WISECOUNSEL
SKILLS FOR LAY COUNSELING

Leader’s Guide

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Those who complete this course can receive credit through the Christian Growth Study Plan. To learn more go to http://www.lifeway.com/cgsp

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Leading a Group Study of WiseCounsel

Overview of WiseCounsel

*WiseCounsel: Skills for Lay Counseling* is a thirteen-unit course. It is designed to train and equip leaders and other laypersons in your church to provide basic counseling for persons with whom they may come in contact from day to day. This Leader's Guide provides suggestions for leaders to use in leading small-group studies of WiseCounsel. To get a more thorough orientation to WiseCounsel, read the introduction beginning on page 5 in *WiseCounsel: Skills for Lay Counseling (Member Book).*

To purchase this book online visit www.lifeway.com

(Note: Throughout this leader's guide, page numbers identified "LG" refer to pages in this leader's guide. All other page numbers refer to the member's book.)

WiseCounsel is not just a book for reading. It is part of a learning system designed to teach the content material in such a way that people will develop confidence in their ability to counsel others. In order to achieve this goal, every element of the learning system must be utilized. Learners will need to complete the self-study of their textbook during the week. Then a small group of learners need to meet for the purpose of processing the learning and practicing the skills. WiseCounsel groups can meet any time during the week that is convenient for the group members.

Your Role as a Group Leader

You may not have extensive training as a counselor. Consequently, you may feel inadequate to teach a course such as WiseCounsel. Of course, the more knowledge and experience you have the better, but your role in a small-group study is not that of a teacher. You are a leader of learning activities. You are a facilitator of the group learning process.

Remember that group members will be spending time each week with a personal tutor-*WiseCounsel: Skills for Lay Counseling.* They will study the content and understand the principles and concepts before coming to the group session. You will then guide them to review and discuss the content. You will guide them to share insights, raise and answer questions that arose during the study, practice counseling skills, and make practical application to real life situations. Your skills as a leader of group learning activities are more important in this process than your content knowledge of counseling. As a WiseCounsel group leader, you will need to prepare for the study, help enlist participants, guide the group sessions, and provide some follow-up at the end of the study. The following suggestions should help you accomplish these tasks.

Preparing for WiseCounsel

**Decide on the number of groups needed.** Work with the pastor, Discipleship Training director, and others to determine how many individuals in your church need to be trained as lay counselors. (Keep in mind the guidelines described in "Enlist leaders" below.) This group could include Sunday School, support group, or other small group leaders, deacons, women’s or men’s...
group leaders, church staff, and so forth. Survey these groups to determine the number of persons interested in a study of WiseCounsel, or invite them to an overview session (LG p. 9) to introduce the course. Provide a small group for each eight to ten participants.

**Enlist leaders.** Each group will need a separate leader. These leaders do not have to be expert counselors. They should, however, possess skills for leading small-group learning experiences. Look for people who are spiritually growing Christians and active church members. Leaders should have teachable spirits, ability to relate well to people, and a willingness and time to prepare for the sessions. Ideally, leaders should have some experience as lay counselors, but experience is not absolutely necessary.

**Order resources.** Resources should be ordered for the course eight to ten weeks prior to the first session. While shipping will normally take four to six weeks from the date the order is received, leaders need time to prepare for the overview session. Though you may not enlist participants until later, you should know how many groups you plan to have. Estimate the quantity by ordering eight to ten members' books and one leader's guide for each group.


**Decide when and where the groups will meet.** The recommended plans call for two-hour sessions each week. Groups should plan to allow for two hours if at all possible. Plans can be adapted to one-hour or one and one-half hour sessions if necessary. Groups may meet at the church, in homes, or other locations convenient to members. You may want to offer group studies at a variety of times and locations so more people will be able to participate. Consider these options:
- Sunday evening at church - Groups can begin one hour prior to Discipleship Training and continue through the Discipleship Training hour.
- Wednesday evening at church - Groups can meet prior to the mid-week prayer service.
- Weekday morning, afternoon, or evening - Groups can meet in homes or at the church during a time most convenient to participants. One advantage to this option is the relaxed atmosphere. Participants will not be rushing to finish in order to go to a worship service as is the case in the first two options.

**Enlist participants.** Most study events in a church are open to anyone wishing to attend. WiseCounsel should *not* be promoted this way. Some people could cause more harm than good in trying to counsel. Review the prerequisites on pages 7-8 in the member's book. Persons enlisted to study WiseCounsel should have these traits. In most cases church-elected leaders have already been examined in this way. You should be able to provide an invitation to church leaders to study the course. Other persons should be selected and enlisted on an individual basis.

Invite church leaders and others prospective participants to the overview session (LG p. 9). This session will provide enough information for them to decide whether to participate in the study. At the end of the session, give those present an opportunity to sign up for the course. If persons are unwilling to make the necessary commitment to the individual and group study, ask them not to participate at this time. If you do not have enough groups to accommodate all those interested (maximum of ten to a group), start a waiting list. Promise those persons first chance at
participating in the next offering of the course. Do not have over 10-12 persons under any circumstance.

Set a date for the first session, distribute member's books, and make assignments for the first unit. Members should be expected to pay for all or at least a part of the cost for the member's book. Provide "scholarships" for those who may be unable to participate without assistance.

**Keep good records.** Work with the Discipleship Training director or general secretary to determine the best way of keeping enrollment and attendance records. Be sure and report your weekly attendance to the Discipleship Training director or secretary. If your church does not have an ongoing Discipleship Training program, you can still count participation in WiseCounsel on the Discipleship Training section of the Annual Uniform Church Letter.

Another reason to keep track of participation involves the Church Study Course. Those persons who complete the individual study of WiseCounsel and attend the group sessions qualify for the WiseCounsel Diploma. For more details about the diploma requirements read pages 223-224 in the member's book. These diplomas recognize the significant work of the participant.

Because of the sensitive legal questions and responsibility involved with counseling, we do not recommend that you award diplomas publicly. Such action may imply an "official sanction" that could create problems for the church. Remember, your goal is to equip persons to counsel in day-to-day opportunities that arise. You are not training and recommending professional counselors.

**Associational Model**

Some churches may not have enough people to have a meaningful study of WiseCounsel on their own. Working through your association can provide study opportunities for the smaller churches. Contact the pastors of potential participants. Explain the course and describe in some detail the process and the commitment required. Invite him to send persons from his church that need and desire this training. By combining persons from several churches, some lay counselors will be trained that otherwise would not have the opportunity. Pastors who have not had training in pastoral counseling might like to form a group and study WiseCounsel for their own personal development.

**Conducting a Special Event (Week 7)**

Following session 7, your counselor trainees will be ready to begin on-the-job training. The purpose of this special event is to provide practical helps for your lay counselors related to counseling sick and grieving persons. You should begin planning this event at the end of session 3. Steps in planning should include:

1. Read the two suggestions below.
2. Discuss the ideas with your WiseCounsel group and select or adapt one to meet the needs of the most group members. Consider two events if members are willing to attend.
3. Consider combining with other WiseCounsel groups for a large-group extra special event.
4. Set a date, time, and place for the event.
5. Enlist the persons needed to consult with your group.
6. Provide the enlisted person(s) with a list of questions, concerns, and problems with which the counselors need help. Ask him, her, or them to prepare to share other practical tips from their own experiences.
7. Make arrangements for an appropriate honorarium for the person(s) enlisted to help.
8. Plan for child care and transportation.
9. Verify all plans one week prior to the meeting.
10. Remind group members of the date, time, and place during sessions 6 and 7.

**Event 1: Hospital Visit.** Ask a chaplain or pastoral counselor to arrange for your group to visit a local hospital. Arrange to tour the facility as thoroughly as possible. Include such places as the emergency room, admitting office, information desk, waiting rooms, cafeteria, and so forth. Ask the chaplain to give practical tips about making an effective hospital visit. He should include information about visiting hours, parking, sources of information, Do's and Don'ts for working with doctors and nurses, referral resources in the hospital, services available from the chaplain's office, and so forth. If a nurse and doctor are willing and available, ask them to share guidelines for a lay counselor's visit from their perspectives. Provide a time for questions and answers.

**Event 2: Funeral Home Visit.** Ask a local funeral home director to provide a guided tour of appropriate sections of his facility. Ask him to address the group and share ways lay counselors can be of most help to grieving persons before, during, and immediately following the funeral. Provide time for questions and answers.
WiseCounsel Course Map

Prerequisites

- CHRIST: SAVIOR AND LORD
- CALL TO MINISTER
- CHRISTIAN VALUES
- SPIRITUAL GIFTS
- KNOWLEDGE OF SCRIPTURE

Knowledge Understanding

Confidence

Skills

Availability to Counsel

TEN-STEP COUNSELING MODEL

Stage One: Identify the Problem

1. Determine TIME and PLACE
   - How long do we have? Where can we meet?
2. LISTEN
   - Why don't you tell me about it?
3. Clarify the SITUATION
   - Just what did you mean?
4. Investigate Previous COUNSELING
   - What other people have you talked with about this matter?

Stage Two: Determine an Action Plan

5. Introduce RESPONSIBILITY
   - Where have you failed?
6. Model the ROLE
   - May I share an experience?
7. Review the ALTERNATIVES
   - What could you do?
8. Explore the OUTCOMES
   - What are the probable outcomes?
9. Supply INFORMATION
   - Is this what you need to know?
10. Provide CLOSURE
    - May I pray with you about this?

Do we need to meet again?

[DECISION]

YES NO
Overview Session

This group session provides:
• an overview to WiseCounsel
• an invitation for participation
• a time for participants to develop a group covenant

Conduct this session for all persons who are prospects for the course. Read the guidelines on enlisting participants (LG, p. 6) before publicizing the session. As you invite persons to this overview, state the number of groups available and indicate that participation will be limited to the first nine persons (ten per group counting the leader) to sign up for each group. If you do have more than one group, identify one leader who will lead this overview session for all the prospective members.

