Intro:

I. To Begin
   A. ___________ Compassion (Col 3:12; 2 Sam 13)

   B. Hope, Hope, Hope, and More Hope
      Some initial hope: 2 Peter 1:3-4; Ps 119:45; Romans 5:20; John 16:33

   C. The Right Goals (Ps 73: 23:28; Matt 22: 36-40; 1 Cor 10:31; Ps 27:4-6; Ps 43:4)

   D. A _______________ Approach to Data Gathering (Prv 18:13; Gal 6:2; Col 3:12)
      1. Prepare her:
      2. Just enough:
      3. Seek to understand these things:
      4. Acknowledge the evil against her, her suffering, and God’s response to both.
         (Rom 12:15; Ps 10:12-18, Ps 56:8; John 11:33; Is 63:9; 1 Peter 5:7; Ps 147:3; Ps 82: 2-4; Is 1:17; Jer 21:12)

II. First Things First
   A. Reporting and Legal Issues
      1. With help and hope (Gal 6:2; Pro 14:31; Pro 31:8-9; Is 25:4)
      2. Help her to _________________ the deeds of darkness ( Eph 5:7-12; Ps 82:3-4)
      3. Dealing with the _________________ (Rom 13:1-5; Ps 82:3-4; Is 1:17)

   B. _________________ What’s Happened…to Faith (Ps 89:14; Pro 16:4; Job 42:1-5)
      1. A Christian world view of her past circumstance (Eph 1:4-6; Rom 8:20-21)
         See—A Sufferer’s Christian World View, & Why Me? (Zondra Scott)
a. God’s master plan (Eph 1: 9-12; Rev 21:3; 1Peter 2:9)
   b. The Fall, sin and suffering, and God’s response and Intention (Gen 3; Rom 5:18-21; Is 61:1; Is 53:5-6; Is 63:9; Lam 3:32-33; Jn 16:33; Ps 46:1)
   c. Her own fallen, undeserving, broken condition (Rom 3:23; Jer 17:9; Eph 1:1-4; Is 61:1; Jer 2:12-13)

2. The glorious, unruined gospel (Eph 1:3-11; Job 42:2; Is 46:9-11; Rom 8:28-32).
   
3. A high, personal, perfect, and benevolent view of God (Ps 103:19; Ps 113:5-6; Deut 10:14-17; Ps 145:17; 1 Jn 1:5; Deut 32:4; Ps 100:5; Ps 145:9,17; Is 30:18)
   
C. A New _______________ in Christ (Eph 1:3-6; Eph 2:1-7; Rom 11:36)
   1. The great dividing line (2 Cor 5:17)
   2. What it means to be in Christ (Gal 4:4-7)
      See—Who We are in Christ (Zondra Scott)
   3. A proper perspective (Eph 1:3-6)
      See—Our Identity—Should it be a Focus in Counseling? (Stuart & Zondra Scott)

D. The Gospel and Her _______________ (2 Cor 9:8)
   1. Real change is possible (Phil 1:6; Phil 4:13; 2Cor 9:8)
      a. Not determined (Ps 119:45; 1 Cor 6: 9-11; Eph 3:20-21)
      b. Where the affects come from (Ps 73:16-24; Lam 3:17-25; Rom 7:18; Pro 25:19; Eph 2:12; Ps 16:4; Col 2:8)
      c. The powerful ____________, personally applied (John 17:17; 2Tim 3:16-17)
      d. Daily gospel Truth (Eph 1; Col 1:9-23; 3:1-3; Col 2:6-7Ps119: 15-16)
   2. All the key players
      i. God! (Phil 2:13; Jn 15:5; 2Cor 9:8; Heb 13:20-21;2Cor 3:4-5; Col 1:29)
      ii. Her (Phil 2:12, 1 Tim 4:7; Col 1:29)
      iii. The church (Gal 6:1-2, 1Cor 12:27-28; the one another passages)
         -You (Pro 20:5; Eph 3:14-19; Gal 6:1-3)
         -Others (Prov 18:1; 1Pet 5:2; 1Thess 5:11; Gal 5:13)
   3. Dependent _____________ for gospel reasons (Ps 62:8; 2 Cor 9:8;12:9-10; Col 1:29; Jn 15:5)

