

Quick
SCRIPTURE
REFERENCE
for
Counseling
Men

KEITH R. MILLER



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14 15 16 17 18 19 20 7 6 5 4 3 2 1

To my wife, Pat.
There's no one in the world I'd rather
spend time with than you!

To all those who love the Word of God.
Our relationship to the Scriptures must be a
lifelong quest to:

Know what you believe
Know why you believe it
Know where to find it
Choose to obey it
Share it with others

“The grass withers, the flower fades
but the word of our God
will stand forever.”

Isaiah 40:8 ESV

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Introduction

The Purpose of This Book

This book is grounded on the sufficiency of the Word of God for faith and practice, for living the life that God desires, and for direction and counseling. It is written for men who are going through challenging times, as well as for those who desire to help others who struggle.

Context and Principles

I have made every effort to be true to biblical context. For those texts for which the context does not totally fit, I believe the principles (timeless, universal truths) do apply to the topic at hand. Many of the Old Testament passages refer, in context, to Israel. Yet the principles reflecting God's care for his people and interest in their welfare can clearly be seen.

My use of passages from the Mosaic Law reflects my conviction that the traditional moral, civil, and ceremonial distinctions for that code are correct. God's moral law, as summarized in the Ten Commandments, is applicable for all people, for all time. Though the civil and ceremonial laws are not our rule of life in this age of grace, they do reflect the mind of God on issues of right and wrong. Thus principles are drawn from them for the topics.

What to Look For

- The Gospel is the first topic in this book. It is necessary that we be prepared to lead individuals into a personal relationship with Jesus Christ as Savior and into a committed relationship with him as Lord of their lives.
- The “see also” heading at the beginning of each topic points to related helpful topics.
- Many of the chapters begin with a paragraph of introduction that defines key words and concepts, setting the stage for what follows in the body of statements and supporting Scripture.
- The “Biblical Narratives” are guides into the lives of people in Scripture who experienced situations and events similar to the issues in that particular topic.
- The “Practical Steps” are homework action ideas or growth steps. Use them as a starting point to stimulate your own creativity for additional steps.
- The “Resources” section is a guide to books and booklets helpful for further research and understanding.
- Because of length limitations, many verses are not printed, with biblical references listed for further study and application. *It is imperative to look up these verses for additional help with the topics.*

Who Might Benefit

- First and foremost this book is designed to assist counselors, pastors, and anyone who desires to help men in the struggles and issues of life.
- Pastors could use this book with their church boards to encourage individual growth, studying different topics as a part of regular board meetings.
- Men who desire to live their lives under the authority and blessing of God’s Word can use this book for personal study and application of the various topics.

- This book can be used as a devotional. While the book is designed to help those who are struggling, it could also be a tool used each day for a man's time alone with the Lord. Taking two days for reading and study of each topic would provide over six months of meaningful involvement in Scripture.
- Teachers could use the various topics to present to Sunday school classes. Similar topics could be grouped together to cover a thirteen-week quarter.

The Gospel

A counselor's first task is to determine if an individual has a personal relationship with God through Christ. When a person has trusted Jesus Christ and him alone for salvation, Scripture will be effective in the person's life.

Steps in Guiding an Individual to Christ

1. Each person is separated from God because of sin.

Romans 3:23 For all have sinned and fall short of the glory of God. (NKJV)

Isaiah 53:6; 64:6; Romans 3:10

2. Sin must be punished—separation from God, hell.

Romans 6:23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (NKJV)

3. There is nothing a person can do to gain status with God or to earn their salvation. We cannot earn forgiveness.

Ephesians 2:8–9 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. (ESV)

Titus 3:5

4. God's love in sending Jesus is the answer.

John 3:16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (NKJV)

Romans 5:8; 10:9

5. Each person must repent of their sin and personally believe (i.e., trust) in Jesus Christ as Savior.

John 3:36 Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on him. (NIV)

Luke 15:7–10; John 1:12

6. Salvation is then assured—not a “maybe” or “hope so”—it is God's gift.

John 5:24 Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life. (ESV)

1 John 5:13

Biblical Narratives

- Nicodemus, John 3
- Serpent in the wilderness, Numbers 21:4–9 with John 3:14
- Woman at the well, John 4
- The Ethiopian, Acts 8:26–40
- Cornelius, Acts 10
- Philippian jailor, Acts 16:16–40

Practical Steps

- For the best model or illustration of what the gospel looks like, do a comparison study of the serpent in the wilderness, Numbers 21:4–9, with John 3:14.
- Study carefully the Gospel of John. Note the multiple times “believe” is used.
- Question to ask: “If you were to die soon, why would you expect God to allow you to join him in heaven?”