BEFORE THE SESSION

☐ 1. Pray for God's wisdom and guidance as you prepare for the session.
☐ 2. Read and study the introduction in WiseCounsel: Skills for Lay Counseling (pp. 5-10).
☐ 3. Read and complete the preparations described in "Leading a Group Study of WiseCounsel" (LG, pp. 5-7).
☐ 4. Provide a sufficient number of member’s books for each group you anticipate.
☐ 5. Make an overhead transparency of the WiseCounsel Course Map using a photocopy of the cel master on page 8 (LG). If you prefer color, a photocopy business with four-color capabilities may be able to make a color transparency using the book cover.
☐ 6. Provide paper, pencils, name tags, and markers for each person expected.
☐ 8. Read through "During the Session." Estimate the amount of time you will allow for each activity. Write the number of minutes or the time to end each activity in the NOTES margin. Prepare to lead each activity.

DURING THE SESSION

1. Greet individual as they arrive. Give each person a name tag, a sheet of paper, and a pencil. Ask them to prepare a list of problems that are common to people in your community. These should include personal, family, work, church and financial problems that people encounter.
2. Once everyone has arrived, call on someone to open the session with prayer.
3. Call on volunteers to share their lists of problems people encounter.
4. Divide into small groups. Read Proverbs 11:14 and Matthew 25:34-46. Ask groups to discuss what these two passages have to say to Christians in light of all the problems identified earlier.
5. Call for reports from each group.
6. Distribute copies of WiseCounsel member's books so everyone can examine the course map on the back cover. If you are using an overhead projector, display the cel of the course map. Explain the purpose of the map (p. 7).
7. Assign at least one of the following topics to each small group. Ask the groups to read the corresponding information in WiseCounsel and prepare to explain the topic to the large group.
   • Lay, Minister, Ministry (p. 5)
   • Prerequisites; (p. 7)
• Equipping Ministry (p. 8)
• Counseling Ministry (p. 9)
• Marketplace Ministry (p. 9)

8. Call on groups to report on their topics. Where appropriate, call attention to the items on the course map.

9. Ask members to examine the Disciple's Cross on page 7 while you briefly explain the relationship of WiseCounsel to the ministry of service (pp. 6-7).

10. Explain the characteristics of a LIFE course (p. 6). Emphasize the commitment required to complete the workbook assignments prior to each weekly group session. Allow members time to skim through the book to see the types of activities required.

11. Ask members to study the table of contents to see the topics that will be studied in the course.

12. Ask members to read the WiseCounsel Group Covenant on page 11. Provide an opportunity for questions about the course. Share information about time and place of the group sessions you plan to offer.

13. Identify members who want to study WiseCounsel and who will agree to the group covenant. Ask these members to remain for a few more minutes to finalize the covenant and to discuss plans for the first session.

14. Dismiss the remainder of the group with a prayer. Ask those who do not plan to participate at this time to provide prayer support for those who will be participating.

15. Meet with the persons who plan to join in the study. Divide into WiseCounsel groups (ten per group, counting the leader). Ask each group to discuss and complete the group covenant. Note that space is provided for additional agreements (like confidentiality).

16. Encourage members of each group to sign each other's covenant.

17. Explain the preparations necessary for session 1. Encourage participants to write in the margins any problems, question, or concerns they have. They will share these during their group sessions.

18. Join hands and pray for each other as you begin this training experience together.

**Secure additional resources.** Read through "Before the Session" for each group session. Make a list of all the resources you may need. Some may require more time to secure than others. Begin working now to gather the resources you will need.

**Contact needed resource persons.** You probably noted while reading the "Before the Session" sections that resource suggestions sometimes included people. Enlist the help of these persons now. You will have a better chance of avoiding a schedule problem by enlisting help now.
Group Session 1

The Lay Counseling Ministry

BEFORE THE SESSION

- 1. Read and complete the learning activities in unit 1 of the member's book.
- 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
- 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes or time you will complete each activity in the NOTES margin beside each activity.
- 4. If some of your group members do not know each other, make a name tag for each member to wear. Provide masking tape or straight pins to attach them.
- 5. Write the unfinished statements in Arrival Activity 1 on a chalkboard, newsprint, or poster board. If you prefer, however, just give the statements verbally during the session.
- 6. Arrange the chairs in a circle. If you need a place to lay your materials, use an extra chair beside yours instead of a table. A table becomes an unconscious barrier to communication.
- 7. Cut out the three Triad Cards for session one. These are located in the back of this leader's guide (LG p. 55). You have permission to make copies to use in your group.
- 8. Provide a sheet of blank paper for each triad leader.
- 9. Using the rule and guidelines in the lesson for day 5, make a list of ten questions—some good and others poor.
- 10. Prepare a one-minute preview of unit 2.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the arrival time activities from 20 to 15 minutes by adjusting one of the activities. The session will require the full hour. Do not reduce it to 50 minutes. The group will do better if they have 90 minutes of learning time.

DURING THE SESSION

Arrival Activity (20 mins.)

1. Greet Members. Greet members as they arrive. If name tags are needed, give one to each member. Ask each member to prepare to share his or her responses to the following:
   - My immediate family includes ...
   - My favorite hobby or pastime is ...
   - The reason I decided to study WiseCounsel is ...

2. Get Acquainted. Ask members to share their responses to the three unfinished statements above. Begin with yourself Model for them the amount of time they may take. Give each person up to 2 minutes.

Prayer Time (5 mins.)

1. Share. Ask those who are willing to tell with what groups they anticipate counseling opportunities.
2. **Pray.** Ask God to be your teacher during the next thirteen weeks. Ask for His guidance and help as you prepare to provide godly counsel to the groups just mentioned. Pray for each individual by name that God will reveal the special places of ministry He has for him or her to serve.

**Triad Time (10 mins.)**

1. **Form Groups of Three.** Include yourself. If necessary, you may have one or two groups of four. These triads (groups of three) will work together throughout the course. Ask them to sit together during future sessions. Ask each triad to select a leader for this session. Triads should rotate leadership from week to week.

Explain that the triads will act as small work groups. They will work together each week to check-up and review homework assignments in WiseCounsel. Sometimes, they will compare their responses to selected activities. They also will take time to identify questions or problems that they had from the unit of study.

Distribute Triad Cards and blank paper to the leaders and ask them to complete the activities suggested.

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Triad Card 1

1. **Checkup.** Quiz the others using the questions about the Ten-Step model on page 24.
2. **Review.** See if the three of you can remember the three reasons Christians should provide lay counseling. Check yourself on page 14.
3. **Prepare.** List questions, problems, or concerns that arose during the week that you would like for the group to discuss.
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**Group Time (25 mins.)**

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Group Covenant.** If, for some reason, your group has not completed the group covenant on page 11, you should do so now. Follow the instructions in the overview session of this leader's guide (LG, p. 9).

3. **Skill Development.**
   - Ask members to read their positive statement of the rule related to opening conversation with questions (p. 26). Briefly discuss the value of following this rule.
Ask members to recall six words that will help them ask open questions. (Answer: what, why, when, how, where, and who.)

Read your list of questions. Ask members to identify the good ones and the poor ones. For each poor question, ask members to reword it to make it a good question.

4. **God's Word and Wisdom.** Call on volunteers to summarize what the Scriptures on page 22 have to say about sources of wisdom. Remind members that the Holy Spirit of God will be their best teacher of wise counseling as He reveals truth from the Scriptures. Members will sometimes have questions about a particular issue that WiseCounsel does not address. Encourage them to seek biblical principles to guide their counseling.

5. **Discussion.** As time permits, discuss some of the following:
   - What counseling needs exist inside and outside your church that lay counselors may be able to help with?
   - What opportunities, if any, has God already given your church to provide lay counseling ministries to others?
   - How do you feel about the challenge to be shepherds of God's flock (P. 19)?

Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways:
   - Handle now if you or one of the members can.
   - Ask for a volunteer to research the concern and bring a report to the group next week.
   - Postpone it for discussion next week.

2. **Preview the Next Unit.**

3. **Pray.** Stand, join hands, and reaffirm your WiseCounsel Covenant to each other. Ask God to equip members for a meaningful lay counseling ministry.
AFTER THE SESSION

1. Save the Triad Cards so you can use them for another class of WiseCounsel.

2. Use the following questions to evaluate the session.
   - Was I thoroughly prepared?
   - Did I create a warm atmosphere during the arrival activity?
   - Did all the triads function well? If not, do I need to reorganize them so that they will function better?
   - Did everyone participate in the discussions?
   - Did I follow the leader's guide?
   - Did I follow the time allotments so we ended on time?
   - Did we have some unanswered concerns that I need to attend to?
   - Did I have any group members that need a phone call or note of encouragement this week?

3. Begin now to prepare for next week's session. Pay special attention to the community services directory in "Before the Session."
Group Session 2

Identify the Problem

BEFORE THE SESSION

1. Read and complete the learning activities in unit 2 of the member's book.
2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
4. Arrange the chairs in a circle. If possible, provide tables for the research period using the phone directories.
5. Cut out or copy the three Triad Cards for session 2.
6. Provide a sheet of blank paper for each triad leader.
7. Cut out or copy Case Study Cards 1-3 (LG p. 61). Review them before the session.
8. Try to locate and secure a copy of a community services directory. Try your church office, the chamber of commerce, local government, or a hospital.
9. Make copies of the three project assignments. You have permission to photocopy that page and cut it up if you choose to. Otherwise, you should hand write the three assignments on index cards or paper. If a group has already studied WiseCounsel in your church, secure copies of their project report from the church office.
10. Make sure you understand the Project Assignments. Make NOTES about how each may be accomplished. This way you will be able to give additional suggestions if you are called on for help.
11. Prepare a one-minute preview of unit 3.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

Greet members as they arrive. Ask them to spend these first few minutes reviewing all the elements of Stage One in the Ten-Step Counseling Model.

Prayer Time (5 mins.)

1. Share. Some members may already be having trouble completing their assignments for WiseCounsel. Mention this possibility. Ask volunteers to share with the group the greatest hindrance they face in getting their assignments done. Share your own greatest hindrance as a model for others.
2. **Pray.** Divide into triads. Ask each group to pray specifically for each other and the hindrances they may face. Encourage each other to "hang in there" and persevere.

