



The Center for Biblical Counseling  
at Midwestern

*ACBC Exam Study Guide*

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# Instructions

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Dear Student,

This exam study guide has been prepared and made available to you in order to be a helpful resource in preparing for Phase 2 of the Association of Certified Biblical Counselors (ACBC) certification process. As you know, as a Certified Training Center of ACBC, Midwestern Baptist Theological Seminary is approved to offer courses leading to certification with ACBC. Specifically, the Master of Arts in Biblical Counseling (MABC) is the degree program that houses each aspect of the ACBC certification process.

Phase 2 of the ACBC certification process includes a comprehensive exam that is comprised of short answer questions dealing with theology and counseling methodology. The purpose of the exam is to offer the student the opportunity to see how counseling is essentially theology *applied*. We want you to see the connection between biblical doctrine and the practice of soul care. The benefit of pursuing ACBC certification through The Biblical Counseling Center at Midwestern is that we have sought to incorporate each of the following questions into courses that make up the MABC degree.

Below you will find the exam questions, recommended reading and resources, and the name of the MABC course(s) that will provide the context for answering the ACBC certification exam questions.

Our recommendation is that as you enroll in each of these courses, you would seek to answer related exam questions in the context of that particular course. By the end of Supervised Practicum I, you will be required to submit the completed Theology and Counseling exams for a final grade. For those wishing to become ACBC certified, the exams will also be graded by a vetted and approved ACBC grader in addition to your course professor.



# Theology Exam

*ACBC Exam Study Guide*

## ACBC Exam Study Guide Theology Exam 1

Q: Describe the inspiration, inerrancy, and authority of Scripture as well as the relationship of each one of these issues to one another.

### Scripture Texts:

2 Timothy 3:15-17	Matthew 12:5	Prov. 30:5
Matthew 5:17-18	Matthew 19:4	Jeremiah 1:9
2 Peter 1:20-21	Matthew 22:31	John 17:17
Matthew 28:18	Mark 12:26	Romans 3:4
Jude 1:25	Acts 17:11	Romans 15:4
Matthew 7:29	2 Corinthians 10:5	1 Corinthians 10:5
John 10:35	Psalms 19	
Titus 1:2	1 Thess. 2:13	

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### Resources:

The Chicago Statement on Biblical Inerrancy. Available [here](#)

Jay E. Adams, *A Theology of Christian Counseling: More Than Redemption, The Jay Adams Library* (Grand Rapids, MI: Zondervan, 1979).

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

Charles Caldwell Ryrie, *Basic Theology* (Wheaton, IL: Victor Books, 1986).

John MacArthur, ed., *Biblical Doctrine: A Systematic Summary of Bible Truth* (Wheaton, IL: Crossway, 2017).

Millard J. Erickson, *Christian Theology*, 3rd ed (Grand Rapids, MI: Baker Academic, 2013).

Michael Frost, "Scriptural Authority, Not Culture, Defines Theology, Mohler Declares," *Baptist Press* (August 30, 2001). Available [here](#).

Paul P. Enns, *The Moody Handbook of Theology* (Chicago, IL: Moody Press, 1989).

Louis Berkhof, *Systematic Theology*, Complete ed (Grand Rapids, MI: W.B. Eerdmans, 2018).

John M. Frame, *Systematic Theology: An Introduction to Christian Belief* (Phillipsburg, NJ: P&R, 2013).

Benjamin Breckinridge Warfield, *The Inspiration and Authority of the Bible* (Phillipsburg, NJ: P&R, 1948).

Timothy Ward, *Words of Life: Scripture as the Living and Active Word of God* (Downers Grove, IL: IVP Academic, 2009).

Russ L. Bush and Tom Nettles, *Baptists and the Bible*. rev. and enl. (Nashville: Broadman & Holman Academic, 1999).

Carl F. H. Henry, *God, Revelation, and Authority*, vol. 4. (Wheaton: Crossway Books, 1999).

William Lumpkin, *Baptist Confessions of Faith*. (Valley Forge: Judson Press, 1969).

John MacArthur, *Our Sufficiency in Christ*. (Wheaton: Crossway Books, 1998).

John Warwick Montgomery, *God's Inerrant Word*. (Minneapolis: Bethany Fellowship 1974).

Paige Patterson, *The Troubled, Triumphant Church*. (Eugene, OR: Wipf and Stock Publishers, 2002).

Leland Ryken, *The Word of God in English: Criteria for Excellence in Bible Translation*. (Wheaton: Crossway Books, 2002).

Jerry Sutton, *The Baptist Reformation in the Southern Baptist Convention*. Nashville: (Broadman & Holman, 2000).

Noel Weeks, *The Sufficiency of Scripture*. (Carlisle: Banner of Truth Trust, 1988).

MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church

## ACBC Exam Study Guide

### Theology Exam 2

Q: Describe the sufficiency of Scripture. Relate the doctrine of the sufficiency of Scripture to the practice of biblical counseling. Research and respond to the arguments of at least one integrationist or Christian Psychologist regarding the insufficiency of Scripture for counseling.

#### Scripture Texts:

2 Timothy 3:15-17  
2 Peter 1:3-4  
Matthew 5:18; 24:35  
John 10:35; 16:12-13; 17:17  
1 Corinthians 2:13  
Hebrews 4:12  
James 1:22

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#### Resources:

##### Sufficiency

Jay E. Adams, *The Christian Counselor's Manual: The Practice of Nouthetic Counseling, The Jay Adams Library* (Grand Rapids, MI: Zondervan, 1973).

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

Stuart Scott and Heath Lambert, eds., *Counseling the Hard Cases: True Stories Illustrating the Sufficiency of God's Resources in Scripture* (Nashville, TN: B&H Academic, 2012).

Louis Berkhof, *Systematic Theology*, Complete ed (Grand Rapids, MI: W.B. Eerdmans, 2018).

John M. Frame, *Systematic Theology: An Introduction to Christian Belief* (Phillipsburg, NJ: P&R, 2013).

Timothy Ward, *Words of Life: Scripture as the Living and Active Word of God* (Downers Grove, IL: IVP, 2009).

Jay Adams, *Ready to Restore* (Phillipsburg, NJ: P&R, 1981).