Resources

- *What's So Amazing About Grace?* Philip Yancey. Zondervan.
- *A Gospel Primer for Christians*. Milton Vincent. Focus.
- *Assurance* (booklet). Susan Heck. Focus.
- *The Reason for God*. Timothy Keller. Dutton.

Abortion

See also Decision Making, Fear, Hope, Selfishness

Abortion is often seen as primarily a woman's issue. Yet any man who is the father of a child still in the womb is very much responsible for the welfare of that baby. Men must be vitally involved. Scripture is clear about this issue of life from conception and that an abortion is never the will of God.

The Need to Choose Life

- 1. Birth is not the beginning of life; it is the arrival. The baby in the womb is a living human being from conception.**

Psalm 139:13–15 For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. (ESV)

- 2. God is actively and personally involved in the life of every unborn person, including plans for each day of his or her life.**

Psalm 139:16 Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. (ESV)

Genesis 25:21–23

- 3. The prophets comprehended that God knew them as persons before they were born.**

Jeremiah 1:5 I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations. (NLT)

Isaiah 49:1 Listen to me, you islands; hear this, you distant nations: before I was born the LORD called me; from my mother's womb he has spoken my name. (NIV)

4. Elizabeth's unborn baby was aware of Jesus, Mary's unborn baby. Through a unique situation (the God-man in the womb), evidence is provided for personhood in the womb.

Luke 1:44 As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. (NIV) (See verses 39–44.)

5. Following what we want, rather than what God wants, is sin and leads to heartache and trouble.

Psalm 19:13 Keep your servant from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin. (NLT)

Proverbs 14:12 There is a way that seems right to a man, but its end is the way to death. (ESV)

Proverbs 16:2

6. Our actions are not hidden from God.

2 Chronicles 16:9 The LORD keeps close watch over the whole world, to give strength to those whose hearts are loyal to him. (GNT)

Hebrews 4:13 Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. (NIV)

Psalm 139:9–12

7. Children are a gift from God, no matter the circumstances of their conception.

Psalm 127:3–4 Behold, children are a gift of the LORD, the fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one's youth. (NASB)

8. Our bodies, our very lives, belong not to us but to God.

1 Corinthians 6:19–20 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. (NLT)

Romans 12:1–2; 2 Corinthians 6:16

9. Choose life! Escaping from a pregnancy and its consequences is selfishness and sin. Choosing God's way might be difficult but is a decision that leads to life and peace.

Romans 8:5–6 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. (NIV)

Joshua 1:9; 24:14–15; Philippians 1:9–10

Biblical Narratives

- Mary and Elizabeth, joys of motherhood, Luke 1:26–45
- Job, fashioned by God, Job 10:8–12
- Those needing rescue from death, Proverbs 24:11–12
- Harm to a mother and baby, Exodus 21:22–23. The death of a mother and baby are seen as of equal standing

Practical Steps

- You must understand the baby's development. Ask that an ultrasound be done.
- Memorize Psalm 139:16. Write it on a card and review often.
- Memorize Isaiah 43:1–2. Concentrate on "I will be with you."

Resources

Pro-life Answers to Pro-choice Arguments. Randy Alcorn. Multnomah.

If an Abortion Has Occurred

See also Confession, Forgiveness from God, Grief, Past Memories

1. When God's forgiveness is requested, it is given freely.

Psalm 32:5 I acknowledged my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," and You forgave the iniquity of my sin. (NKJV)

2. God can take our broken spirits and produce joy.

Psalm 51:12, 14 Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. . . . Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness. (NKJV)

3. God offers restoration and freedom.

Psalm 40:1–3 I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. (NIV)

John 8:32, 36 Then you will know the truth, and the truth will set you free. . . . So if the Son sets you free, you will be free indeed. (NIV)

4. God understands the Israelites weeping for children they would never see again. He understands our grief over the loss of a baby.

Jeremiah 31:15 Thus says the LORD: a voice was heard in Ramah, lamentation and bitter weeping, Rachel weeping for her children, refusing to be comforted for her children, because they are no more. (NKJV)

5. As the Israelites in captivity were not to dwell on past mistakes, we also should not dwell on the past once it is forgiven.

Isaiah 43:18–19 Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland. (NIV)

Micah 7:18–19

6. God is our source of relief and comfort when we grieve.

Psalms 18:1–2, 6 How I love you, LORD! You are my defender. The LORD is my protector; he is my strong fortress. My God is my protection, and with him I am safe. He protects me like a shield; he defends me and keeps me safe. . . . In my trouble I called to the LORD; I called to my God for help. In his temple he heard my voice; he listened to my cry for help. (GNT)

Isaiah 25:8 The Sovereign LORD will destroy death forever! He will wipe away the tears from everyone’s eyes and take away the disgrace his people have suffered throughout the world. The LORD himself has spoken. (GNT)

Practical Steps

- Study carefully the topics Forgiveness from God and Grief in this book.