Triad Time (10 mins.)

1. **Distribute Triad Cards** and blank paper to each triad. Remind the triads to select a new leader for this week. Ask leaders to complete the activities suggested.

<table>
<thead>
<tr>
<th>Triad Card 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Checkup.</strong> Take turns quizzing each other over the first stage of the Ten-Step Model. Include steps and questions.</td>
</tr>
<tr>
<td>2. <strong>Compare.</strong> Turn to the chart on page 36 and compare your answers. Make corrections if you like.</td>
</tr>
<tr>
<td>3. <strong>Prepare.</strong> List questions, problems, or concerns that arose during the week that you would like for the group to discuss.</td>
</tr>
</tbody>
</table>

Group Time (40 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session.

3. **Skill Development.** Distribute Case Studies 1, 2, and 3 to different people. After each case study is read, ask members to decide whether to counsel the person or to refer him. Discuss the reasons for each decision.

4. **Research.** Return to your triad groups. Ask half of the groups to look through the yellow pages phone directory and make lists of social service agencies that might be appropriate for referrals. They should use the questions on page 44 as a guide. If you located a community services directory, give it to one of these groups as a resource:

   Ask the other triad(s) to make lists of different types of professionals that provide counseling in your community. Make lists of up to ten people who might be good possibilities for referrals. Use the section "Selecting a Trustworthy Counselor" on page 46 as a guide.

5. **Project Assignments.** During the coming weeks each person should participate in an outside project. Ask for two or more volunteers to work together on each project. Reports from the teams will be due during the sessions indicated. Team members may work together, or they may make assignments and work independently.

   If another group has already prepared these reports for your church, distribute the assignments below together with a copy of the completed project report. Ask groups to study the reports,
make additions or revisions, and prepare to present the report to the large group on the assigned date.

A. Referrals Within the Church—due during session 4. This team should use the ideas in WiseCounsel (p. 43) and search through the church membership for possible helpers. They should make as many contacts as possible to discover and prepare a list of resources within the church for possible referrals.

B. Social Service Agencies—due during session 5. This team should take the lists of agencies just prepared by the triads, the community services directory, and the questions on page 44 of WiseCounsel. Ask them to bring back a list of agencies that would be helpful for referrals. They may need to contact some of these to discover what services are available.

C. Professional Counselors—due during session 6. This team should take the lists of persons the triads prepared and ask the pastor to screen them. They should consult with the pastor about possible Christian counselors he may be aware of. Then they should use the "Criteria for Counselor Selection" to investigate some of the most promising candidates for referral. Ask them to bring back a possible list of counselors for referral.

Call for volunteers for each project. Write their names in the NOTES margin. Give each team a chance to meet and select a leader. Also give them time to make assignments or to schedule a date to get together for their work. Give a copy of the assignment to each project leader.

5. Discussion. As time permits, discuss some of the following:
   • Why should I memorize the Ten-Step Counseling Model?
   • On what occasions would I not need to determine time and place?
   • What will the ideal counseling setting be for the types of counseling most likely to do? Will this vary from person to person? What are the most important elements in the ideal setting?
   • Why should I investigate previous counseling? Shouldn't I try to counsel the person no matter how many counselors he has seen?
   • Turn to page 41. Discuss the two possible problems with referrals and list some ways these problems can be avoided.

Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. Identify Concerns Not Addressed. Identify which concerns of the triads have not been dealt with adequately. Deal with each concern in one of the following ways:
   • Handle now if you or one of the members can.
   • Ask for a volunteer to research the concern and bring a report to the group next week.
   • Postpone it for discussion next week.

2. Preview the Next Unit.

3. Pray. Ask one of the members to lead in prayer. Ask him or her to acknowledge your limited wisdom and seek God's wisdom in counseling or referring persons for help.
AFTER THE SESSION

1. Save the Triad and Case Study Cards so you can use them for another class of WiseCounsel.
2. Call the three leaders of the project teams this week. Make sure they understand their assignments. Help them as needed.
3. Begin now to prepare for next week's session.
Group Session 3

**Determine the Action Plan**

**BEFORE THE SESSION**

- 1. Read and complete the learning activities in unit 3 of the member's book.
- 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
- 3. Read through "During the Session. " Decide on the amount of time to devote to each activity. Write the number of minutes or time to complete the activity in the NOTES margin beside each activity.
- 4. Arrange the chairs in a circle.
- 5. Cut out the three Triad Cards for session 3.
- 6. Provide two sheets of blank paper for each triad leader.
- 7. Cut out Case Study 4 card.
- 8. Prepare a one-minute preview of unit 4.

**Adjustments for a One-Hour Session**

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

**DURING THE SESSION**

**Arrival Activity (5 mins.)**

Greet members as they arrive. Ask them to spend the first few minutes reviewing Stage Two of the Ten-Step Counseling Model. They may work in pairs if they like.

**Prayer Time (5 mins.)**

Invite members to pray brief sentence prayers related to their future involvement in lay counseling ministries.

**Triad Time (10 mins.)**

1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.
Group Time (40 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session.

3. **Skill Development.**
   - Turn to the case study of Gary on page 57. Compile your alternatives. Ask one member to read her list. Ask other members to add alternatives they thought of.
   - Review the case study of Harry and Sheila. Ask members to mention additional outcomes they listed on page 56. Explore (discuss) those outcomes as a group.
   - Practice brainstorming alternatives for the cases on Case Study 4 card. Ask triad leaders to list the alternatives, one case per leader.
   - Divide into triads and explore the outcomes listed for the case studies on card 4. Then return to the group setting.

4. **God's Word and Wisdom.** Ask members to turn to page 51. Discuss the three principles they discovered in the Scriptures. While you are on the subject, brainstorm specific ways you can help persons assume responsibility for their own lives.

5. **Discussion.** As time permits ...  
   - Discuss some of the questions or concerns members may have about modeling the role.
   - Brainstorm and discuss ways you may be able to provide information for counselees.
   - Create a mini-debate. Ask half the group to support and the other half to oppose this proposition: When modeling the role, a person should share a failure in each counseling experience.

Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. **Preview Unit 4.**
3. **Pray.** Call on one of the members to close with prayer.

AFTER THE SESSION

1. Save the Triad and Case Study Cards so you can use them for another class of WiseCounsel.

2. Use the following questions to evaluate the session.
   - Was I thoroughly prepared?
   - Did everyone participate in the discussions?
   - Did I follow the leader's guide?
   - Did I follow the time allotments so we ended on time?
   - Did we have some unanswered concerns that I need to attend to?
   - Do I have any group members that need a phone call or note of encouragement this week?

3. Begin now to prepare for next week's session.

4. Call the project leader dealing with the in-church referral possibilities. Remind him that his group's report is due next week.

5. Begin making plans for conducting a special event during week 7 of the course. See page 7 (LG) for details.
Group Session 4

*A Fundamental Skill – Listening*

BEFORE THE SESSION

- 1. Read and complete the learning activities in unit 4 of the member's book.
- 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
- 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
- 4. Arrange the chairs in pairs facing each other for the arrival activity.
- 5. Cut out or copy the three Triad Cards for session 4.
- 6. Provide a sheet of blank paper for each triad leader.
- 7. If you plan to distribute copies of the project report, work with the project leader to make sure they are available.
- 8. Bring a watch or timer so you can accurately time the three-minute rounds in the skill development activity.
- 9. Prepare a one-minute preview of unit 5.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

Greet members as they arrive. Ask them to pair up and quiz each other on the Ten-Step Model, asking for the ten steps, the questions, and the decisions.

Prayer Time (5 mins.)

1. **Share.** Ask if anyone has had an opportunity to use the Ten-Step Model to informally counsel someone. If they have and can share briefly about the experience without violating confidences, give them an opportunity to share with the group.

2. **Pray.** Ask God to begin demonstrating His love to people who are hurting by helping them through the counseling of group members. Acknowledge again that you know all wisdom comes from Him. Ask Him for that wisdom.

Triad Time (10 mins.)

1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.
Triad Card 4

1. **Checkup.** As a team with books closed, list and give examples of six ways a
counselor can apply total body listening. Check your work on page 78.
2. **Prepare.** Prepare a list of questions or problems that arose during the week that
you would like for the group to discuss.

Group Time (40 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns
their triad identified. Ask the entire group to keep these concerns in mind during the study. Any
unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last
week's session.

   Call for a report from the project group about in-church referral resources. Keep the report on
file in the church office for reference. Consider making copies for each person in the
WiseCounsel group.

3. **Skill Development.** Return to triads. Explain that the triads will work as a team to practice
their listening skills. One person will act as counselor/listener. One will act as counselee. The
third person will observe and take notes about the quality of listening going on. They will rotate
positions for round 2 and 3 so each person acts as counselor once.
   • Review the four listening guidelines on page 74. Ask observers to watch for ways the
guidelines are followed and ways they may be violated.
   • Round 1—Counselor asks, "What was dinnertime like in your family when you were a
   • Round 2—Counselor asks, "How did your schoolteachers influence your self-esteem?" Allow 3
minutes, then move to round 3.
   • Round 3—Counselor asks, "Who has been the most influential person in your life and why?"
Allow 3 minutes.
   • Ask triads to discuss the good points they observed in the counselors/listeners. Then identify
ways listeners might want to work on their listening skills. Discuss what could have been done
differently to improve the listening.

4. **Discussion.** As time permits, discuss some of the following:
   • What kinds of people are more likely to feel isolated and in need of a "listening ear"?
   • From your own experiences, how does being able to express emotions help?
   • How do Christians often end a conversation by displaying feelings of disapproval?
   • Turn to page 75 and discuss ways the counselors could have followed the listening guidelines
in counseling Bill and Tonya.

Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify unaddressed concerns and handle now, ask a volunteer to research, or postpone and discuss next week.

2. **Preview Unit 5.** Remind the social services project group that their report is due next week.

3. **Pray.** Quote the verse: "Be still, and know that I am God" (Ps. 46:10). Pray, "Father, teach us to listen to You and Your Word, so we may learn of Your ways. Teach us to listen to others, so we may better help them with their problems in Jesus' name. Amen."