Paul Enns, *The Moody Handbook of Theology*, rev. ed. (Chicago, IL: Moody Press, 2008).

Noel Weeks, *The Sufficiency of Scripture*. (Carlisle: Banner of Truth Trust, 1988).

John Babler and Nicolas Ellen, eds. *Counseling By the Book: Revised and Expanded Edition*. (Amazon CreateSpace, 2014).

Bookman, Douglas. "The Scriptures and Biblical Counseling." In *Introduction to Biblical Counseling: A Basic Guide to the Principles and Practice of Counseling* (Dallas: Word, 1994).

#### Critique of the "insufficiency" view

Heath Lambert, *The Biblical Counseling Movement After Adams* (Nashville: Crossway, 2012).

Eric Johnson, ed., *Psychology & Christianity: Five Views*, 2<sup>nd</sup> ed. (Downers Grove, IL: IVP, 2010).<sup>1</sup>

David Powlison, "Critiquing Modern Integrationists," *Journal of Biblical Counseling*, Volume 9 (1993): 24-34. Available [here](#).

#### Integrationist and Christian Psychology (potential resources for critique)

David G. Myers and Eric L. Johnson, *Psychology & Christianity: Five Views*, vol. 2nd ed, *Spectrum Multiview Book Series* (Downers Grove, IL: IVP, 2010).

Eric L. Johnson, *Foundations for Soul Care: A Christian Psychology Proposal* (Downers Grove, IL: IVP, 2007).

Stanton L. Jones and Richard E. Butman, *Modern Psychotherapies: A Comprehensive Christian Approach*, 2nd ed (Downers Grove, IL: IVP, 2011).

#### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church  
BC5501 Biblical Counseling & Psychological Theories

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<sup>1</sup> In this "multiple views" book, David Powlison writes the article which articulates the biblical counseling view of counseling and its relationships to psychology (245-273). However, he also offers critiques of both integration (143-147) and Christian psychology (194-198) from a biblical counseling viewpoint.



## ACBC Exam Study Guide Theology Exam 3

Q: Describe your position on the nature of continuing revelation (i.e., prophecy, tongues, words of knowledge). In particular explain whether you believe prophecy is a present gift in today's church. Explain the relationship between your understanding of the gift of prophecy and the sufficiency of Scripture.

### Scripture Texts:

2 Peter 1:3  
2 Timothy 3:15-17  
Rev. 22:18  
Heb. 1:1-2  
Hebrews 2:3-4  
Jude 1:3  
2 Cor. 12:12  
1 Cor. 14:21-22  
Revelation 22:18-19  
John 14:26

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### Resources:

Charles Caldwell Ryrie, *Basic Theology* (Wheaton, IL: Victor Books, 1986), 367-374.

John MacArthur, ed., *Biblical Doctrine: A Systematic Summary of Bible Truth* (Wheaton, IL: Crossway, 2017).

Millard J. Erickson, *Christian Theology*, 3rd ed (Grand Rapids, MI: Baker Academic, 2013).

John M. Frame, *Systematic Theology: An Introduction to Christian Belief* (Phillipsburg, NJ: P&R Publishing, 2013).

Paul P. Enns, *The Moody Handbook of Theology* (Chicago, IL: Moody Press, 1989).

Nathan Busenitz, "Charismatic Counterfeits: Do the Modern Gifts Meet the Biblical Standard?" (Strange Fire Conference presentation, 2013). Available [here](#).

Thomas Edgar, *Miraculous Gifts: Are They for Today?* (Eugene, OR: Wipf & Stock, 2001).

John MacArthur, *Charismatic Chaos* (Nashville, TN: Zondervan, 1992).

John MacArthur, "Does God Still Give Revelation?" (Grace to You Article, July 13, 2009). Available [here](#).

John MacArthur, *Strange Fire* (Nashville, TN: Thomas Nelson, 2013).

The Master's Seminary Journal Volume 14, Number 2, Fall 2003 contains several articles relevant to this question. The articles are available [here](#).

MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

BC5501 Biblical Counseling & Psychological Theories

## ACBC Exam Study Guide Theology Exam 4

Q: Define general revelation and special revelation and describe the nature of their authority as well as their relationship to one another.

### Scripture Texts:

Psalm 19  
Romans 1:18-21  
2 Peter 1:3  
2 Timothy 3:15-17

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### Resources:

Jay E. Adams, *A Theology of Christian Counseling: More Than Redemption*, The Jay Adams Library (Grand Rapids, MI: Zondervan, 1979).

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

Charles Caldwell Ryrie, *Basic Theology* (Wheaton, IL: Victor Books, 1986).

John MacArthur, ed., *Biblical Doctrine: A Systematic Summary of Bible Truth* (Wheaton, IL: Crossway, 2017).

Millard J. Erickson, *Christian Theology*, 3rd ed (Grand Rapids, MI: Baker Academic, 2013).

Paul P. Enns, *The Moody Handbook of Theology* (Chicago, IL: Moody Press, 1989).

John M. Frame, *Systematic Theology: An Introduction to Christian Belief* (Phillipsburg, NJ: P&R, 2013).

Samuel Stephens, "The History of Christian Counseling and General Revelation," in *ACBC Essays* found [here](#).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church  
BC5501 Biblical Counseling & Psychological Theories

## ACBC Exam Study Guide Theology Exam 5

Q: Explain the doctrine of common grace relating the doctrine to the ability of secular psychologists to understand true information about the human condition.

### Scripture Texts:

Matthew 5:45

Acts 14:17

Psalm 145:8-9

Rom. 13:1ff

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### Resources:

Jay E. Adams, *A Theology of Christian Counseling: More Than Redemption*, The Jay Adams Library (Grand Rapids, MI: Zondervan, 1979).

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

Charles Caldwell Ryrie, *Basic Theology* (Wheaton, IL: Victor Books, 1986).

John MacArthur, ed., *Biblical Doctrine: A Systematic Summary of Bible Truth* (Wheaton, IL: Crossway, 2017).

Millard J. Erickson, *Christian Theology*, 3rd ed (Grand Rapids, MI: Baker Academic, 2013).

Paul P. Enns, *The Moody Handbook of Theology* (Chicago, IL: Moody Press, 1989).

