Love You?\**
7. Assignment: Journal Article Response Process Paper 1 (ABC & SHC) – Due Dec 11
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| Dec 11-17 | 1. ETC Lesson 19: The Descent into Depression
2. ETC Lesson 20: The Ascent into Joyful Abundance
3. Read Article: *Puritan Resources for Biblical Counseling*
4. Read Article: *Learning Contentment in All Your Circumstances\**
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| Dec 18-Jan 7 | Christmas Break1. Work on Exam 1 (ABC)
2. Start watching “What Did You Expect?” video series (ABC)
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| Jan 7/8 | IN CLASSROOM TRAINING – “Understanding People” |
| Jan 8-14 | 1. ETC Lesson 21: General Methods: Love and Discern
2. ETC Lesson 22: General Methods: Identify and Exhort
3. Read Article: *X-ray Questions: Drawing Out the Whys…of Human Behavior\**
4. Read Article: *Opening Blind Eyes: Another Look at Data Gathering*
5. Read Article: *Data Gathering Part 2: What the Counselor Brings to the Process*
6. Assignment: Exam 1 (ABC) – Due Jan 15
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| Jan 15-21 | 1. ETC Lesson 23: Specific Counseling Methods
2. ETC Lesson 24: Specific Counseling Conditions
3. Read Article: *Strategies for Opening Blind Eyes: Data Gathering Part 3*
4. Read Article: *Illustrative Counseling*
5. Read Article: *Counseling People Who Resist Change\**
6. Counseling Journal Meeting 1 (ABC)
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| Jan 21/22 | IN CLASSROOM TRAINING – “Counseling Methods” |
| Jan 22-28 | 1. ETC Lesson 25: Understanding Addiction
2. ETC Lesson 26: Counsel for Addiction
3. Counseling Journal Meeting 2 (ABC)
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| Jan 29-Feb 4 | 1. Read Article: *The Bondage of Sin*
2. Read Article: *Addictions: New Ways of Seeing, New Ways of Walking Free\**
3. Counseling Journal Meeting 3 (ABC)
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| Feb 4/5 | IN CLASSROOM TRAINING – “Addiction” |
| Feb 5-11 | Flex Week – Catch up on reading1. Counseling Journal Meeting 4 (ABC)
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| Feb 12 | Community Workshop |
| Feb 12-18 | 1. ETC Lesson 27: Understanding Worry and Anxiety
2. ETC Lesson 28: Counsel for Worry and Anxiety
3. Counseling Journal Meeting 5 (ABC)
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| Feb 19-25 | 1. Read Article: *Getting to the Heart of Your Worry*
2. Read Article: *“Peace, be still”: Learning Psalm 131 by Heart\**
3. Assignment: Mini-Practicum Journals #1-5 (ABC) – Due Feb 26
4. Counseling Journal Meeting 6 (ABC)
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| **Date** | **Description** |
| Feb 25/26 | IN CLASSROOM TRAINING – “Anxiety” |
| Feb 26-Mar 4 | 1. ETC Lesson 29: Understanding Anger
2. ETC Lesson 30: Counsel for Anger
3. Assignment: Case Study Paper (ABC & SHC) – Due Mar 5
4. Counseling Journal Meeting 7 (ABC)
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| Mar 5-11 | 1. Read Article: *Anger Part 1: Understanding Anger\**
2. Read Article: *Anger Part 2: Three Lies About Anger and the Transforming Truth\**
3. Read Article: *Getting to the Heart of Conflict: Anger, Part 3\**
4. Counseling Journal Meeting 8 (ABC)
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| Mar 11/12 | IN CLASSROOM TRAINING – “Anger” |
| Mar 12-18 | 1. ETC Lesson 31: Defining Depression
2. ETC Lesson 32: Understanding Depression
3. ETC Lesson 33: Counsel for Depression
4. Counseling Journal Meeting 9 (ABC)
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| Mar 19-25 | Spring BreakFlex Week – Catch up on reading |
| Mar 26-Apr 1 | 1. Read Article: *The Valley of the Shadow of Death*
2. Read Article: *Counseling Those Who Are Depressed*
3. Read Article: *Words of Hope for Those Who Struggle with Depression\**
4. Counseling Journal Meeting 10 (ABC)
5. Assignment: What Did You Expect? Paper Due (ABC) – Due Apr 2
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| Apr 1/2 | IN CLASSROOM TRAINING – “Depression” |
| Apr 2-8 | 1. Read Article: *What’s Right About Sex?*
2. Read Article: *Sexual Sin and the Wider, Deeper Battle*
3. Read Article: *Five Ministry Priorities for Those Struggling with Same-Sex Attraction \**
4. Read Article: *Getting to Know the Experience of Same-Sex Attraction*
5. Assignment: Journal Article Response Process Paper 2 (ABC & SHC) – Due Apr 9
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| Apr 9-15 | 1. ETC Lesson 34: God’s Purpose and Design for Sex
2. ETC Lesson 35: The Nature of Sexual Temptation and Sin
3. ETC Lesson 36: Counsel for Sexual Temptation and Sin
4. ETC Lesson 37: Understanding Homosexuality
5. ETC Lesson 38: Counsel for Homosexuality
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| Apr 15/16 | IN CLASSROOM TRAINING – “Sexual Sin” |
| Apr 16-22 | 1. Assignment: Exam 2 (ABC) – Due Apr 23
2. Assignment: Assignment: Mini-Practicum Journals #6-10 (ABC) – Due Apr 23
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| Apr 23-29 | ABC Conference, Texas (Apr 24-26) |
| Apr 29/30 | IN CLASSROOM TRAINING – “Sexuality” |
| Apr 30-May 6 | Flex Week – Finish reading any articles you haven’t read yet |
| May 7-13 | Flex Week – Use your JBC subscription to look up journal articles in an area of interest |
| May 13 | GRADUATION |

**Black** font = Reading Assignments

Blue font = Assignments to post to Google Classroom

Red font = Classroom Training Days

Green font = Flex Week