**AFTER THE SESSION**

1. Save the Triad Cards so you can use them for another class of WiseCounsel.

2. Begin now to prepare for next week's session.
Group Session 5

Building Relationships

BEFORE THE SESSION

- 1. Read and complete the learning activities in unit 5 of the member's book.
- 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
- 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
- 4. Arrange the chairs in a circle.
- 5. Cut out or copy the three Triad Cards for session 5.
- 6. Provide a sheet of blank paper for each triad leader.
- 7. Place two pieces of poster board (or newsprint or butcher paper) on the wall and provide markers. On one poster write "In Church" and your own examples. (See the arrival activity.) On the second write "Outside Church" and your own examples.
- 9. Prepare six slips of paper for the skill development game. Write one letter of the SOFTEN acrostic on each slip. Include the skill too (for example: on one slip write "S—Smile"). Place them in a hat, an envelope, or other container.
- 10. Prepare for a one-minute preview of unit 6.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

Greet members as they arrive. Ask them to write on one poster board all the church groups they relate to. Ask them to be specific like: Young Adult 2 Department in Sunday School, youth choir, preschool department in Discipleship Training, WMU day prayer group, and so forth. Ask them to write on the other poster board all the groups outside the church they relate to such as PTA, the Johnson family, the UT Football Fan Club, the Systems Department at First City Bank, and so forth.

Prayer Time (5 mins.)

Call attention to the variety and number of different groups of people this WiseCounsel group has contact with. Read Matthew 9:35-38. Ask members to pray conversationally asking God to use them in ministry and witness to all these groups of people. Close the prayer time by asking God to burden each heart with compassion for those who are "harassed and helpless, like sheep without a shepherd."
Triad Time (10 mins.)

1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.

   **Triad Card 5**

   1. **Checkup.** Use a circle quiz to check memory on the acrostic SOFTEN. Ask the person to your left to identify what S stands for. Continue around the triad until you have correctly identified all six rapport builders.
   2. **Compare.** Turn to page 86 and compare responses to the ways a counselor can demonstrate interest and concern.
   3. **Prepare.** Prepare a list of questions, concerns, or problems that arose during the week.

Group Time (40 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session. Call for the project report on social service agencies.

3. **Skill Development.** This activity will be a practice session in nonverbal communication. It may even be fun (funny)!
   - Get the S-O-F-T-E-N slips you prepared and explain the game: Divide the group in pairs. An individual pulls a slip out of the container and prepares to nonverbally practice the rapport builder on his or her slip of paper. The partner/counselee will talk about the subject of his choice during the demonstration. The rest of the group should try to guess which rapport builder is being demonstrated. Continue until all six have been demonstrated.
   - Now, play the same game but ask the demonstrators to violate the guideline or do the opposite of the rapport builder. Ask the others to guess what rapport builder is being violated.

4. **Discussion.** As time permits, discuss some of the following:
   - Look again at the posters you made during the arrival activity. What ways can members make their availability known to these groups? Ask members to share ideas and personal experiences.
   - What precautions should the church take to prevent "recommending" a counselor who does more harm than good?
   - List and discuss some of the ways you may be tempted to violate a confidential relationship.

Stand-Up Break (5 mins. maximum)
Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. **Preview Unit 6.** Remind the professional counselors project group that their report is due next week.

3. **Pray.** Call on one of the members to close in prayer.

**AFTER THE SESSION**

1. Save the Triad Cards so you can use them for another class of WiseCounsel.

3. Begin now to prepare for next week's session.

4. Call the professional counselors project leader and make arrangements to copy and distribute their report.
Group Session 6

Expectations and Boundaries

BEFORE THE SESSION

☐ 1. Read and complete the learning activities in unit 6 of the member's book.
☐ 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
☐ 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
☐ 4. Arrange the chairs in a circle.
☐ 5. Cut out or copy the three Triad Cards for session 6.
☐ 6. Provide a sheet of blank paper for each triad leader.
☐ 7. Enlist the help of group members and provide light refreshments for the beginning of the session this week.
☐ 8. Check on your special event plans for next week so you can report to the group on time and location.
☐ 9. Prepare a one-minute preview of unit 7.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

Take a break this week and start with refreshments and informal chit-chat. Make sure everyone gets involved.

Prayer Time (5 mins.)

1. Share. By this time, your group members should know each other fairly well. Ask those who will to share specific prayer concerns they would like the group to join them in praying for.

2. Pray. Stand and join hands. Take time to pray for each other. Let everyone who wants to pray do so.

Triad Time (10 mins.)
1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.

   **Triad Card 6**
   
   1. **Review.** Review the True-False statements on page 99 and the guidelines on confidentiality on page 100.
   2. **Compare.** Compare your responses to activities related to the following boundaries: responsibility (p. 102), time (p. 104), and affection (p. 106).
   3. **Prepare.** Prepare a list of questions, concerns, or problems that arose during the week.

Group Time (40 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session. Call for the professional counselors project report.

3. **Skill Development.** Divide into your triads again. Ask members to turn to day 5 (p. 108) and get out their five case-study worksheets. Assign two or more case studies to each triad. Ask them to discuss the cases and prepare a report on their counseling plans for each case. Allow 15 to 20 minutes for group work.

   Return to the large group and call for a brief summary report on each case. Keep these reports moving, so you will have time for some of the discussion topics.

4. **Discussion.** As time permits, discuss some of the following:
   - How can a counselee feel he can trust you if you say, "I will keep the conversation confidential unless there is some compelling reason to tell."
   - List and discuss some of the compelling reasons to tell.
   - Review responses to cases A-E on page 108. For each "No" case, discuss who you would tell.
   - You are learning a problem-solving approach to counseling in WiseCounsel. Others teach an advice-giving or directive approach where the counselor tells the counselee exactly what to do. Discuss the pros and cons of each approach.
   - Discuss the length of sessions. In what instances will thirty minutes be adequate? Are there times when an hour would be more realistic? When?
   - Many leaders have been disgraced due to sexual involvement outside of their marriages. Discuss the DO's and DON'Ts you listed for managing affection in the counseling setting.

Stand-Up Break (5 mins. maximum)
Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. **Preview Unit 7.**

3. **Pray.** Close with a prayer requesting integrity, wisdom, purity, and faithfulness as you minister to the needs of hurting people.

**AFTER THE SESSION**

1. Save the Triad Cards so you can use them for another class of WiseCounsel.

2. Use the following questions to evaluate the session.
   - Was I thoroughly prepared?
   - Did everyone participate in the discussions?
   - Did I follow the leader's guide?
   - Did I follow the time allotments so we ended on time?
   - Did we have some unanswered concerns that I need to attend to?
   - Do I have any group members that need a phone call or note of encouragement this week?

3. Begin now to prepare for next week's session.

4. Make any last minute arrangements for your special event. Call all the members one day ahead to remind them.
Group Session 7

Counseling Sick and Grieving Persons

BEFORE THE SESSION

1. Read and complete the learning activities in unit 7 of the member's book.
2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
4. Arrange the chairs in a circle.
5. Cut out or copy the three Triad Cards for session 7.
6. Cut out or copy Case Study Cards 5-10 (LG p. 61).
7. Provide a sheet of blank paper for each triad leader. Provide slips of paper for each member for the arrival activity.
8. Contact the pastor or church office and get a list of those who are sick or have lost loved ones in recent weeks-. You will use these names during your prayer time.
9. Prepare a one-minute preview of unit 8.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

1. Greet Members. Greet members as they arrive. Give them a slip of paper. Ask them to list the things they would dread most if they were being admitted to the hospital for surgery.

2. Discuss. Briefly discuss the nature of the psychological crises brought about by illness.

Prayer Time (5 mins.)

1. Share. Share the list of sick and grieving persons you received. Ask others to add to the list any they know of.

2. Pray. Ask volunteers to pray specifically for those who have been mentioned.

Triad Time (10 mins.)
1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.

<table>
<thead>
<tr>
<th>Triad Card 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Review.</strong> Complete the following activities:</td>
</tr>
<tr>
<td>- Without looking at your books, identify the four resources of a Christian counselor.</td>
</tr>
<tr>
<td>- Read aloud the &quot;Guidelines for a Hospital Visit&quot; (p. 117).</td>
</tr>
<tr>
<td>- Ask someone to read the ten stages of grief. Then see if the three of you can recall the six ways to help a grieving person.</td>
</tr>
<tr>
<td>2. <strong>Prepare.</strong> Prepare a list of questions or problems that arose during the week that you would like for the group to discuss.</td>
</tr>
</tbody>
</table>

**Group Time (40 mins.)**

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session.

3. **Skill Development.** The following case studies may be done with open books if desired. Distribute the Case Study cards (5-10). As each case study is read, ask the members to identify the guidelines followed and or violated by the counselor. For each case where a violation occurred, ask members to recommend a better way to help.

Members have now learned the basic process of counseling. They have studied guidelines for counseling sick and grieving persons. Encourage them to begin using their skills in informal counseling situations where they feel equipped to help. You could encourage them to visit the persons mentioned in the prayer time.

4. **God's Word and Wisdom.** Turn to pages 114 and 125. Read the Scriptures one at a time and discuss the times and ways each may be used in comforting and counseling the sick or the grieving.

5. **Discussion.** As time permits, discuss some of the following:
   - How can we assist the pastor in ministering to the sick?
   - In what ways can our church improve its ministry to the Convalescent and chronically ill?
   - Who should (or can) take the initiative in ministry to grieving persons? What is the best way to take the initiative?
   - Read through the DO's and DON'Ts on page 126. Which are the most difficult to follow and accomplish? Can you think of some ways to make the job easier or more effective?
   - What additional training would be helpful for those who want to specialize in ministry to the sick? the grieving?
Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. **Preview Unit 8.**

3. **Pray.** Close with a prayer that God will call and equip some of your group to provide specialized ministry to those who are sick and grieving.