Louis Berkhof, *Systematic Theology*, Complete ed (Grand Rapids, MI: W.B. Eerdmans, 2018).

John M. Frame, *Systematic Theology: An Introduction to Christian Belief* (Phillipsburg, NJ: P&R Publishing, 2013).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

BC5501 Biblical Counseling & Psychological Theories

## ACBC Exam Study Guide

### Theology Exam 6

Q: Explain the doctrine of the noetic effects of sin relating the doctrine to the ability of secular psychologists to understand true information about the human condition.

#### Scripture Texts:

Jeremiah 17:9  
Romans 1:21  
Romans 3:10-18  
Ephesians 4:17-19

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#### Resources:

Jeff Forrey, "Where Do We Find Truth?" in *Scripture and Counseling*, eds. Bob Kellemen & Jeff Forrey (Nashville, TN: Zondervan, 2014).

R. Albert Mohler, Jr., "The Way the World Thinks: Meeting the Natural Mind in the Mirror and in the Marketplace" in *Thinking, Loving, Doing: A Call to Glorify God with Heart and Mind*, eds. John Piper and David Mathis (Wheaton, IL: Crossway, 2011).

Martin Murphy, "Total Depravity" in *After Darkness, Light*, ed. R.C. Sproul, Jr. (Phillipsburg, NJ: P&R, 2003).

David Powlison, "Critiquing Modern Integrationists" *Journal of Biblical Counseling* Vol. 11/3 (1993): 24-34. Available [here](#).

#### MABC Course(s):

BC5510 Biblical Counseling in the Local Church  
BC5501 Biblical Counseling & Psychological Theories

## ACBC Exam Study Guide Theology Exam 7

Q: Explain the doctrine of the Trinity and provide its biblical basis.

### Scripture Texts:

Deuteronomy 6:4  
Isaiah 45:5-7  
1 Corinthians 8:4, 6  
Matthew 28:19  
2 Corinthians 13:14  
John 14:9, 16  
Luke 3:21-22  
Romans 8:9-11  
2 Corinthians 13:14  
Acts 5:3-4  
Mark 12:29  
John 1:1, 14  
Hebrews 1:1-3, 8-10  
Romans 1:7  
John 10:30  
Hebrews 10:15-17

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### Resources:

Jay E. Adams, *A Theology of Christian Counseling: More Than Redemption*, The Jay Adams Library (Grand Rapids, MI: Zondervan, 1979).

Paul P. Enns, *The Moody Handbook of Theology* (Chicago, IL: Moody Press, 1989).

Louis Berkhof, *Systematic Theology*, Complete ed (Grand Rapids, MI: W.B. Eerdmans, 2018).

John M. Frame, *Systematic Theology: An Introduction to Christian Belief* (Phillipsburg, NJ: P&R Publishing, 2013).

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

## ACBC Exam Study Guide

### Theology Exam 8

Q: Explain each of the following attributes of God describing the practical implications of each attribute for life and counseling: wrath, mercy, holiness, omnipotence, omniscience, and omnipresence.

#### Scripture Texts:

Exodus 15:11; 32:9-10; 34:6  
Leviticus 19:2, 1 Peter 1:15-16  
2 Samuel 24:14  
Psalm 115:3; 139; 147:4  
Proverbs 5:21  
Jeremiah 23:23-24  
Romans 1:18  
1 John 3:20

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#### Resources:

Louis Berkhof, *Systematic Theology*, Complete ed (Grand Rapids, MI: W.B. Eerdmans, 2018).

Paul P. Enns, *The Moody Handbook of Theology* (Chicago, IL: Moody Press, 1989).

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

Jerry Bridges, *Trusting God*. (Colorado Springs: NavPress, 1988).

#### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church  
BC5501 Biblical Counseling & Psychological Theories

## ACBC Exam Study Guide Theology Exam 9

Q: Explain, using biblical categories, your understanding of the image of God in man.

### Scripture Texts:

Genesis 1:26-28; 5:1, 3; 9:6

2 Cor. 3:18; 4:4

Col. 1:15; 3:9-10

John 14:8-9

Heb. 1:3

Romans 8:29

Eph. 4:22-24

1 Cor. 15:49

1 John 3:2

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### Resources:

Jay E. Adams, *A Theology of Christian Counseling: More Than Redemption*, The Jay Adams Library (Grand Rapids, MI: Zondervan, 1979).

Wayne Grudem, *Systematic Theology* (Zondervan, 1994), 442-450.

Anthony Hoekema, *Created In God's Image* (Grand Rapids, MI: W.B. Eerdmans, 1986).

Millard Erickson, *Christian Theology* (Baker, 1983).

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of the Counseling Ministry* (Grand Rapids: Zondervan, 2016).

Owen Strachan, *Reenchanting Humanity: A Theology of Mankind* (Mentor, 2019).

Samuel Stephens, *The Psychological Anthropology of Wayne Edward Oates* (Wipf and Stock, 2020).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

BC5501 Biblical Counseling & Psychological Theories

BC5513 Biblical Counseling & Emotional Issues

BC5514 Addictive Behaviors & Biblical Counseling



## ACBC Exam Study Guide Theology Exam 10

Q: Provide a biblical description of the dichotomist view of mankind. Explain the counseling implications of this doctrine with regard to the inner and outer man.

### Scripture Texts:

Matthew 10:28

Luke 6:45,

Mark 7:21-23

Romans 8:10

1 Corinthians 15:51-54

2 Corinthians 4:16, 7:1

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### Resources:

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).<sup>2</sup>

Winston Smith, "Dichotomy or Trichotomy? How the Doctrine of Man Shapes the Treatment of Depression" in *Journal of Biblical Counseling* Vol. 18/3 (2000): 21-29.

Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

Anthony Hoekema, *Created In God's Image* (Grand Rapids, MI: W.B. Eerdmans, 1986).

### MABC Course(s):

BC5510 Biblical Counseling in the Local Church

BC5501 Biblical Counseling & Psychological Theories

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<sup>2</sup> Note that Adams uses the term "duplexity" to describe the dichotomist view of man

## ACBC Exam Study Guide

### Theology Exam 11

Q: Describe the biblical understanding of manhood and womanhood from both an egalitarian and complementarian perspective. Explain which view you embrace and outline why you believe it to be the most biblical.