Resources

- *When the Pain Won’t Go Away: Dealing with the Effects of Abortion* (booklet). RBC Ministries.
- *Healing after Abortion* (booklet). David Powlison. New Growth.
- *Hope Again*. Charles Swindoll. Thomas Nelson.

Abuse

See also Anger, Bitterness, Forgiveness from God, Forgiving Others, Grief, Past Memories, Repentance

It is always wrong to abuse anyone in any way—verbally, physically, emotionally, sexually, politically, or economically! If you have suffered abuse, God has great provision for recovery and healing.

For Those Who Are Tempted to Abuse or Have Abused Others

1. **Afflicting or oppressing the helpless is forbidden. God hears their cry.**

Exodus 22:21–23 You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt. You shall not afflict any widow or orphan. If you afflict him at all, and if he does cry out to Me, I will surely hear his cry. (NASB)

Isaiah 3:14–15 “It is you who have devoured the vineyard; the plunder of the poor is in your houses. What do you mean by crushing My people and grinding the face of the poor?” declares the Lord GOD of hosts. (NASB)

Psalms 40:14; Proverbs 30:14; Amos 5:11–13; Micah 2:1–2, 9

2. **Abusive words cause great pain.**

James 3:8–9 No one can tame the tongue. It is restless and evil, full of deadly poison. Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. (NLT)

Proverbs 12:18 Some people make cutting remarks, but the words of the wise bring healing. (NLT)

Proverbs 15:4

3. Those who abuse can expect God's judgment.

Psalms 10:12–14 Arise, O LORD; O God, lift up Your hand. Do not forget the afflicted. Why has the wicked spurned God? He has said to himself, “You will not require it.” You have seen it, for You have beheld mischief and vexation to take it into Your hand. The unfortunate commits himself to You; You have been the helper of the orphan. (NASB)

Matthew 18:5–6 And whoever receives one such child in My name receives Me; but whoever causes one of these little ones who believe in Me to stumble, it would be better for him to have a heavy millstone hung around his neck, and to be drowned in the depth of the sea. (NASB)

Psalms 9:12; 37:17; Isaiah 10:1–3

4. What to do: repent, confess, and make it right. Get help.

1 John 1:8–9 If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (NASB)

Isaiah 1:16–17

For Those Who Have Been Abused

1. We must not allow past events to control the present. When there is nothing we can do to correct the past, we must entrust it to God's care.

Isaiah 43:18–19 Do not cling to events of the past or dwell on what happened long ago. Watch for the new thing I am going to do. It is happening already—you can see it now! I will make a road through the wilderness and give you streams of water there. (GNT)

Matthew 10:26; Philippians 3:13

2. Revenge is not an acceptable option. We must leave the matter to God.

Romans 12:17, 19 Repay no one evil for evil, but give thought to do what is honorable in the sight of all. . . . Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” (ESV)

Proverbs 20:22; 24:29; 1 Thessalonians 5:15

3. Genuine forgiveness of an abuser is difficult but necessary. Holding on to anger or bitterness only hurts oneself.

Colossians 3:13–14 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. (NIV)

Ephesians 4:31–32; Hebrews 12:14–15

4. To move beyond past abuse, we must refocus our thinking on all that God has done for us, his gracious provision.

Psalms 63:6–8 On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me. (NIV)

Philippians 4:8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (NLT)

Psalm 143:5–8

Biblical Narratives

- Hagar suffered at the hand of Sarah, Genesis 16
- Joseph, Genesis 37
- Job, the suffering of the abused, Job 24
- David, abused by Saul, 1 Samuel 18–26
- Tamar, abused by Amnon, 2 Samuel 13:1–25
- Description of abuse, Psalm 10:7–11

Practical Steps

- Immerse yourself in Scripture, especially the Psalms of refuge and comfort—34; 37; 46; 63; 64; 91; 121; 145.
- Write out your story and share it with a trusted close friend or counselor.
- As you are able to move past the hurt and disgust, be open to helping others who have had similar experiences.
- If you are abusing others in any way, repent and confess this evil, seek immediate counsel, become accountable to others who can help.

Resources

- *Abused: Finding Hope in Christ* (booklet). John Henerson. P & R.
- *Abused: How You Can Find God's Help*. Richard and Lois Klempel. Fairway.
- *Recovering from Abuse* (booklet). David Powlison. CCEF.
- *Rid of My Disgrace: Hope and Healing for Victims of Sexual Abuse*. Justin and Lindsey Holcomb. Crossway.