**AFTER THE SESSION**

1. Save the Triad Cards and Case Study Cards so you can use them for another class of WiseCounsel.

2. Use the following questions to evaluate the session.
   - Did we have some unanswered concerns that I need to attend to?
   - Do I have any group members that need a phone call or note of encouragement this week?
   - Should I encourage some of the group members to pursue a specialized counseling ministry to the sick or to the grieving?

3. Begin now to prepare for next week's session.
Group Session 8

Marriage and Family Counseling

BEFORE THE SESSION

☐ 1. Read and complete the learning activities in unit 8 of the member's book.
☐ 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
☐ 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
☐ 4. Arrange the chairs in pairs, facing each other.
☐ 5. Cut out or copy the three Triad Cards for session 8.
☐ 6. Cutout or copy Case Study Cards 11-17. Review each case and think about your own plan for counseling in that situation.
☐ 7. Provide a sheet of blank paper for each triad leader. Provide paper for the teams to use in the arrival activity
☐ 8. Turn to days 2-3 in WiseCounsel (p. 131). Divide the Scriptures by the number of triads you have. Write the numbers of the Scriptures for each triad in the NOTES margin beside the "God's Word and Wisdom" activity.
☐ 9. Prepare a one-minute preview of unit 9.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

Greet members as they arrive. Ask each one to team up with one or two others. Ask them to brainstorm all the factors they can think of that contribute to the problems marriages and families face.

Prayer Time (5 mins.)

Review the problems the teams identified. Ask a volunteer to lead a prayer for families and marriages.
Triad Time (10 mins.)

1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.

   Triad Card 8

   1. **Checkup.** Have you all mastered the Ten-Step Counseling Model? Quiz each other over the stages, steps, questions, and decisions.
   2. **Compare.** Turn to day 5 (p. 137) and compare your explanations of the marks of a viable family.
   3. **Prepare.** Prepare a list of questions or problems that arose during the week that you would like for the group to discuss.

Group Time (40 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session.

3. **Skill Development.** Distribute Case Study Cards 11-18. Ask members to read their cases and explain how they would continue the counseling using the guidelines for marriage and family counseling. After each case, discuss the merits of the plan of action.

4. **God's Word and Wisdom.** Divide into triads. Evenly divide the Scriptures in days 2-3 between the triads. Ask them to work on the assigned Scriptures to arrive at biblical principles for family living. Reconvene the large group and call for a report from each triad. Suggest the Disciples Study Bible as a good resource for finding other biblical principles and directions for families.

5. **Discussion.** As time permits, discuss some of the following:
   - Why do you think counseling is more effective when all the involved family members participate in counseling?
   - What approach would you take in counseling a couple where one spouse is a Christian and the other is not?
   - What kind of trouble can a counselor get into if he or she makes decisions for the counselees?
   - Turn to page 131 and discuss member's response to the good and poor guidelines. Focus on the guidelines members marked as poor.
   - Discuss ways families can meet the needs of their members. Ask members to refer to their responses on day 4.
   - Families often try to hide their problems from fellow Christians. How can counselors lovingly let families know that they want to help?

Stand-Up Break (5 mins. maximum)
Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. **Preview Unit 9.**

3. **Pray.** Return to triads. Ask members to pray specific prayers for each other's families. Ask them to pray also for the families of the church and community. If they know of specific needs, remind them to pray for those families.

**AFTER THE SESSION**

1. Save the Triad and Case Study Cards so you can use them for another class of WiseCounsel.

2. Use the following questions to evaluate the session.
   - Was I thoroughly prepared?
   - Did everyone participate in the discussions?
   - Did I follow the leader's guide?
   - Did I follow the time allotments so we ended on time?
   - Did we have some unanswered concerns that I need to attend to?
   - Do I have any group members that need a phone call or note of encouragement this week?

3. Begin now to prepare for next week's session.
Group Session 9

Providing Guidance for Behavior Change

BEFORE THE SESSION

- 1. Read and complete the learning activities in unit 9 of the member's book.
- 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
- 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
- 4. Arrange the chairs in a circle.
- 5. Cut out the three Triad Cards for session 9.
- 6. Provide a sheet of blank paper for each triad leader. Provide paper and pencils for each member for the arrival activity.
- 7. Make a copy of each project assignment for the team leader assigned to that project. You have permission to photocopy the assignments for this use. If another WiseCounsel group has already completed these assignments, secure copies of their project reports.
- 8. Prepare a one-minute preview of unit 10.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

1. Greet Members. Greet members as they arrive. Ask them to make a list of all the possible ways they think a person could specialize in a lay counseling ministry.

2. Focusing on Ministry. Collect the lists and read them. (Skip over ideas that are duplicated.) Ask members to begin thinking and praying about becoming involved with a particular group (sick, youth, singles, families, senior adults, and so forth) in a special counseling ministry. God may call some to such a ministry. Remind them that He may not call everyone to a special ministry. Yet, He can use each one of them in ministering to the needs of others.

Prayer Time (5 mins.)

1. Share. Invite those who already are sensing a special direction for their lay counseling ministries to share their feelings with the group.

2. Pray. Call on two people to pray—one for those who are searching for a place of ministry and the second for those who are already discovering a place to serve.

Triad Time (10 mins.)
1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.

![Triad Card 9](image)

1. **Review.**
   - Quiz each other about the ten steps and the questions in the TenStep Model. Remind each other to keep practicing them until they are mastered.
   - As a group (books closed) try to recall the six techniques for changing behavior you learned this week. See if you can describe each one.
2. **Compare.** Turn to page 150 and compare your answers about Billy with the other triad members.
3. **Prepare.** Prepare a list of questions or problems that arose during the week that you would like for the group to discuss.

**Group Time (40 mins.)**

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session.

3. **Skill Development.**
   - Divide the group into two-person teams. Assign at least one behavior changing technique to each team. Some teams may have more than one technique—that is okay.
   - Ask each team to prepare to teach the rest of the group how to use the technique assigned. They should assume that the group has never heard of the technique before this session. They may use WiseCounsel as a resource for their preparation.
   - Call on one team at a time to teach their technique.
   - Ask the group to evaluate the teaching:
     - Was the teaching about the technique clear?
     - Could you go home and practice the technique in your family? Why or why not?
     - What else could have been said or done to help the learners better understand the technique?
   - Continue this process until you have looked at each technique.

4. **Project Assignments.** During the coming weeks each person should participate in another outside project. Ask for two or more volunteers to work together on each project. Reports from the teams will be due during the sessions indicated. Team members may work together, or they may make assignments and work independently.

If another WiseCounsel group has already prepared reports on these resources, distribute the assignments below together with a copy of the completed project reports. Ask groups to study the reports, make additions or revisions, and prepare to present the report to the large group on the assigned date.

A. Marriage and Family Resources—due during session 10. Prepare a list of resources in the church and community that would be helpful for marriage and family counseling. These might include books, cassette tapes, videotapes, social services, church related ministries, and so forth. You may want to check libraries, medical clinics, schools, health organizations, and so forth. Provide a copy of your list for each WiseCounsel group member.

B. Youth Resources—due during session 10. Prepare a list of resources in the church and community that would be helpful for understanding and counseling youth. These might include books, cassette tapes, videotapes, social services, church related ministries, and so forth. You may want to check libraries, medical clinics, schools, health organizations, and so forth. Provide a copy of your list for each WiseCounsel group member.

C. Singles Resources—due during session 11. Prepare a list of resources in the church and community that would be helpful for understanding and counseling singles. (Note the different kinds of singles in WiseCounsel, unit 11.) These resources might include books, cassette tapes, videotapes, social services, church related ministries, and so forth. You may want to check libraries, medical clinics, schools, health organizations, and so forth. Provide a copy of your list for each WiseCounsel group member.

D. Senior Adult Resources—due during session 11. Prepare a list of resources in the church and community that would be helpful for understanding and counseling senior adults. These might include books, cassette tapes, videotapes, social services, church related ministries, and so forth. You may want to check libraries, senior citizens organizations, medical clinics, schools, health organizations, and so forth. Provide a copy of your list for each WiseCounsel group member.

Call for volunteers for each project. Write their names in the NOTES margin. Give each team time to meet and select a leader. Also give them time to make assignments or to schedule a date to get together for their work. Give a copy of the assignment to each project leader. If necessary, adjust the due dates and make changes in your session plans for the new dates.

6. Discussion. As time permits, discuss some of the following:
• What other rewards besides attention might be useful in reinforcing behavior?
• Discuss the results of the praise practice that members completed this week. Did anyone improve his or her PQ-Praise Quotient? What were the results?
• What is the minimum and maximum age you think TO-Time Out-will work effectively with children?

Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. Identify Concerns Not Addressed. Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. Preview Unit 10.
3. **Pray.** Divide into triads. Ask members to share one special prayer request they have for their personal life. Encourage members to pray specific prayers for each other.

**AFTER THE SESSION**

1. Save the Triad Cards so you can use them for another class of WiseCounsel.

2. Call each of the project leaders. Make sure each understands his or her assignments. Give assistance as necessary.

3. Begin now to prepare for next week's session.
Group Session 10

Counseling Youth

BEFORE THE SESSION

☐ 1. Read and complete the learning activities in unit 10 of the member's book.
☐ 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
☐ 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
☐ 4. Cut out or copy the three Triad Cards for session 10.
☐ 5. Provide a sheet of blank paper for each triad leader.
☐ 6. Enlist group members to provide some light refreshments for the arrival time.
☐ 7. Prepare a one-minute preview of unit 11.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

Greet members as they arrive. Provide another informal refreshment time to get this session started.

Prayer Time (5 mins.)

1. **Share.** Ask members to give the group an update on what God is doing in their lives through improved counseling skills.

2. **Pray.** Join hands and pray around the circle. Tell those who choose not to pray to gently squeeze the hand of the next person who will know to start praying. Spend this time praying for each other's ministries through counseling.

Triad Time (10 mins.)

1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.
1. **Compare.** Turn to day 2 and compare your descriptions of the various principles related to mate selection.

2. **Checkup.** Turn to day 5. Check your responses to activities 1-3. Of the answers to activity 3, select the one your group believes to be the most troublesome.


4. **Prepare.** Prepare a list of questions or problems that arose during the week.