#### Scripture Texts:

Genesis 1-2  
Galatians 3:28  
1 Timothy 2:8-15-3:13  
Titus 1  
1 Corinthians 11:3-16  
Ephesians 5:22-33

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#### Resources:

##### [The Danvers Statement](#)

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Chicago, IL: Moody, 2014).

Wayne Grudem and John Piper, eds., *Rediscovering Biblical Manhood and Womanhood* (Wheaton, IL: Crossway, 1991).

Andreas Köstenberger, *God, Marriage & Family* (Wheaton, IL: Crossway, 2004).

Andreas Köstenberger, Thomas Schreiner, and H. Scott Baldwin, eds., *Women in the Church* (Baker, 1995).

John MacArthur, *Different by Design* (CVP, 1994).

Alexander Strauch, *Men and Women: Equal Yet Different: A Brief Study of the Biblical Passages on Gender* (Lewis & Roth, 1999).

Owen Strachan and Gavin Peacock, *The Grand Design* (Christian Focus, 2016).

#### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church  
BC5513 Biblical Counseling & Emotional Issues

## ACBC Exam Study Guide Theology Exam 12

Q: Describe the dual natures of Jesus Christ and explain why this reality is crucial for salvation.

### Scripture Texts:

Matthew 4:2, John 4:6, 19:28  
John 1:1, 1:14; 8:58  
Philippians 2:5-8  
Hebrews 1:3; 2:17-18, 4:14-16  
1 Timothy 2:5

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### Resources:

Millard Erickson, *Christian Theology* (Baker, 1983).  
Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).  
Paul Enns, *Moody Handbook of Theology*, rev. ed. (Chicago, IL: Moody, 2014).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church

## ACBC Exam Study Guide

### Theology Exam 13

Q: Provide an explanation of and the biblical basis for the doctrine of substitutionary atonement, explaining the implications of this doctrine for human guilt over sin. Relate your understanding of this to the concept of false guilt.

#### Scripture Texts:

Romans 3  
2 Corinthians 5:21  
Matthew 5:22  
James 2:10  
Romans 2:15; 14  
1 Corinthians 9

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#### Resources:

- Millard Erickson, *Christian Theology* (Baker, 1983).
- Louis Berkhof, *Systematic Theology*, New Com. Ed. (W. B. Eerdmans, 1996).
- Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2014).
- Bruce Demarest, *The Cross and Salvation* (Crossway, 1997).
- John Murray, *Redemption Accomplished and Applied* (Eerdmans, 1955).
- Leon Morris, *The Apostolic Preaching of the Cross*, 3<sup>rd</sup> rev. ed. (Eerdmans, 1965).
- J.I. Packer & Mark Dever, eds., *In My Place Condemned He Stood* (Crossway, 2007).
- Gabriel Fluhrer, ed., *Atonement* (Phillipsburg, NJ: P&R, 2010).
- Steve Jeffery, Michael Ovey & Andrew Sach, *Pierced for Our Transgressions* (Wheaton, IL: Crossway, 2007).
- Jay Adams, *Competent to Counsel* (Zondervan, 1986).
- Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

#### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

## **ACBC Exam Study Guide Theology Exam 14**

Q: Explain what it means to trust in Jesus Christ alone for salvation.

### Scripture Texts:

Matthew 4:17

Luke 13:3, 5

John 1:12, 3:16, 18, 36, 5:24, 11:25-26, 12:44, 20:31

Acts 2:38, 16:31, 17:30, 20:21

Romans 3:28, 10:9-10

Ephesians 2:8-10

2 Timothy 1:9

Titus 3:5

2 Peter 3:9

1 John 5:13

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### Resources:

Wayne Grudem, *Systematic Theology* (Zondervan, 1994).

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2014).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

## ACBC Exam Study Guide Theology Exam 15

Q: Provide an explanation and biblical defense of justification.<sup>3</sup>

### Scripture Texts:

Romans 3:20-28, 4:2-6, 5:1

Galatians 2:16, 3:11, 3:24

Ephesians 2:8-10

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### Resources:

Wayne Grudem, *Systematic Theology* (Zondervan, 1994).

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2008).

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

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<sup>3</sup> See also individual volumes referenced in question 13 regarding the atonement

## ACBC Exam Study Guide

### Theology Exam 16

Q: Define faith in biblical terms explaining its relationship to justification and sanctification.<sup>4</sup>

#### Scripture Texts:

John 15

Romans 3:20-28, 4:2-6, 5:1

Galatians 2:16, 2:20, 3:11, 3:24

Ephesians 2:8-10

1 Corinthians 1:2; 15:23

Hebrews. 10:10, 11:1

Romans 6:19

1 Thessalonians 4:3

Philippians 2:12-13, 3:21

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#### Resources:

Wayne Grudem, *Systematic Theology* (Zondervan, 1994).

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2008).

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).

J.C. Ryle, *Holiness*, reprint (Charles Nolan, 2001).

#### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

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<sup>4</sup> In regard to faith and justification, see the individual volumes referenced in question 13 regarding the atonement

## ACBC Exam Study Guide

### Theology Exam 17

Q: Describe the role of repentance in beginning and continuing in the Christian life. Explain the importance of the doctrine of repentance for biblical counseling.

#### Scripture Texts:

Job 42:4-6  
Psalm 32:3-6; 51  
Proverbs 28:13  
Matthew 4:17  
Luke 13:3, 5  
Acts 2:38, 16:31, 17:30, 20:21  
2 Corinthians 7:9-10; 12:21  
1 Thessalonians 1:9  
Revelation 2:5, 22, 3:3, 19

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#### Resources:

Wayne Grudem, *Systematic Theology* (Zondervan, 1994).

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2014).

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

C. John Miller, *Repentance* (CLC, 2010).

J.C. Ryle, *Holiness*, reprint (Charles Nolan, 2001).

Thomas Watson, *The Doctrine of Repentance*, reprint (Banner of Truth, 2002).

#### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church



## ACBC Exam Study Guide Theology Exam 18

Q: Describe the doctrine of Union with Christ explaining its biblical basis and implications for Christian living.

### Scripture Texts:

John 15  
Romans 6  
Galatians 2:20  
Ephesians 1-2  
Phil. 2:12-13

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### Resources:

Wayne Grudem, *Systematic Theology* (Zondervan, 1994), 840-850.

