



Dear Applicant,

The Antioch Counselling Training (ACT) course is built on the conviction that God has, in the Bible, given us all the instruction necessary to live a rightly ordered life (2 Pet. 1:3). With this as the foundation, the goal of the Antioch Counselling Training course is to equip God's people to better understand how God's Word describes the various problems of life and how to remedy them.

We are confident that learning and applying the truths of Scripture will produce lasting change in your life and the lives of those you counsel.

The requirements for this course, including meeting times, reading, assignments, costs, and other policies are explained below.

Should you have any other questions, feel free to contact me directly at any time.

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# Course Overview

Below is an overview of the key topics addressed in this course. The material used in the class is based on content developed by several biblical counsellors, including Joel James, Wayne Mack, John Street, and the Association of Certified Biblical Counselors (ACBC).

## **Introduction to Biblical Counselling**

Biblical counselling and its distinctive features are defined. The role of the counsellor, the place of counselling in the ministry, and various types of counselling are discussed. A comparison between biblical counselling and secular counselling models and theories is also studied.

## **Theology of Biblical Counselling**

In this module students develop a comprehensive theology model for counselling biblically. Topics covered include the distinctions between justification and progressive sanctification, the process of change, the role of the Holy Spirit, and the importance of the heart. Additionally, questions that often arise in counselling, including forgiveness, guilt, and suffering are addressed.

## **Marriage & Family Counselling**

In this module students are given an overview of general marriage and parenting counselling issues. Specific issues, like husband/wife roles, are then dealt with in more detail. This includes a range of issues typical in marriage and family counselling, such as pre-marital counselling, divorce, and financial counselling.

## **Counselling Topics and Practicals**

During this section, other topics such as anger, worry, depression, addictions, etc. are addressed. Lessons on medical issues, including physical illness, psychotropic drugs, and medically unexplained symptoms are also discussed.

## **Observations and Case Studies**

During the Saturday sessions, students apply all the skills they have acquired in the course of their studies. Videos of realistic counselling sessions are observed and then discussed, and lessons learned so far are applied in various case studies. During the final intensive week, students participate in counselling role-playing sessions as counsellors and observers. These sessions encourage the practical application of biblical counselling principles.

# Class Times

ACT is a one year course. All classes will be held at Antioch Bible Church. The majority of classes take place on Wednesday evenings (6-9pm) from January-November with breaks for select school holidays. There are also eight Saturday sessions throughout the year which take place from 8am-1pm and help students with the mechanics of counselling. Finally, there is an intensive week of practicals in November during which students will work together to practice counselling in role-playing scenarios. The intensive week is the culmination of the year's study, and students will need to plan ahead to be able to attend this entire week, Monday-Friday from 8am-4pm.

Students are expected to attend all classes to receive a certificate of completion. Students are allowed three absences during the year, and are still responsible to submit any assignments due. Additionally, if a student is unable to attend a particular class, he or she

may request to make up the course by watching the recording of the class. If a student has watched the recording and submitted the assignments due, this can be marked as a “redeemed” absence and marked accordingly on the attendance sheet. Students are permitted to “redeem” up to three class periods in addition to their three absences, unless special permission is requested to the teacher in writing. While the classes have a large lecture component, they also involve class interaction that cannot be reproduced by a recording.

### **TENTATIVE DATES BELOW**

*Final dates will be released in an updated version of this Course Overview by 15 Nov 2024*

#### **Wednesday night sessions (6:00-9:00pm)**

Begins 15 January 2025

*Other dates to be determined (TBD)*

#### **Saturday morning sessions (8:00am-1:00pm)**

*TBD*

#### **Practicals Week (8:00am-4:00pm)**

*TBD*

#### **Graduation (Sunday evening service at Antioch)**

*TBD*

## **Tuition Fees**

Tuition for Antioch Counselling Training is R2,000 total. This is payable in two installments as follows:

R1,000 - Wednesday, 15 January

R1,000 - Wednesday, 16 July

Payments should be made by EFT to the following account with the reference “ACT [Name]”

Antioch Bible Church  
ABSA Clearwater Branch (632005)  
Acct. No.: 407 880 9755  
Business Cheque Account

Please note that the tuition does not include the cost of books.