---

**Group Time (40 mins.)**

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session. Call for project reports about resources for marriage and family counseling and youth counseling. Remind members that the project reports on singles and senior adults are due next week.

3. **Skill Development.** This skill development time will focus on steps 7 and 8 of the Ten-Step Model. Make sure triads list all possible alternatives. Then make sure wise counseling is displayed as the outcomes are explored. Do not hesitate to challenge an error in thinking—better now than in real life counseling.
   - Call on one of the triads. Ask them to describe the problem they identified for activity 3, day 5.
   - Ask them to read their list of alternatives.
   - Give other members of the large group an opportunity to add to that list of alternatives.
   - Ask the triad to explore the outcomes for each alternative. Allow the large group to comment, challenge, or add to the triad's work.
   - Follow the same procedure for the other triads as time permits.

4. **God's Word and Wisdom.**
   - Ask members to turn to page 160 at the end of day 1. Discuss ways these Scriptures could be used to help a youth understand his or her mission in life.
   - Ask members to turn to page 170 at the end of day 5. Ask: "What principles did you discover for Christian living?"

5. **Discussion.** As time permits, discuss some of the following:
   - The material on "Who Is My Master" (pp. 158-159) could apply to persons of all ages. When you find yourself counseling a person that appears to be an unbeliever, how will you decide when to talk with him or her about salvation?
   - Do you agree or disagree with the statement "Work should be seen as a calling from God"? Why?
   - What are some of the social and environmental pressures that increase the problems youth face in coping with sexual desires?
• Some people believe that church youth who are sheltered from Christian discussions of sex may have greater trouble in saying no because the subject is never discussed openly. Do you agree that this may be true? Should the church get involved in Christian sex education for youth? If so, when should it begin (at what age)?

• Do you agree or disagree with the following rationale: The Bible says that children should obey their parents. Therefore, parents should never negotiate with their children. They should take a stand, and stand by it!

Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. **Preview Unit 11.** Ask group members to bring their personal activity calendar next week so you can set a date for the Finale Fellowship.

3. **Pray.** Conclude with conversational prayer for the youth of your church and community. Pray for your own children as well.

**AFTER THE SESSION**

1. Save the Triad Cards so you can use them for another class of WiseCounsel.

2. Begin now to prepare for next week's session.

3. Read the plans for the Finale Fellowship (p. 53). Enlist group members to help with the plans. Discuss these plans with your pastor or other staff person. Enlist his help and discuss possible dates for this event. If you plan to use a panel, enlist the other participants.
Group Session 11

Counseling Singles and Senior Adults

BEFORE THE SESSION

☐ 1. Read and complete the learning activities in unit 11 of the member's book.
☐ 2. Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
☐ 3. Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
☐ 4. Arrange the chairs in two or three small groups.
☐ 5. Cutout or copy the three Triad Cards for session 11.
☐ 6. Provide a sheet of blank paper for each triad leader.
☐ 7. Call the church office or appropriate person and secure a list of homebound senior adults who are members of your church.
☐ 8. If you have questions about the position of your pastor concerning remarriage of divorced persons, call him for clarification of his position.
☐ 9. Prepare to discuss plans for the Finale Fellowship.
☐ 10. Prepare a one-minute preview of unit 12.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (10 mins.)

1. Greet Members. Greet members as they arrive. Direct them to sit in the small groups, filling up one before starting another.

2. Life Review. As groups form, ask them to share responses to questions 5 and 6 under "Memories of Family Life and Neighborhoods" (p. 184). If time permits, encourage them to respond to other questions in the same list.

Prayer Time (5 mins.)

1. Share. Prepare a prayer list of singles and senior adults that group members know personally, especially those who may have special needs at this time. Mention the names of the homebound senior adults of your church.

2. Pray. Read the prayer list one name at a time. Ask for a volunteer to pray for each person before moving to the next name. If the list is very long, divide it among several groups and ask each to pray specifically for the persons on their list.
Triad Time (10 mins.)

1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.

   **Triad Card 11**

   1. **Checkup.** Ask each person to share his autobiography outline (p. 183).
   2. **Review.** Turn to page 179. Take turns reviewing each other's knowledge of the items in the Ten-Step Model. Read and discuss the importance of the three guidelines on page 180.
   3. **Compare.** Turn to page 173 and compare your summaries of the Scriptures about marriage and singleness.
   4. **Prepare.** Prepare a list of questions or problems that arose during the week that you would like for the group to discuss.

Group Time (35 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triad identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session. Call for project reports about resources for counseling singles and senior adults. For those who completed the optional Life Review activity on page 185, give an opportunity to report on the results.

3. **Planning.** Briefly share plans for the Finale Fellowship. Set a date, time, and place. Enlist additional help if needed.

4. **God's Word and Wisdom.**
   • Using the questions on page 175, lead a discussion of the issue of remarriage for divorced persons. Ask group members to give biblical support for their answers to the questions. Compile a list of unanswered questions (activity 4, p. 176). Consider assigning these to individuals for further research or save them for your Finale Fellowship.
   • Discuss the scriptural teachings for widows summarized on page 177.

5. **Discussion.** As time permits, discuss some of the following:
   • What pressures to get married do never-married singles face?
   • What are the biblical reasons given for remaining single?
   • Under what circumstances should a single begin to seriously consider marriage?
   • How are divorced persons treated in your church? Are they loved and accepted into the mainstream of the church?
   • Does your church offer an adequate ministry to divorced singles? What could be done to improve that ministry?
   • What are some ways your church could expand its ministry to senior adults through counseling and Life Review?
Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week.

2. **Preview Unit 12.**

3. **Pray.** Ask group members to share areas related to counseling singles and senior adults where they still sense a real need for godly wisdom. Encourage members to pray sentence prayers for each other.

**AFTER THE SESSION**

1. Save the Triad Cards so you can use them for another class of WiseCounsel.

2. Use the following questions to evaluate the session.
   - Was I thoroughly prepared?
   - Did everyone participate in the discussions?
   - Did I follow the leader's guide?
   - Did I follow the time allotments so we ended on time?
   - Did we have some unanswered concerns that I need to attend to?
   - Do I have any group members that need a phone call or note of encouragement this week?

3. Begin now to prepare for next week's session.

4. Begin to finalize plans for the Finale Fellowship. Inform invited guests (pastor, staff, or others) of the date, time, and place. Give the pastor a list of possible questions and issues your group would like to discuss with him or another professional.
Group Session 12

Resentment, Guilt, and Suicide

BEFORE THE SESSION

- Read and complete the learning activities in unit 12 of the member's book.
- Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
- Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
- Arrange the chairs in pairs facing each other.
- Cut out or copy the three Triad Cards for session 12.
- Provide a sheet of blank paper for each triad leader.
- Cut out Case Study Card 18.
- On individual slips of paper, write the nine Scripture references listed under "God's Word and Wisdom."
- Prepare a one-minute preview of unit 13.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (5 mins.)

Greet Members. Greet members as they arrive. Ask members to sit in pairs and share with their partners the part of WiseCounsel that has been most helpful to them.

Prayer Time (5 mins.)

1. Share. Stay in pairs. Ask members to share with their partners the ways they see this counselor training being used in their personal ministry to others. Allow one minute for each person's response.

2. Pray. Ask each person to pray specifically for his partner's personal ministry of helping hurting people.

Triad Time (10 mins.)

1. Distribute Triad Cards and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.
1. **Checkup.** Begin on your left and ask each triad member to mention one of the seven indicators of a potential suicide. Continue around the circle until all seven indicators have been correctly identified.

2. **Review.** Ask triad members to describe the three reactions that are seen in the Resentment Syndrome: The Invisible Wall, Looking the Wrong Way, and Imprisoned.

3. **Prepare.** Prepare a list of questions or problems that arose during the week that you would like for the group to discuss.

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**Group Time (40 mins.)**

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triads identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns will be handled at the end of the session.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session.

3. **Skill Development.**
   - In triads discuss the action plans for involving persons in Gene's situation (p. 202). Take turns role playing a counselor who attempts to involve one of these persons in helping Gene. Give each person in the triad a chance to practice.
   - Review and discuss responses to the learning activities for day 5 (pp. 199-203). Ask everyone to close their books. Ask a member to read Case Study Card 18. Ask members to discuss ways they would counsel Danny.

4. **God's Word and Wisdom.** Assign each of the following passages to a person in the group (some may have more than one):
   - Luke 11: 17
   - Ephesians 4:31-32
   - Matthew 7:1-5
   - Luke 17:3-4
   - Philippians 4:8
   - Philippians 3:13-14
   - Matthew 5:23
   - Matthew 18:21-35
   - Colossians 3:12-13

   Ask members to:
   - read their assigned passage
   - prepare a summary statement of the passage
   - explain how the teaching of the passage relates to handling the Resentment Syndrome.

5. **Discussion.** As time permits, discuss some of the following:
   - What are some of the detrimental effects of the Resentment Syndrome? Why is resentment wrong for the Christian?
   - What is the difference between a reactive and a proactive approach to handling resentment? Give an example of each.
• How should God's forgiveness of our sins influence the way we treat those who mistreat us?

Stand-Up Break (5 mins. maximum)

Closure (10 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now, ask a volunteer to research, postpone and discuss next week or during the Finale Fellowship.

2. **Preview Unit 13.** Remind members about the date, time, and place for the Finale Fellowship.

3. **Pray.** Stand and join hands in a circle. Ask members to pray for church members (not necessarily by name) who are allowing resentment to hinder God's activity in their lives and in your church. Pray for repentance and revival within your church and in the whole Body of Christ-the church.

**AFTER THE SESSION**

1. Save the Triad and Case Study Cards so you can use them for another class of WiseCounsel.

2. Use the following questions to evaluate the session.
   • Was I thoroughly prepared?
   • Did everyone participate in the discussions?
   • Did I follow the leader's guide?
   • Did I follow the time allotments so we ended on time?
   • Did we have some unanswered concerns that I need to attend to?
   • Do I have any group members that need a phone call or note of encouragement this week?