2. Living for God’s glory, because of the Cross and His worthiness (Rom 11:36; Rom 14:8; 1Cor 10:31; Is 43:7)
III. Getting to the __________ of Things

A. Completely Deal with the Past—Biblically (Ps 119:59; Eph 5:8; Ps 119:37)

1. Give her a biblical understanding of guilt, and shame. (Ps 32:5; Is 25:8; Is 55:7; Ps 32:6; Hosea 4:7; Phil 4:8)

2. Compassionately instruct on sinful responses/patterns and her responsibility. (1Jn 3:4; Psalm 119:168; Ps 51:1-4)

3. Outline each __________ of her past and God’s wisdom/Truth on it. (Pro 3:5-6; Jn 17:17)

See—Dealing with the Past Chart (Steve Viars influenced, Zondra Scott)

   a. Her blessings (do this before the Past Chart—Ps 103:2)
   b. Her God-glorifying past (2Thess 1:11-12; Jos 7:19; Ps 50:23)
   c. Her innocent, difficult past (Ps 17:1-7).
   d. Her guilty response past (Rom 12:17-21; Ruth 1:20-21; Eph 4:26-27, 29-31; Rom 6:13; Mt 22:37-39)

See—Parts of; Why Me?

   i. Address false refuges and idolatrous lusts. (Jer 2:12-13; Ezk 14:3-5, 11; 1Jn 5:21; Hosea 4:12; Ps 84:11; Phil 3:8)
      • Some typical ____________: not facing reality (pretending, ignoring, fantasies, distractions, business, TV & movies, novels), cutting, drugs, pleasure, food, sleep, other people, etc.
      • Some typical ____________: approval of man, significance, control, security, trouble free life, physical appearance, attention/involvement, deep soul satisfying relationship etc.

   ii. Other sins the abused choose: (Eph 4:17-24; Eph 5:1-3, 8-10; 1Jn 2:16; Prov 12:22; Pro 14:2)
      • More ____________ reactions: bitterness, vengeance/evil for evil, anger, unbelief/distrust of God/Word, judging God
      • Self-__________: self-degradation, self-pity, victim mentality, seeking self-esteem, comparing, lack of a God and other’s focus.
      • Self-__________: putting up walls or repelling others, fear, phobias, worry/anxiety, running away from things
      • Self-__________/righteousness: perfectionism, purging, punishments, tearing down others, desire to see self as better than others, over-service/accomplishment-wrong priorities
      • Deceit: lying, hiding, misleading, camouflaging
      • Lack of love for others
      • Sexual impurity: promiscuity, self-gratification, homosexuality
      • ____________, rather than God—not dealing with others sin, often b/c of the love/lust of approval.

   c. Her guilty past-not directly related to her circumstance (1Jn 3:4)
4. Teach Her to effectively _________ her past in its place
   a. All can be her God-glorying past! (Ps 51; 32; Ps 119:33-352Thess 1:11-12; Jos 7:19; Ps 50:23; Ps 40:2-3)
   b. Have her outline _______________ or sinful thoughts and difficult memories to renew for Christ—with Hope. (Ps 145:18; Ps 119:11; Is 26:3; Ps 46:1; Ps 119:45)
   c. Have her outline _______________ responses and habits to renew for Christ—with hope. (Ps 119:59;John 8:31-34; 1Tim4:7; Ps 119:45)