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996), 447-453

Millard Erickson, *Christian Theology* (Baker, 1983), 961-967, 987.

Bruce Demarest, "The Doctrine of Union with Christ" in *The Cross and Salvation*, (Crossway, 1997).

John Murray, *Redemption Accomplished and Applied* (Eerdmans, 1955).

Michael Horton, "Union with Christ" in *Christ the Lord: The Reformation and Lordship Salvation*, ed. Michael Horton (Baker, 1992).

Robert Reymond, "Union with Christ" in *A New Systematic Theology of the Christian Faith*, 2nd ed., (Nelson, 1998).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church  
BC5512 History & Theology of Soul-Care

## ACBC Exam Study Guide Theology Exam 19

Q: Explain the biblical categories of past, present, and future sanctification.

### Scripture Texts:

Past – 1 Corinthians 1:2, Hebrews. 10:10

Present – Romans 6:19, 1 Thessalonians 4:3

Future - Philippians 3:21, 1 Corinthians 15:43

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### Resources:

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2008), 264, 341.

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996), 527-544.

Richard Mayhue, "Sanctification: The Biblical Basics" in *The Master's Seminary Journal* Vol. 21/2 (2010): 143-157. Available [here](#).

### MABC Course(s):

BC5510 Biblical Counseling in the Local Church

BC5511 Biblical Interpretation & Counseling Methods

BC5512 History & Theology of Soul-Care

BC5501 Biblical Counseling & Psychological Theories

BC5522 Marriage & Family Counseling

BC5513 Biblical Counseling & Emotional Issues

BC5514 Addictive Behaviors & Biblical Counseling

## ACBC Exam Study Guide Theology Exam 20

Q: Explain the synergistic nature of sanctification being sure to describe the relationship between God's grace and moral effort in the Christian life.

### Scripture Texts:

Philippians 2:12-13

Romans 6

Ephesians 4:22-24

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### Resources:

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2008).

Louis Berkhof, *Systematic Theology*, New Com. Ed. (Eerdmans, 1996).

Richard Mayhue, "Sanctification: The Biblical Basics" in *The Master's Seminary Journal* Vol. 21/2 (2010): 143-157. Available [here](#).

Anthony Hoekema, "The Reformed View" in *Five Views on Sanctification*, ed. Stanley Gundry (Zondervan, 1996).

Sinclair Ferguson, "The Reformed View" in *Christian Spirituality: Five Views of Sanctification*, ed. Donald Alexander (IVP Academic, 1989).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

## ACBC Exam Study Guide

### Theology Exam 21

Q: Explain the role of the Holy Spirit in the Christian life describing the importance of this role in the counseling process.

#### Scripture Texts:

1 Corinthians 2:10-13; 12:11  
Ephesians 4:12, 30  
Hebrews 9:14 ;10:15-17  
Psalm 139:7-10  
Isaiah 40:13-14  
Romans 15:13  
John 16:13  
Matthew 3:16; 28:19  
Acts 5:3-4, 28:25-26  
1 Corinthians 2: 12-16; 12:4-6  
2 Corinthians 3:6; 13:14  
Jeremiah 31:31-34  
Genesis 1:2  
Romans 6:1ff  
Galatians 5:16-25  
2 Samuel 23:1-2  
2 Peter 1:20-21  
Acts 8:29

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#### Resources:

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2008).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

Jay Adams, *Competent to Counsel* (Zondervan, 1986).

Gordon Fee, *God's Empowering Presence* (Baker, 2009).

John MacArthur and Wayne Mack, *Counseling: How to Counsel Biblically* (Thomas Nelson, 2005)

#### MABC Course(s):

HT3200 Theology I or HT3201 Theology II  
BC5510 Biblical Counseling in the Local Church

## **ACBC Exam Study Guide Theology Exam 22**

Q: Provide your understanding of how the Holy Spirit guides Christians.

### Scripture Texts:

Proverbs 21:1

Psalm 73:24

Deuteronomy 29:29

John 17:17 and Ephesians 5:26 with 2 Thessalonians 2:13 and Romans 15:16

Colossians 3:16 with Ephesians 5:16

John 16:8, John 17:17

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### Resources:

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

Gary Gilley, *Is That You, Lord?* (Evangelical Press, 2007).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

## ACBC Exam Study Guide Theology Exam 23

Q: Provide a biblical description of the church.

### Scripture Texts:

1 Cor. 12:12-13

2 Cor. 11:2, Eph. 5:23-32, Rev. 19:7-8

Eph. 1:22, 4:15, Col. 1:18

Acts 2:1ff

1 Thess. 4:13-18

Eph. 2:11-3:6

1 Cor. 10:32, Eph. 3:1-6, 5:32

Acts 14:23, 27, 2:42

Eph. 1:4-6, 3:21, 1 Cor. 17:7, 1 Pet. 4:7, Col. 1:24-29, Eph. 4:7-16, Matt. 28:19-20, Acts 20:17-35.

Matt. 16:18

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### Resources:

Paul Enns, *Moody Handbook of Theology*, rev. ed. (Moody, 2008).

Charles Ryrie, *Basic Theology*, New Ed. (Moody, 1999).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

### MABC Course(s):

HT3200 Theology I or HT3201 Theology II

BC5510 Biblical Counseling in the Local Church

BC5512 History & Theology of Soul-Care

## ACBC Exam Study Guide Theology Exam 24

Q: What role should the church play in the counseling process?

### Scripture Texts:

Eph. 4:12ff  
Heb. 13:17  
Col. 1:28-29  
Matthew 18:15-17

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### Resources:

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

Paul Tautges, *Counsel One Another* (Day One, 2009).

John MacArthur and Wayne Mack, *Counseling: How to Counsel Biblically* (Thomas Nelson, 2005).

### MABC Course(s):

BC5510 Biblical Counseling in the Local Church  
BC5511 Biblical Interpretation & Counseling Methods  
BC5512 History & Theology of Soul-Care  
BC5501 Biblical Counseling & Psychological Theories  
BC5522 Marriage & Family Counseling  
BC5513 Biblical Counseling & Emotional Issues  
BC5514 Addictive Behaviors & Biblical Counseling



## Counseling Exam

*ACBC Exam Study Guide*



## ACBC Exam Study Guide Counseling Exam 1

Q: What issues should be covered in an introductory session with a counselee regardless of the counseling issue? Explain the importance of each issue.