3. Begin now to prepare for next week's session.
Group Session 13

*Counseling Through Group Experiences*

BEFORE THE SESSION

- Read and complete the learning activities in unit 13 of the member's book.
- Pray that God will guide you in preparation for and during the session. Pray for the individual members of your group.
- Read through "During the Session." Decide on the amount of time to devote to each activity. Write the number of minutes in the NOTES margin beside each activity.
- Arrange the chairs in a circle.
- Cut out or copy the three Triad Cards for session 13.
- Provide a sheet of blank paper for each triad leader.
- Prepare to lead the experiential Bible study of John 21:15-17. Prepare to give a sketch of Peter's relationship to Jesus.
- Prepare to share last-minute plans for the Finale Fellowship. Make sure that all tasks assigned to others have been completed.

Adjustments for a One-Hour Session

Use all the activities except the Stand-Up Break. Reduce the Group Time and Closing from 50 to 40 minutes by adjusting the length of the activities.

DURING THE SESSION

Arrival Activity (20 mins.)

1. Greet Members. Greet members as they arrive. Congratulate each one on reaching the final session of the course. Make your praise of their work clear and specific (pinpoint their good behavior).

2. Review. Ask members to review the material about using experiential Bible studies (pp. 215-218).

3. Bible Study. Using the steps for leading an experiential Bible study, guide the group in a study of John 21:15-17. Provide a brief background sketch of Peter's relationship to Jesus. Invite members to reflect on their "Directions for Ministry" (p. 221) and to share ways they sense God would have them "feed His sheep" through their counseling ministry.

Prayer Time (5 mins.)

Pray. Divide into triads and allow the triad members to pray for each other and the ministry activities to which they sense God's leading.
Triad Time (10 mins.)

1. **Distribute Triad Cards** and blank paper to each triad. Rotate leadership. Ask leaders to complete the activities suggested.

<table>
<thead>
<tr>
<th>Triad Card 13</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Review.</strong> Quiz each other about the stages, steps, questions, and decisions of the Ten-Step Counseling Model.</td>
</tr>
<tr>
<td><strong>2. Compare and Share.</strong> Turn to page 220 and examine the responses you each made to the evaluation graphs.</td>
</tr>
<tr>
<td><strong>3. Prepare.</strong> Prepare a list of questions or problems that arose during the week that you would like for the group to discuss.</td>
</tr>
</tbody>
</table>

Group Time (25 mins.)

1. **Identify Concerns.** Call on the triad leaders to read the questions, problems, and concerns their triads identified. Ask the entire group to keep these concerns in mind during the study. Any unanswered concerns should be handled at the end of the session or during the Finale Fellowship.

2. **Reports.** Call for reports from any members who researched an unanswered concern from last week's session. Report on plans for the Finale Fellowship.

3. **Discussion.** As time permits, discuss some of the following:
   - What are the most meaningful experiences your group has had during this study of WiseCounsel? Focus on the relationships to each other rather than content of the study.
   - What groups in your church could benefit from a counseling and support group? (See p. 209.)
   - What steps, if any, should individuals and your church take to provide for some of these groups? Who should coordinate this ministry?
   - What group dynamics (pp. 211-214) are the most difficult to manage in a group? Which dynamics are the most powerful and potentially life-changing for group members?

Stand-Up Break (5 mins. maximum)

Closure (15 mins.)

1. **Identify Concerns Not Addressed.** Identify which concerns of the triads have not been dealt with adequately. Deal with each one in one of the following ways: handle now or ask a volunteer to research and plan to share during the Finale Fellowship.

2. **Collect Diploma Requests.** Members should have completed the Church Study Course Credit Request (Form 725). Collect the forms from those who have completed the requirements (p. 223). Promise that the diplomas will be mailed or given to recipients when they arrive. Explain that they will not be awarded publicly since the church cannot chance the legal problems that
could arise from certifying counselors. Remind members that their primary satisfaction will come when God works through them to heal the brokenhearted.

3. **Pray.** Give each member a chance to share a specific way others can pray for him or her during the coming weeks. After each member shares a request, call on another member to pray for that specific request. Close with a petition for God's wisdom and guidance as these counselors seek to help the hurting people they encounter day by day.

**AFTER THE SESSION**

1. Save the Triad Cards so you can use them for another class of WiseCounsel.
2. Call all group members and invited guests to remind them of the time and place for the Finale Fellowship.
3. Send in the completed Church Study Course award forms to Church Study Course Awards Office, Research Services Department, 12 7 Ninth Avenue, North, Nashville, Tennessee 37234.
4. Contact your Discipleship Training director and discuss plans for offering WiseCounsel to another group of leaders in the near future.
**Finale Fellowship**

*Use the following suggestions to plan for and conduct a special event to bring closure to your WiseCounsel training.*

**BEFORE THE SESSION**

1. Discuss with your group what kind of activity they prefer for this closing event of their WiseCounsel training. They may want to have a session similar to the normal group sessions, a light refreshment fellowship, a covered dish supper, a banquet, or other special activity.
2. Select a time and place. Consult with your group, the pastor, and others you may invite to serve on the panel (see below).
3. Enlist group members to assist with the plans and preparations for the special activity.
4. Read through "During the Fellowship" and adapt the plans as necessary to provide the program activities of the fellowship.
5. Reproduce copies of the "WiseCounsel Evaluation" on the following page. If you prefer, write the questions on posterboard and plan to distribute blank paper and pencils for written responses.
6. Collect a list of questions and concerns that your group would like to address to your pastor or other professionals.
7. With the counsel and help of your pastor, enlist two or more other professionals to serve as a panel for your group. If your pastor chooses, he may want to handle the questions and concerns himself rather than use a panel. That is quite appropriate. If you do enlist others, give them a copy of the list you prepared in item 6 above.
8. Enlist the pastor, a staff member, or other guest to present a 15-minute challenge to the group. Provide suggestions like those listed in "During the Fellowship."
9. Think about the "Commissioning" prayer time below. What specific prayer can you pray for each of your group members? Pay special attention during the "share" period for comments about future ministries that could be the focus of your prayers.
10. Pray throughout the period of preparation that God will use this event as He pleases in the lives of the individuals and in the ministry of your church.

**DURING THE FELLOWSHIP**

1. **Evaluations.** Distribute copies of the WiseCounsel Evaluation. Ask members to complete them and turn them in. They do not have to sign them unless they choose to.

2. **Share.** Ask volunteers to share what they felt was the most meaningful part of the WiseCounsel training and group experience. Ask for testimonies about how members have already had opportunities to use some of the skills they have learned. Ask others to share what they sense God may want to do through them in providing lay counseling.

3. **Prayer of Thanksgiving.** Ask members to pray prayers of thanksgiving for what God has done in their lives and in the group during the past thirteen weeks. Ask them to pray as they feel led and as many times as they like. Identify one member to close the prayer time when everyone has had an opportunity to pray.
4. Q and A. Ask the pastor, staff, guest speaker, and anyone else you choose to serve on a panel. Ask them to address some of the questions and concerns your group has listed in earlier sessions. Open the discussion so members can address other questions to the panel. Serve as a moderator and keep the discussion moving. Thank panel participants at the conclusion of the Q and A session.

5. Pastoral Challenge. Ask the pastor, other staff member, or guest speaker to present a challenge to the group. The challenge should include such points as:
   a. You are a minister.
   b. Minister with a servant heart.
   c. Demonstrate the love of Christ as you minister.
   d. Ask God to sensitize you to the needs of others.
   e. Find your wisdom in God's Word and through His Spirit.
   f. Maintain confidentiality.
   g. Call in other members of the helping team (professionals) when you recognize a need for help.
   h. Inform the pastor/staff of situations where their ministry may be needed.
   i. Pray regularly for God to use you to help needy persons.
   j. Watch for God's activity in the persons you meet day by day.

6. Commissioning. Ask members to join hands in a circle. Walk from one member to the next praying for each one. You may want to place your hand on his or her arm or shoulder. Pray specifically for the special ways you sense God can use him or her in a lay counseling ministry. Ask the pastor to lead in a closing prayer that the ministry of these individuals will truly build up the body of Christ (Eph. 4:11-16).
WiseCounsel Evaluation*

Group Leader: __________________________________________________________

Evaluate your group leader on the following:  Excellent  Good  Fair  Poor
a. Created atmosphere of acceptance in the group  □  □  □  □
b. Encouraged group participation  □  □  □  □
c. Supported group members  □  □  □  □
d. Well prepared to lead the group sessions  □  □  □  □
e. Maintained a positive attitude  □  □  □  □

Answer the following. Use the back of the page for additional comments.

1. In what ways did the course differ from your expectations?
   _____________________________________________________________________
   _____________________________________________________________________

2. What was the most helpful part of your WiseCounsel training? (Explain)
   _____________________________________________________________________
   _____________________________________________________________________

3. What was the least helpful part of your WiseCounsel training? (Explain)
   _____________________________________________________________________
   _____________________________________________________________________

4. What was the most valuable part of the small-group sessions?
   _____________________________________________________________________
   _____________________________________________________________________

5. What do you plan to do as a result of your study of WiseCounsel?
   _____________________________________________________________________
   _____________________________________________________________________

6. What suggestions could you make that would improve future classes of WiseCounsel?
   _____________________________________________________________________
   _____________________________________________________________________

7. What other church members would you recommend as participants for upcoming classes of WiseCounsel?
   _____________________________________________________________________
   _____________________________________________________________________