B. Help Her to _______________ Her Life Patterns. (Eph 4:22-24; Is 61:3; Ecc 3:11)
   1. Renewing the mind (Rom 12: 2; 2Cor 10:5; Phil 4:6-9)
      a. What it means (Deut 4:9; Mark 12:30)
         i. ________ positive or self-lifting thinking, or cognitive therapy
         ii. Applying and internalizing God’s relative truth with prayer, thankfulness, and commitment (meditating on the right Truth at the right Time; speaking truth to her heart in a way that changes things)
      b. Why she must
         i. Because she thinks all the time (Ps 14:1; Ps 15:2; Ps 14:1)
         ii. Because it is where it all __________ (her emotions, her conclusions, desires, decisions, actions and patterns, glorifying God or not—Prov 4:23; Deut 6:24; Is 26:3; Ps 19:7-8; Ps 119:28, 49-50) See—Thoughts Flow Chart
         iii. For God’s glory & pleasure—foremost! (Ps 94:11; Is 66:18; Ps 19:14; 1Sam 12:24; Rom 12:1; Mark 12:30)
      c. Instill the ______________ principle. (Eph 4: 17-32)
      d. Effective, God-glorying __________ ___________ are needed. (Phil 4:6-9; Eph 4:17-25).
         See—Renewing A Thought Worksheet (Zandra Scott)
   2. Renewing her ________________ (Rom 12:1; Col 3:3-10).
      b. Help her with a de-habituation list—so she can begin to pray about them, and plan how to choose ____________________________.
         See—The Put off-Put On De-habituation Form (adapted from Jay Adams’ Change is Two Faceted Process diagram, Christian Counselors Manual, p. 189)
3. _________ instilling dependence and perseverance. (Col 1:29; Jn 15:5, 2Cor 9:8, 1Thess 5:16-18; Rom 5:3-4; Gal 6: 7-9)

IV. Other Critical Issues

A. The Victim Mentality (2Pt 1:2-4; 1Pt 2:9; Rom 8:31-39)

1. A very ___________ perspective; not in line with God’s Truth (They may have been victimized at a point in time, they are not one/do not remain one). See—The Victim Mentality document (Stuart & Zondra Scott)

B. Dealing With the ___________ and Their Sin (Ps 25:1-9)

1. Understanding forgiveness, God’s way (Eph 4:32; Col 3:13; Luke 17:3-4; 1Cor 10:31; Matt 18:15; 22:35-40)
   a. Not the therapeutic/humanistic version! It’s not for you, but God’s will and glory, and other’s good (1Cor 10:31; Matt 22:36-40)
   b. How to have a forgiving Spirit and the willingness to forgive, and how to be a _______________ of forgiveness (Jer 17:9; Matt 18:15; Heb 12:15; Luke 6:36)
   c. Loving enemies, returning good for evil/overcoming evil (and bitterness) with good (with caution—Rom 12:14-21; Prv 25:21-21, Eph 4:31)

2. When to engage in the transaction, of forgiveness (like God, full release w/repentance—Luke 17:3; Eph 4:32; 1Jn 1:9, Acts 3:19)

C. Her Daily Walk/Relationship With Christ

1. A _______________ _____________ in Christ (Acknowledging Him and His sacrifice/love, Being needy/dependent, Immersing in (holding fast to, rehearsing) His Word, Delighting in Him supremely, Engaging in His kingdom work/love/service—Rev 4:11; Rom 5:6-10; Jn 15:1-11; Phil 3:8; Ps 16: 8-11)

2. Being alert to the spiritual battle in her life and her armor (Eph 6:10-18; 2Cor 10:4).

D. Her _____________ Relationships

1. They will likely be relationally stunted and/or have other troubled relationships.
2. Explore how they should work and what place should they have? (Ps 73:25-28; Eph 5:1-2; and the one-another’s)
3. Help her to implement real, biblical ____________ --like and for Christ. (1Cor 13; Eph 5:1-2; Jn 13:34)

E. Any Sexual Problems ______________ (Ecc 3:11; Is 61:3; 1Thess 4:3-5; Gal 5:19).