

# Workshop Session 1

## Identity in Christ and Counselling Ministry



Laura Perbet

# Identity in Christ and Counselling Ministry

1. A counsellor in Christ: how Isaiah 61 shapes us and our ministry - Laura Perbet
2. Images of identity: using 1 Peter 2 in our self-image struggles - Karl Hood
3. Doubting our Identity? 1 Understanding Scrupulosity - Andrew Collins
4. Doubting our Identity? 2 Ministry with Scrupulosity - Andrew Collins

# Introduction

- Workshop of four sessions
  - Karl – 1 Peter 2 – metaphors and images of our new identity
  - Andrew – Doubting our Identity: Scrupulosity
  - Session 1 – Isaiah 61 to revisit our identity as biblical counsellors and who it shapes how we help

# Isaiah 61

The Spirit of the Sovereign Lord is on me,  
because the LORD has anointed me to  
proclaim good news to the poor.

He has sent me to bind up the broken-  
hearted, to proclaim freedom for the captives  
and release from darkness for the prisoners,  
to proclaim the year of the LORD's favour

And the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion- to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.

They will be called oaks of righteousness,

A planting of the LORD for the display of his splendour. They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.

Strangers will shepherd your flocks; foreigners will work your fields and vineyards.

And you will be called priests of the LORD,  
you will be named ministers of our  
God. You will feed on the wealth of  
nations, and in their riches you will boast.  
Instead of your shame you will receive a  
double portion, and instead of disgrace  
you will rejoice in your inheritance.

And so you will inherit a double portion in your land, and everlasting joy will be yours.

'For I, the LORD, love justice; I hate robbery and wrongdoing. In my faithfulness I will reward my people and make an everlasting covenant with them.

Their descendants will be known among the nations and their offspring among the peoples. All who see them will acknowledge that they are a people the LORD has blessed.'

I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with jewels.

For as the soil makes a young plant come up and a garden causes seeds to grow, so the Sovereign LORD will make righteousness and praise spring up before all nations

# Why secular counselling/therapy?

- Deeper understanding of self or problem
- Coping strategies
- Relief from struggle
- Greater agency
- Relational skills
- Reach fuller potential

# Why biblical counselling?

Isaiah 60:22 "The least of you will become a thousand, the smallest a mighty nation. I am the LORD; in its time I will do this swiftly."

# The Identity of Christ

- The Spirit Anointed Servant Messiah
- The Jubilee Bringer
- The Substitutionary Restorer

# The identity of Christ

- The Spirit Anointed Servant Messiah
- The Jubilee Bringer
- The Substitutionary Restorer
  
- Discuss: how does focusing on these aspects of Christ and his mission expand your view of biblical counseling

# Our Identity

1. We are the poor, the broken hearted, the captive, the blind. We are mourning and grieving.

The ones Jesus has been sent to v1.

# Our Identity

2. Now in Christ we are the ones with bound hearts

Released from captivity and darkness.

Comforted and provided for

# Our Identity

3. Comissioned to engage in the service of his mission

Renamed priests and ministers

Joining in the work of rebuilding/restoring and renewing

All to the display of his splendour

# Our Identity

## 4. Collective worshippers

# Discussion:

Isaiah 61 presents us as people who are simultaneously **needy, restored, commissioned** and **worshippers**. Which of these identities is easiest to lose in conversational ministry and what happens when you do?

# How does Isaiah 61 shape BC?

1. Christ's ministry is characterised by his Words – proclaim x4

# How does Isaiah 61 shape BC?

2. Christ views people's heart state and is moved by compassion.

What are some of the skills we seek to grow in that are heart binding?

# How does Isaiah 61 shape BC?

## 3. Expect captivity, identify what imprisons & seek freedom

- specific sin patterns, heart desires, lies, untruths, oppression, shame, addiction

# How does Isaiah 61 shape BC?

## 4. Freedom from darkness

Isaiah 5:2 Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter!

# How does Isaiah 61 shape BC?

5. Year of the Lord's favour & Day of Vengeance – eschatological restoration breaking into the present.

# "...instead of..."

- Bestowed a crown of beauty...ashes
- Oil of joy...mourning
- Garment of praise...spirit of despair
- Receive a double portion...shame
- Rejoice in your inheritance...disgrace

# How does Isaiah 61 shape BC?

6. Comfort and provision for the mourning and grieving

# Discussion

What's one thing from Isaiah 61 you would like to develop your understanding of in your life and in your ministry?

# Final encouragement

Soil is right environment for plants and gardens for seeds. Things can't help but grow there.

So with the Lord and righteousness and praise – it will come.

# Read together v10-11

I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with jewels.

For as the soil makes a young plant come up and a garden causes seeds to grow, so the Sovereign LORD will make righteousness and praise spring up before all nations