### Key Texts:

Proverbs 18:13  
Colossians 1:28-29  
Proverbs 27:6, 9  
Lamentations 3:21

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### Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986).

Jay Adams, *Critical Stages of Biblical Counseling* (Timeless, 2002).

Jay Adams, *Ready to Restore* (P&R, 1981).

John MacArthur and Wayne Mack, *Counseling: How to Counsel Biblically* (Thomas Nelson, 2005).

### MABC Course(s):

BC5510 Biblical Counseling in the Local Church  
BC5515 Supervised Counseling Practicum I

## ACBC Exam Study Guide

### Counseling Exam 2

Q: Describe at least six biblical strategies to develop a caring relationship with your counselees. Clearly identify each strategy and ground its use in specific passages of Scripture, explaining its practical utility in building a relationship.

#### Key Texts:

Proverbs 27:6, 9

John 10:27

Romans 12:10, 15

1 John 3:18

James 2:15-16

1 Peter 2:17

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#### Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 159, 226-227.

Jay Adams, *Critical Stages of Biblical Counseling* (Timeless, 2002).

Wayne Mack, "Developing a Helping Relationship with Counselees" in John MacArthur, ed., *Counseling: How to Counsel Biblically* (Thomas Nelson, 2005).

Paul Tripp, *Instruments in the Redeemer's Hands* (P&R, 2002).

#### MABC Course(s):

BC5510 Biblical Counseling in the Local Church

BC5515 Supervised Counseling Practicum I

## ACBC Exam Study Guide Counseling Exam 3

Q: Provide a biblical theology of emotions. What role should a counselor allow a counselee's emotions to play in counseling? How can one tell the difference between sinful emotions and righteous emotions? How would you use Scripture to help a counselee change improper emotions?

### Key Texts:

Proverbs 4:23  
Ephesians 4:31-32  
Philippians 4:6-10  
Matthew 6:25-34  
1 John 4:18  
Galatians 5:22-23  
Genesis 4:4-7  
Daniel 5:5-6  
James 4:1-3

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### Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

David Powlison, "What do You Feel?" in *Seeing with New Eyes* (P&R, 2003).

Brian Borgman, *Feelings and Faith* (Crossway, 2009).

Alasdair Groves and Winston Smith, *Untangling Emotions* (Crossway, 2019)

Craig A. Troxel, *With All Your Heart: Orienting your Mind, Desires, and Will Toward Christ* (Crossway, 2020).

### MABC Course(s):

BC5513 Biblical Counseling & Emotional Issues

## **ACBC Exam Study Guide Counseling Exam 4**

Q: Provide a biblical definition of anger. Describe manifestations of anger in both the inner and outer man. Explain the biblical factors that drive anger. Detail several biblical strategies to respond to anger.

### Key Texts:

Matthew 5:21-22  
Ephesians 4:31-32  
James 1:19-20  
James 4:1-3

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### Resources:

Robert Jones, *Uprooting Anger* (Phillipsburg, NJ: P&R, 2005).

Lou Priolo, *The Heart of Anger* (Calvary, 1998).

Stuart Scott, *Anger, Anxiety & Fear* (Bemidji, MN: Focus, 2009).

David Powlison, *Good and Angry* (New Growth, 2016)

### MABC Course(s):

BC5513 Biblical Counseling & Emotional Issues

## ACBC Exam Study Guide Counseling Exam 5

Q: Provide a biblical definition of depression. Describe manifestations of depression in both the inner and outer man. Explain the biblical factors that drive depression. Detail several biblical strategies to respond to depression.

### Key Texts:

Genesis 4:3-7

Psalms 42 & 43

Proverbs 4:13

Matthew 7:24-27, 27:3-5

2 Corinthians 10:5

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### Resources:

Ed Welch, *Depression* (P&R) – booklet

Ed Welch, *Depression: A Stubborn Darkness* (Phillipsburg, NJ: P&R)

Jay Adams, *What to Do When You Become Depressed* (Timeless) – booklet

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986).

Jay Adams, *Competent to Counsel* (Zondervan, 1986).

Wayne Mack, *Out of the Blues* (Focus, 2006).

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000).

### MABC Course(s):

BC5513 Biblical Counseling & Emotional Issues

## ACBC Exam Study Guide

### Counseling Exam 6

Q: Provide a biblical definition of anxiety and fear. Describe manifestations of anxiety and worry in both the inner and outer man. Explain the biblical factors that drive anxiety and fear. Detail several biblical strategies to respond to anxiety and fear.

#### Key Texts:

Matthew 6:25-34  
Philippians 4:4-9  
Proverbs 3:25-26  
Matthew 10:28  
Proverbs 22:3, 29:25  
Proverbs 1:7, 9:10  
1 John 4:18

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#### Resources:

Jay Adams, *The Christian Counselor's Manual* (Nashville, Zondervan).

Jay Adams, *What Do You Do When Fear Overcomes You?* (Phillipsburg, N: P&R, 1975).

Jay Adams, *What Do You Do When You Worry All the Time?* (Phillipsburg, NJ: P&R, 1975).

John MacArthur, *Anxious For Nothing* (David C. Cook, 2012).

Wayne & Joshua Mack, *The Fear Factor* (Hensley, 2003).

David Powlison, *Worry: Pursuing a Better Path to Peace* (P&R, 2004).

Lou Priolo, *Fear: Breaking Its Grip* (Phillipsburg, N: P&R, 2009).

Stuart Scott, *Anger, Anxiety & Fear* (Focus, 2009).

Ed Welch, *Running Scared* (New Growth, 2007)

Ed Welch, *When People Are Big and God is Small* (Phillipsburg, N: P&R, 1997).

#### MABC Course(s):

BC5513 Biblical Counseling & Emotional Issues

## ACBC Exam Study Guide

### Counseling Exam 7

Q: List several reasons for concluding a counseling case. For each, describe how you would go about ending the counseling.

#### Key Texts:

Galatians 5:22-23  
Romans 12:2  
Matthew 18:15-17  
Matthew 22:37-40

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#### Resources:

Jay Adams, *Ready to Restore* (P&R, 1981).

