

Redemption Group Leader Training Syllabus

This syllabus is based on the materials used at Mars Hill Church in early 2008 for the initial training of its Redemption Group leaders. The focus of Part 1 is on gaining a biblical worldview by challenging assumptions students usually don't realize they carry. Part 2 introduces a method for biblical counseling. This syllabus very loosely parallels the syllabi of two introductory courses in CCEF's School of Biblical Counseling: *Dynamics of Biblical Change*, and *Methods of Biblical Change*.¹

Introduction

"God, Psychology, and the Christian Care of the Soul", David Powlison, mp3 audio (three part series of plenary sessions, plus "Panel Discussion"), 2001 Pastors Conference, *DesiringGod.org*, <http://www.desiringgod.org/ResourceLibrary/ConferenceMessages/ByConference/6/>, (accessed January 27, 2010).

"The Question of Causality: Nature, Nurture and a Whole Lot More", David Powlison, mp3 audio, Bryan Institute, March 20, 2010, <https://www.bryan.edu/9416.html>, (accessed July 14, 2010).

Part 1: Foundations

"Idols of the Heart and Vanity Fair", David Powlison, *CCEF.org*, <http://www.ccef.org/sites/default/files/pdf/IdolsOfTheHeart&VanityFair.DP.pdf> (accessed January 6, 2010). Powlison richly engages, critiques, and offers biblical alternatives to a number of commonly held secular psychological views.

"Understanding the Influences on the Human Heart", Michael R. Emler, *The Journal of Biblical Counseling*, Winter 2002, 47–52. Also available at <http://www.ccef.org/understanding-influences-human-heart-0> (accessed April 6, 2011). This article sheds light on how to understand the influence that our physical bodies have on us.

"The Ambiguously Cured Soul", David Powlison, *Seeing With New Eyes*, (Philipsburg: P & R Publishing, 2003), 201–210. Some common approaches to counseling—even Christian counseling—are explored and evaluated.

"Addictions: New Ways of Seeing, New Ways of Walking Free", Edward T. Welch, *The Journal of Biblical Counseling*, Volume 19, no. 3 (Spring 2001), 19–30. Also available at <http://www.ccef.org/addictions-new-ways-seeing-new-ways-walking-free-0> (accessed April 6, 2011) Welch offers ways of addressing addictions from a biblical worldview.

"Why Me? Comfort from Psalm 10", David Powlison, *Seeing With New Eyes*, (Philipsburg: P & R Publishing, 2003), 91–108. Powlison uses the biblical counseling model to help a woman who has been victimized.

¹ See <http://www.ccef.org/introduction-biblical-counseling-level-i>

Part 2: Methods

Instruments in the Redeemer's Hands, Paul David Tripp (Phillipsburg: P&R Publishing, 2002).

The first five chapters lay a foundation for understanding who we are as people, and what it means to live in God's story in the face of life's trials. The remain chapters cover the basic elements of Tripp's counseling method—Love, Know, Speak, Do—two chapters each. One way to survey this book quickly with students may be to break it down into five teaching sessions: chapters 1–5, covering the big ideas of each; and then one session each for Love, Know, Speak, Do.