A limited number of scholarships are available for those who would have financial difficulty paying tuition fees. Scholarships should be requested in writing and sent to [matt@antioch.org.za](mailto:matt@antioch.org.za) for consideration as early as possible.

# Assignments

## Reading

An essential part of growing as a counselor is to develop the habit of reading the Bible and other good Christian books. This course will expose students to a wide variety of books, and requires them to read an average of 75 pages per week. Many of these books are available via the Antioch book table. Participants will need to obtain and read the following books:

1. John MacArthur et. al., *Counseling: How to Counsel Biblically*  
[Previously published as *Introduction to Biblical Counseling*; either version may be read.]
2. Edward Welch, *Blame It on the Brain: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience (1998 edition)*
3. Greg Gilbert, *What Is the Gospel?*
4. Heath Lambert, *A Theology of Biblical Counseling*
5. Jay E. Adams, *How to Help People Change*
6. A selection of 250 pages from: John MacArthur and Richard Mayhue, eds., *Biblical Doctrine*
7. Jerry Bridges, *Trusting God*
8. One of the following, depending on whether the student is a man or woman:
  - a. R. Kent Hughes, *Disciplines of a Godly Man*
  - b. Barbara Hughes, *Disciplines of a Godly Woman*
9. Gary Ricucci and Betsy Ricucci, *Love That Lasts*
10. Jay E Adams, *Marriage, Divorce and Remarriage in the Bible*
11. Wayne A Mack, *Your Family, God's Way*
12. Tedd Tripp, *Shepherding a Child's Heart*
13. At least 250 pages of any of the following books:
  - a. William B. Barclay, *The Secret of Contentment* (176 pages)
  - b. John MacArthur, *Anxious for Nothing* (224 pages)
  - c. Stuart Scott, *The Exemplary Husband: A Biblical Perspective* (372 pages)
  - d. Ken Sande, *The Peacemaker* (318 pages)
  - e. Paul David Tripp, *Age of Opportunity: A Biblical Guide to Parenting Teens* (296 pages)
  - f. Nancy DeMoss Wolgemuth, *Lies Women Believe: And the Truth that Sets Them Free* (320 pages)
  - g. Ernie Baker, *Marry Wisely, Marry Well* (185 pages)

- h. Edward T. Welch, *When People Are Big and God is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man* (256 pages) **(1997 edition)**

*The due dates for these reading deadlines is to be determined (TBD)*

Students are responsible for finding these books. Unless indicated otherwise above, the church does not keep a supply of these books. However, you can contact the church office if you need suggestions of where to find them. Ordering them early is highly recommended.

With each deadline, students will be asked to record their reading percentage on Canvas, the online learning management system which will be used for submitting assignments for this course (more information on Canvas will be given in class). Print, ebooks, and audiobooks are all considered acceptable for the purpose of this course. We do suggest students consider which books they might want to loan to others as they become more involved in counselling.

If you have already read some of these books and remember the main points from them well enough to write a response paper (see below) and participate in a class discussion, then you would not need to re-read them.

Additionally, students will be provided with a printed copy of the course notes for the class.

## Response Papers

To help you engage with the material you are reading, you will be required to write response papers on the following dates.

|     |                      |
|-----|----------------------|
| TBD | Book Response Paper  |
| TBD | Book Response Paper  |
| TBD | Book Response Paper  |
| TBD | Book Response Paper  |
| TBD | Class Response Paper |

Each response paper should be typed, 1-1.5 pages long, single-spaced, and should be uploaded to the Canvas website by the deadline above (an explanation of how to use Canvas will be given in class).