Jay Adams, *Critical Stages of Biblical Counseling* (Timeless, 2002).

Howard Eyrich & William Hines, *Curing the Heart* (Christian Focus, 2007).

#### MABC Course(s):

BC5515 Supervised Counseling Practicum I

## ACBC Exam Study Guide Counseling Exam 8

Q: Describe in biblical categories the operations of the devil. Is there a difference between Believers and unbelievers regarding the activity of the devil? What is a biblical methodology for responding to the demonic in the context of counseling?

### Key Texts:

James 4:7-8  
1 Corinthians 16:13  
Jude 1:9  
Romans 8:38-39  
2 Corinthians 11:14  
1 Peter 5:8-9  
James 2:19  
Ephesians 6:10-20  
Romans 8:9-16  
2 Corinthians 10:5  
2 Timothy 2:26  
1 John 5:19

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### Resources:

David Powlison, *Safe and Sound* (New Growth, 2019).  
Paul Enns, *Moody Handbook of Theology*, 2<sup>nd</sup> rev. ed. (Moody, 2008).  
Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986).  
Jay Adams, *Winning with the War Within* (Timeless Texts, 1999).  
Kris Lundgaard, *The Enemy Within* (Phillipsburg, NJ: P&R, 1998).

### MABC Course(s):

BC5515 Supervised Counseling Practicum I



## ACBC Exam Study Guide Counseling Exam 9

Q: Define, describe, and provide a biblical evaluation of each of the following: 12 step recovery programs, cognitive-behavioral therapy, the biogenic theory of mood disorders, and electroconvulsive therapy.

### Key Texts:

Romans 12:1-2

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### Resources:

Educational resources (resources to aid in understanding these theories & therapies):

“The Twelve Steps of Alcoholics Anonymous.” Available [here](#).

“Cognitive Behavioral Therapy,” Mayo Clinic (February 21, 2013). Available [here](#).

“The Biogenic Amine Theory,” Segen’s Medical Dictionary (Farlex, 2012). Available [here](#).

“Electroconvulsive Therapy (ECT),” Mayo Clinic (October 25, 2012). Available [here](#).

Biblical resources (resources that aid in critique or discernment):

Jay Adams, *The Christian Counselor’s Manual* (Zondervan, 1979).

R. Scott Clark, “A Reformed Critique of Alcoholics Anonymous” (February 2006). Available [here](#).

Gary Gilley, “Twelve-Step Recovery Groups and the Christian,” *Think on These Things* 2/6 (April 1996). Available [here](#).

Richard Hadley, “Electroshock: A Christian Option?” in *Journal of Biblical Counseling* IV/4 (1980): 18-25.

Charles Hodges, *Good Mood Bad Mood* (Shepherd Press, 2012).

T.A. Mahon, “A Way Which Seemeth Right...” *The Berean Call* (Oct. 1, 2005). Available [here](#).

David Powlison, “Biological Psychiatry” in *Seeing with New Eyes* (P&R, 2003).

David Powlison, "Powlison Responds" (The Gospel Coalition Blog, November 6, 2007). Available [here](#).

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000).

Edward Welch, *Blame it on the Brain* (P&R, 1998).

MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories

BC5514 Addictive Behaviors & Biblical Counseling

## ACBC Exam Study Guide Counseling Exam 10

Q: Describe the role you believe church discipline should play in biblical counseling.

### Key Texts:

Matthew 18:15-17  
1 Corinthians 5:1-7  
Galatians 6:1-3

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### Resources:

Jay Adams, *Handbook on Church Discipline* (Zondervan, 1986).  
J. Carl Laney, *A Guide to Church Discipline* (Wipf and Stock, 1985).  
Jonathan Leeman, *Church Discipline* (Crossway, 2012).  
John MacArthur, *The Master's Plan for the Church* (Moody, 2008).  
Paul Tautges, *Counseling One Another: A Theology of Interpersonal Discipleship* (Tankobon, 2014).

### MABC Course(s):

BC5510 Biblical Counseling in the Local Church

## ACBC Exam Study Guide

### Counseling Exam 11

Q: Describe what you believe to be the role of confidentiality in biblical counseling. What kind of commitment to confidentiality should a biblical counselor make? What biblical and practical considerations limit confidentiality? What is the responsibility of a biblical counselor to report to civil authorities on matters of domestic violence, sexual abuse, and other illegal matters? How should biblical counselors cooperate with the authorities about these things?

#### Key Texts:

Matthew 18:15-17

Romans 13:1ff

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#### Resources:

Jay Adams, *Handbook of Church Discipline*, (Zondervan, 1986) 30-32.

Wayne Mack, "Developing a Helping Relationship with Counselees" in John MacArthur, ed., *Counseling: How to Counsel Biblically* (Thomas Nelson, 2005), 109.

George Scipione, "The Limits of Confidentiality in Counseling," *Journal of Pastoral Practice* 7/2 (1984): 29-34.

Steve Viars, "Handling Child Abuse Reporting and Other Legal Issues," audio (Faith Baptist Church, Lafayette, IN, 2008).

#### MABC Course(s):

BC5510 Biblical Counseling in the Local Church

## **ACBC Exam Study Guide Counseling Exam 12 (see case study)**

Q: Assume that the information you have here is a straightforward presentation of the facts and write down the homework assignments you want Erik to complete after this first meeting with you. After you list the homework explain the specific issues you will address with Erik in counseling sessions. Please include the categories of “put off” and “put on” in your answer.

### Key Texts:

Romans 12:1-2  
Ephesians 4:22-24

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### Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1973).

Jay Adams, *How to Help People Change* (Zondervan, 1986).

Jay Adams, *Theology of Christian Counseling* (Zondervan, 1979).

Brian Croft, *Help! He's Struggling with Pornography* (DayOne, 2010).

Tim Chester, *Closing the Window* (IVP, 2010).

Heath Lambert, *Finally Free* (Crossway, 2013).

John Street, *Passions of the Heart* (Phillipsburg, NJ: P&R, 2019).

### MABC Course(s):

BC5514 Addictive Behaviors & Biblical Counseling

## **ACBC Exam Study Guide**

### **Counseling Exam 13 (see case study)**

Q: How would you respond to this question? Write out your answer exactly as you would provide it to Sarah.

