

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?

Definitions:

Emotion

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

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 109-116, 420-425.

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979), 102-105, 165.

David Powlison, "What do You Feel?" in *Seeing with New Eyes* (P&R, 2003), 211-224.

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

Nicolas Ellen, "Biblical View of Emotions" (NANC Annual Conf., 2010).

Elyse Fitzpatrick, "Emotions" (BCTC Faith Lafayette, Track 5, 2008).

Sam Williams, "Toward a Theology of Emotion" *Southern Baptist Journal of Theology* 7/4 (Winter 2003): 58-73.

Jeff Forrey, "The Biblical Understanding and Treatment of Emotions" in James MacDonald, Bob Kellemen, & Steve Viars, eds., *Christ-Centered Biblical Counseling*, (Harvest House, 2013), 393-408.

"As we work through the theology of the emotions, we will do so using this definition: *the emotions are an inherent part of what it means to be a person; they express the values and evaluations of a person and influence motives and conduct.* The emotions are more than feelings; they tell us about what we value and what we believe, producing desires and inclinations that affect our behavior. 'Emotions were given in order to energize behavior and were intended by God to be a catalyst for action.'" [Borgman, Brian S., *Feelings and Faith*, 26-28.]