

Disciple's Initials \_\_\_\_\_

Case No. \_\_\_\_\_

Session # 1

## BIBLICAL COUNSELING RECORD & LESSON PLAN

Date \_\_\_\_\_ Time Scheduled to Begin \_\_\_\_\_ Actual Time Session Begins \_\_\_\_\_

**1. Greet Counselee**

**2. Pray**

**3. Review PDI and Gather Relevant Core Data**

**4. Present Lesson (Instruct)**

**5. Explain What Biblical Counseling Is and How It Proceeds**

**6. Build Hope**

**7. Assign Homework**

**8. Obtain Commitment**

- *Q. Do you want to commit to going forward with counseling?*
- *Q. Do you agree to complete the homework assignments before our next session – working on them a little each day?*
- *Q. When can you make time to work on your homework each day?*
- *Q. Are you willing to work toward change?*

**9. Ask Case Report Questions** (The Case Report is discussed in Chapter 4).

- *Case Report Q #9 What did you learn that you need to change?*
- *Case Report Q#10 What hope or encouragement did you receive in this session?*

**10. Set/Confirm next meeting** \_\_\_\_\_

**11. Pray**