#### Key Texts:

Genesis 4:3-7

Psalms 42 & 43

Proverbs 4:13

Matthew 7:24-27, 27:3-5

2 Corinthians 10:5

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#### Resources:

Elyse Fitzpatrick & Laura Hendrickson, *Will Medicine Stop the Pain?* (Moody, 2006).

Charles Hodges, *Good Mood Bad Mood* (Shepherd Press, 2012).

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000)..

Edward Welch, *Blame it on the Brain* (P&R, 1998).

Edward Welch, *Depression: A Stubborn Darkness* (New Growth, 2004).

#### MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories

## **ACBC Exam Study Guide Counseling Exam 14 (see case study)**

Q: What means would you use to find out more information about Sarah's current problem? What information would you seek?

### Key Texts:

Proverbs 18:13

Proverbs 20:5

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### Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986).

Howard Eyrich & William Hines, *Curing the Heart* (Mentor, 2007).

Wayne Mack, "Taking Counselee Inventory: Collecting Data" in John MacArthur, ed., *Counseling: How to Counseling Biblically* (Thomas Nelson, 2005).

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000).

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

### MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories

## **ACBC Exam Study Guide**

### **Counseling Exam 15 (see case study)**

Q: Carefully describe whether and how you would want to work with a physician to help Sarah through this ordeal? As part of your answer to this specific question describe, in general terms, how you believe biblical counselors should cooperate with medical professionals.

#### Key Texts:

1 Timothy 5:23  
Colossians 4:14  
2 Corinthians 4:16

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#### Resources:

Jay Adams, *Competent to Counsel* (Zondervan, 1986).

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986).

Laura Hendrickson, "How to Talk with Your Doctor" in Elyse Fitzpatrick & Laura Hendrickson, *Will Medicine Stop the Pain?*, (Moody, 2006).

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000).

#### MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories



## **ACBC Exam Study Guide Counseling Exam 16 (see case study)**

Q: How will you decide whether to pursue Tim and Emily as believers or unbelievers?  
What difference will their status as Christians make in your counseling?

### Key Texts:

Matthew 7:15-23

James 2:14ff

1 John 1-5

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### Resources:

Jay Adams, *Ready to Restore* (P&R, 1981).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

Jay Adams, *A Christian Counselor's Manual* (Zondervan, 1973).

Howard Eyrich & William Hines, *Curing the Heart* (Mentor, 2007).

### MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories

## **ACBC Exam Study Guide Counseling Exam 17 (see case study)**

Q: Describe, as fully as you are able, your strategy to help Tim and Emily think biblically about his diagnosis and their use of bi-polar and illness language.

### Key Texts:

Genesis 4:3-7

Psalms 42 & 43

Proverbs 4:13

Matthew 7:24-27, 27:3-5

2 Corinthians 10:5

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### Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1979).

Elyse Fitzpatrick & Laura Hendrickson, *Will Medicine Stop the Pain?*, (Moody, 2006).

Garrett Higbee, "Tony and Bipolar Disorder" in Stuart Scott & Heath Lambert, eds., *Counseling the Hard Cases* (B&H Academic, 2012).

Charles Hodges, *Good Mood Bad Mood* (Shepherd Press, 2013).

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000).

Edward Welch, *Blame it on the Brain* (Phillipsburg, NJ: P&R, 1998).

### MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories

## **ACBC Exam Study Guide Counseling Exam 18 (see case study)**

Q: Emily is “Convinced that God is telling her to divorce Tim.” Write out your word-for-word response to Emily on this matter. In your response, be sure to address the themes of biblical decision-making and permission for divorce and remarriage.

### Key Texts:

Proverbs 21:1	John 16:8
Psalms 73:24	Genesis 2:24-25
Deuteronomy 29:29	Deuteronomy 24:1-4
Ephesians 5:26	Malachi 2:16
2 Thessalonians 2:13	Matthew 5:31-32
Romans 15:16	Matthew 19:3-12
Colossians 3:16	Mark 10:2-12
Ephesians 5:16	1 Corinthians 7:10-17

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### Resources:

#### Decision-making

Jay Adams, *A Christian's Guide to Guidance* (Timeless, 1998).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979).

Gary Gilley, *Is That You, Lord?* (Evangelical Press, 2007).

Stuart Scott, “Biblical Decision-Making” in *Biblical Manhood* (Focus, 2009).

#### Divorce & Remarriage

Jay Adams, *Marriage, Divorce, and Remarriage in the Bible* (Zondervan, 1980).

H. Wayne House, ed. *Divorce and Remarriage: Four Christian Views* (IVP, 1990).

John MacArthur, *The Divorce Dilemma* (Day One, 2009).

John Piper, *This Momentary Marriage* (Crossway, 2009).

### MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories

## **ACBC Exam Study Guide**

### **Counseling Exam 19 (see case study)**

Q: What strategy would you employ to see repentance, reconciliation, and restoration happen between Tim and Emily?

Key Texts:

Psalms 32 & 51  
Luke 17:3-4  
Ephesians 4:31-32  
1 John 1:9

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Resources:

Robert Jones, *Pursuing Peace* (Crossway, 2012).  
Ken Sande, *The Peacemaker* 3<sup>rd</sup> ed. (Baker, 2004).  
Stuart Scott, *Communication and Conflict Resolution* (Focus, 2005).  
Paul Tripp, *What Did You Expect?* (Crossway, 2010).

MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories

## **ACBC Exam Study Guide Counseling Exam 20 (see case study)**

Q: Describe a detailed plan of restoring marital communication that you would pursue with Tim and Emily.

### Key Texts:

Proverbs 12:18; 15:1; 18:13, 15

Ephesians 4:15-32

James 1:19-20

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### Resources:

Jay Adams, *Competent to Counsel* (Zondervan, 1970).

Wayne Mack, *Strengthening Your Marriage* (Phillipsburg, NJ: P&R, 1977).

Stuart Scott, *Communication and Conflict Resolution* (Focus, 2005).

Paul Tripp, *War of Words* (Phillipsburg, NJ: P&R, 2000).

### MABC Course(s):

BC5501 Biblical Counseling & Psychological Theories