*You have permission to reproduce this form for use with your WiseCounsel group.
<table>
<thead>
<tr>
<th>TRIAD CARD 1</th>
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</tr>
</thead>
</table>
| 1. Checkup. Quiz the others using the questions about the Ten-Step Model on page 24.  
2. Review. See if the three of you can remember the three reasons Christians should provide lay counseling. Check yourself on page 14.  
3. Prepare. Prepare a list of questions or problems that arose during the week that you would like for the group to discuss. | 1. Checkup. Quiz the others using the questions about the Ten-Step Model on page 24.  
2. Review. See if the three of you can remember the three reasons Christians should provide lay counseling. Check yourself on page 14.  
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2. Review. See if the three of you can remember the three reasons Christians should provide lay counseling. Check yourself on page 14.  
3. Prepare. Prepare a list of questions or problems that arose during the week that you would like for the group to discuss. |
| TRIAD CARD 2 | TRIAD CARD 2 | TRIAD CARD 2 |
| 1. Checkup. Take turns quizzing each other over the first stage of the Ten-Step Model. Include steps and questions.  
2. Compare. Turn to the chart on page 36 and compare your answers. Make corrections if you like.  
3. Prepare. List questions, problems, or concerns that arose during the week that you would like for the group to discuss. | 1. Checkup. Take turns quizzing each other over the first stage of the Ten-Step Model. Include steps and questions.  
2. Compare. Turn to the chart on page 36 and compare your answers. Make corrections if you like.  
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3. Prepare. List questions, problems, or concerns that arose during the week that you would like for the group to discuss. |
| TRIAD CARD 3 | TRIAD CARD 3 | TRIAD CARD 3 |
| 1. Checkup. Take turns quizzing each other over the second stage of the Ten Step Model. Include steps and questions.  
2. Compare. Compare and discuss your answers on page 55 describing the technique of modeling the role.  
3. Prepare. List questions, problems, or concerns that arose during the week that you would like for the group to discuss. | 1. Checkup. Take turns quizzing each other over the second stage of the Ten Step Model. Include steps and questions.  
2. Compare. Compare and discuss your answers on page 55 describing the technique of modeling the role.  
3. Prepare. List questions, problems, or concerns that arose during the week that you would like for the group to discuss. | 1. Checkup. Take turns quizzing each other over the second stage of the Ten Step Model. Include steps and questions.  
2. Compare. Compare and discuss your answers on page 55 describing the technique of modeling the role.  
3. Prepare. List questions, problems, or concerns that arose during the week that you would like for the group to discuss. |
| TRIAD CARD 4 | TRIAD CARD 4 | TRIAD CARD 4 |
| 1. Checkup. As a team with books closed, list and give examples of six ways a counselor can apply total body listening. Check your work on page 78.  
2. Prepare. Prepare a list of questions or problems that arose during the week that you would like for the group to discuss. | 1. Checkup. As a team with books closed, list and give examples of six ways a counselor can apply total body listening. Check your work on page 78.  
2. Prepare. Prepare a list of questions or problems that arose during the week that you would like for the group to discuss. | 1. Checkup. As a team with books closed, list and give examples of six ways a counselor can apply total body listening. Check your work on page 78.  
2. Prepare. Prepare a list of questions or problems that arose during the week that you would like for the group to discuss. |
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<td>1. Checkup. Use a circle quiz to check memory on the acronym SCIFEN. Ask the person to your left to identify what S stands for. Continue around the triad until you have correctly identified all six rapport builders.</td>
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<tr>
<td>2. Compare. Turn to page 86 and compare responses to the ways a counselor can demonstrate interest and concerns.</td>
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<td>1. Review. Review the True-False statements on page 99 and the guidelines on confidentiality on page 100.</td>
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<tr>
<td>2. Compare. Compare your responses to activities related to the following boundaries: responsibility (p. 102), time (p. 104), and affection (p. 106).</td>
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<td>1. Review. Complete the following activities:</td>
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<td>• Without looking at your books, identify the four resources of a Christian counselor.</td>
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<td>• Read aloud the &quot;Guidelines for a Hospital Visit&quot; (p. 117).</td>
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<td>• Ask someone to read the ten stages of grief. Then see if the three of you can recall the six ways to help a grieving person.</td>
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<td>1. Checkup. Have you all mastered the Ten-Step Counseling Model? Quiz each other over the stages, steps, questions, and decisions.</td>
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<td>2. Compare. Turn to day 5 and compare your explanations of the marks of a viable family.</td>
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<td>1. Review.</td>
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<td>• Quiz each other about the ten steps and the questions in the Ten-Step Model. Remind each other to keep practicing them until they are mastered.</td>
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<tr>
<td>• As a group (books closed) try to recall the six techniques for changing behavior you learned this week. See if you can describe each one.</td>
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<td>2. Prepare. Prepare a list of questions or problems that arose during the week that you would like for the group to discuss.</td>
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<td>TRIAD CARD 10</td>
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<tr>
<td>1. Compare. Turn to day 2 and compare your descriptions of the various principles related to mate selection.</td>
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<td>2. Checkup. Turn to day 5. Check your responses to activities 1-3. Of the answers to activity 3, select the one your group believes to be the most troublesome.</td>
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<td>4. Prepare. Prepare a list of questions or problems that arose during the week.</td>
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<td>2. Review. Turn to page 179. Take turns reviewing each other's knowledge of the items in the Ten-Step Model. Read and discuss the importance of the three guidelines on page 180.</td>
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<td>3. Compare. Turn to page 173 and compare your summaries of the Scriptures about marriage and singleness.</td>
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<td>1. Checkup. Begin on your left and ask each triad member to mention one of the seven indicators of a potential suicide. Continue around the circle until all seven indicators have been correctly identified.</td>
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<td>2. Review. Ask triad members to describe the three reactions that are seen in the Resentment Syndrome: The Invisible Wall, Looking the Wrong Way, and Imprisoned.</td>
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<td>2. Compare and Share. Turn to page 220 and examine the responses you each made to the evaluation graphs.</td>
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CASE STUDY 7
Counseling the Sick: Counselor C finds the patient's wife in the room. He quizzes her about all the doctor has had to say since the surgery. He tells several jokes to lighten the spirits of the patient. He promises to make a full report at prayer meeting tonight.

CASE STUDY 4
A. Nancy plans to retire in six months. She is concerned about when to tell her boss. What could she do?
B. Penny is deep in debt to credit card companies. She is near bankruptcy. What could she do?
C. Kay's son is experimenting with drugs. He does not know that she knows. What could she do?

CASE STUDY 8
Counseling the Grieving: Counselor D makes a visit one month after the death of Fred's wife. He comments about how much she meant to the members of her Discipleship Training group. He invites Fred to join him and two other friends for supper and bowling Friday night.

CASE STUDY 5
Counseling the Sick: Counselor A gets to the hospital room and sees an "Isolation: Go to the nurse's station for assistance" sign on the door. The counselor knows the disease is not contagious so he goes on in.

CASE STUDY 1
Bart has been depressed for the past month or so. Job pressures have made life stressful for him. He has talked with his boss but to no avail. You are visiting in his home on a deacon visit.
Do you counsel or refer? Why?

CASE STUDY 2
Marvin's wife invited you to come and talk with him. He has had some big mood swings lately. He jumps at the least little sound and reaches for his gun to "protect" himself. Yesterday, when he did not come home, she found him wandering the streets in front of his office. He did not seem to know where he was.
Do you counsel or refer? Why?

CASE STUDY 9
Counseling the Grieving: Counselor E visits Fran at the funeral home. As they talk, Fran breaks down and starts crying. The counselor puts her arm around Fran's shoulders to comfort her. She says, "Fran, everything is going to be all right. There is no need to cry. This must have been God's will to take Jack home. He is in a much happier place now."

CASE STUDY 6
Counseling the Sick: Counselor B introduces herself as she enters the room. She asks about the patient's condition, assures her of the church's prayers, reads Psalm 55:22, leads in a brief prayer, and leaves quietly.

CASE STUDY 3
Dino asked to come by and talk with you. He has a moral decision to make, and he wants your help. You discover that he has already talked with his Sunday School teacher, his deacon, and two pastors in town. You discover that he is really looking for someone to tell him he can do what he wants to do.
Do you counsel or refer? Why?
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<td>You are sifting in on a married young adult class in Discipleship Training. These couples seem fairly happy with their marriages and with their family life. They are searching for ways to enrich their marriage and family experiences. They know you have been studying WiseCounsel. They turn to you for suggestions. What would you do?</td>
<td>Michael has been in turmoil over a job decision. He cannot decide whether to take the new job offer or stay in his present position. He says, I would probably be happy either way. I think my family would agree with any decision I make. I just can't decide. Tell me, should I take this new job?” What would you do?</td>
<td>Counseling the Grieving: Counselor F did not know what to say to his deacon flock family. Their two year old son just died of leukemia. He finally mustered enough courage to go by the house. He took them a copy of Good Grief and suggested that it might help them sort through some of their feelings. He led a brief prayer and left. He gave them a business card with his phone numbers in case they wanted to call and just talk.</td>
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<td>CASE STUDY 17</td>
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<td>Steve and Reico have been married for six months. The honeymoon wore off long ago. They have discovered that their different backgrounds create more problems than they anticipated. They were just talking of divorce when you came by for a newcomer's visit. For some reason they unloaded their concerns on you. What would you do?</td>
<td>After Sunday School class, Matthew stands around until everyone else is gone. He confides that his parents are constantly fighting. He overheard them say that the only reason they are staying together is to get him through high school. He is considering leaving home. He begins to sob and say, I can't take it any longer. I have to do something now.” What would you do?</td>
<td>Marianne says she and her husband have been arguing about financial matters for some time. She asks you to help her. What would you do?</td>
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<td>CASE STUDY 18</td>
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<tr>
<td>Danny is seventeen. His parents have been hassling him about his poor grades. They already have college plans for him. He made the comment to his mom, “You and Dad don't really care about me. You wouldn't even miss me if I were gone.” Last week, he broke up with his girl friend. He had been dating her for eight months. Danny has been showing signs of severe depression. He even skipped school two days this week. He unexpectedly gave his baseball card collection to his younger brother. Since you are Danny's Sunday School teacher, his dad asked you to see if you couldn't &quot;talk some sense into him.” What would you do?</td>
<td>Pat has a master's degree in business administration with several years of excellent experience in a Fortune 500 company. When she married, her husband asked her to stay at home with the children. She has been staying up-to-date in the field with business journals and American Management Association seminars. Now the children are in school, she wants to return to her career. Her husband refuses. She has asked for your advice. What would you do?</td>
<td>While visiting Terry and Dianne, you discover that their teenage son has a problem with alcohol. They say they have never been able to communicate with him. They do not know what to do. What would you do to help them?</td>
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