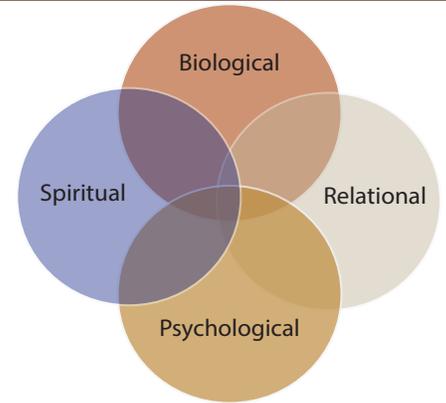
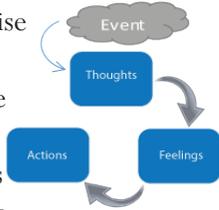


# Bio Psycho Social Spiritual

*“For I am fearfully and wonderfully made...” Psalm 139:14*

Personal issues that arise will sometimes have roots in one or more of these human domains. Thus, as we strive to help individuals, a strong understanding of these areas is useful.



<p><b>Biology</b></p> <p>God made human beings physical. Everyone’s physical makeup, metabolism, genetics, and general health are different. Our thoughts, feelings and actions are played out in our physical bodies.</p>	<p><b>Biological Counsel</b></p> <ul style="list-style-type: none"> <li>• Encourage your counselee to maintain good physical health via exercise, nutrition and proper sleep.</li> <li>• Explain to them the importance of caring for their brain. It is a primary organ for their wellbeing.</li> </ul>	<p><b>Biological Questions</b></p> <ul style="list-style-type: none"> <li>• Are you getting good sleep?</li> <li>• Your brain needs oxygen and nutrients. Are you breathing deeply, eating well and exercising?</li> <li>• Do you need to see a medical doctor?</li> </ul>
<p><b>Psychology</b></p> <p>God gave human beings a complex brain. The psychological domain refers to our patterns of thinking, which directly impact how we behave and handle our emotions.</p>	<p><b>Psychological Counsel</b></p> <ul style="list-style-type: none"> <li>• Often your counselee’s emotions/ feelings have given rise to various behavior. Help your counselee think rightly to induce right feelings and thus right acting.</li> </ul>  <pre> graph TD     Event(Event) --&gt; Thoughts(Thoughts)     Thoughts --&gt; Feelings(Feelings)     Feelings --&gt; Actions(Actions)     Actions --&gt; Thoughts     </pre>	<p><b>Psychological Questions</b></p> <ul style="list-style-type: none"> <li>• How are your thoughts and feelings giving rise to your behavior?</li> <li>• What is the content of your thoughts?</li> </ul>
<p><b>Relational</b></p> <p>God made human beings in His image, and being relational is one of the attributes of that image. He knew already in the Garden of Eden that human beings needed to connect with Him and with one another. He also knew that isolation isn’t good for us; we grow and heal best in relationships.</p>	<p><b>Relational Counsel</b></p> <ul style="list-style-type: none"> <li>• Encourage your counselee towards community. Accountability, mentoring, companionship are critical.</li> <li>• Encourage your counselee towards relationships that the Bible sends us toward. Family, brothers and sisters, fellow soldiers, fellow laborers, widows, orphans, unbelieving.</li> <li>• Help your counselee be settled in his/ relationship with God.</li> </ul>	<p><b>Relational Questions</b></p> <ul style="list-style-type: none"> <li>• How are your relationships? Consider parents/friends/siblings and church family.</li> <li>• Are you living with healthy boundaries?</li> <li>• Are you respecting the boundaries of others?</li> </ul>

<b>Spirituality</b>	<b>Spiritual Counsel</b>	<b>Spiritual Questions</b>
<p>God made human beings “a living soul.” There is no rest for the human soul anywhere other than Christ. Believers are sanctified by ever growing in grace and the knowledge of Christ.</p>	<ul style="list-style-type: none"><li>• Help your counselee become settled in their identity in God. (That is, how God view them.)</li><li>• What we “do” comes as a result of who we are (our “being”). Wonderfully, the gospel speaks to our “new being”.</li><li>• Temptation is not sin. The struggle of choice between obedience and disobedience was a part of God’s “very good” creation. Thus, when we turn from temptation we have worshiped God deeply. Even temptation can be redeemed.</li></ul>	<ul style="list-style-type: none"><li>• Do you have peace and joy in God?</li><li>• Are you overcoming sin?</li><li>• Are you communing with God in reading and prayer?</li><li>• Is your identity in Christ?</li><li>• Do you actively worship God?</li></ul>

