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” |
| 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” |
| 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? \** |
| 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 |
| 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 |
| 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?* |
| 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?\** |
| 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)* |
| 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)* |
| 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 |
| 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\** |
| Dec 18-Jan 7 | Christmas Break   1. Work on Exam 1 (ABC) 2. Start watching “What Did You Expect?” video series (ABC) |
| 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 |
| 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) |
| 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) |
| 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) |
| Feb 4/5 | IN CLASSROOM TRAINING – “Addiction” |
| Feb 5-11 | Flex Week – Catch up on reading   1. Counseling Journal Meeting 4 (ABC) |
| 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) |
| 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) |
| **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) |
| 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) |
| 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) |
| Mar 19-25 | Spring Break  Flex 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 |
| 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 |
| 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 |
| 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 |
| 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