For the Book Response Papers, you should choose one of the books you have read for the class thus far and write a response paper of it. The book response paper is *not a summary of the whole book*, but rather a summary of the points that have most influenced your *thinking and living*. A sample response paper will also be available on the Canvas page for the course.

Similarly, for the Class Response Paper you should describe the parts of the class lectures and discussions that have most impacted you.

## Self-Counselling Project

An important part of the preparation to counsel others is understanding and applying the process of biblical change to one's own life (Matthew 7:1-5). As a result, we must always begin by examining our own lives and seeking to submit ourselves in obedience to Christ.

To that end, students will do a Self-Counselling Project throughout the course of this year, identifying a particular issue in your own life and addressing it using the principles learned

in the class. You will need to answer some questions about the issue you have chosen (a template will be provided), find Scripture passages that address the topic, keep a journal how you are applying them, and record your progress. The project will be done throughout the year, with portions due at three points:

|     |                           |
|-----|---------------------------|
| TBD | Part One - Identification |
| TBD | Part Two - Application    |
| TBD | Part Three - Conclusion   |

## Scripture Memory

Based on the conviction that God's Word is sufficient to meet every need of the human soul, it is essential that biblical counselors have an understanding of Scripture that is both deep and broad. To help you develop the extremely valuable discipline of Scripture memorization, we have compiled a selection of about 100 verses particularly useful for counselling.

Students will be expected to memorize these verses throughout the year. You will have the choice of using either the ESV or NASB translation for all your memory verses for the year.

There is a selection of approximately 3 verses to memorize each week. There will be a memory verse quiz every Wednesday, covering only the verses for that week. Before midnight each Wednesday, you will need to log-in to Canvas and take the online quiz, which consists of filling in the missing words. The schedule for verses is below.

Additionally, there will be 4 verse exams over the course of the year, covering all the verses learned during the year to that point (i.e. they are cumulative). The verse exams will be done in class, and will consist of two parts: 1) presenting Scripture references and requiring students to write the verse out from memory, and 2) matching portions of verses, or paraphrases of them, with their references. If you make a habit of regularly reviewing the verses learned throughout the year, you should have no problem with these verse exams.

The weekly verse quizzes and quarterly verse exams will be on the following nights:

Verse Exams:  
TBD  
TBD  
TBD  
TBD

Scripture memory often sounds difficult for those who are not used to doing it, but it is a skill that can be learned by nearly everyone. Some techniques for memorization will be taught in class.

## Course Completion

Antioch Counselling Training is not an accredited program. However, to maintain a high standard of training, we do record grades for assignments. Students who receive a 70% total score for the course will receive a certificate of completion at the ACT graduation.

Throughout the course, the pastors who teach these classes aim to help the students recognize their strengths and weaknesses as a counsellor and find ways to use their gifts to serve their church. Additionally, after completion of the course, the ACT teachers and students are eager to share counselling ideas and resources with one another.

## Weekly Memory Verses

| Week | Passages                             |
|------|--------------------------------------|
| 1    | Ps. 1:1-3                            |
| 2    | 2 Tim. 3:14-17                       |
| 3    | Ps. 19:7-8                           |
| 4    | Ps. 19:9-11                          |
| 5    | John 17:17, Rom. 15:13-14            |
| 6    | 1 Tim. 4:7-8, Rom. 8:28              |
| 7    | Col. 2:8, 1 Thess. 5:14, John 14:6   |
| 8    | Gal. 6:1-2, Heb. 4:12                |
| 9    | Matt. 18:15-17                       |
| 10   | Prov. 28:13, 2 Tim. 2:24-26          |
| 11   | Jas. 1:22-25                         |
| 12   | Gen. 50:20, 2 Cor. 10:5, Ps. 42:11   |
| 13   | Gal. 6:14, Eph. 4:29-30              |
| 14   | Prov. 18:2, Prov. 18:13, Prov. 18:17 |
| 15   | Jas. 1:13-16                         |
| 16   | Jer. 17:9, Jas. 4:1-2                |
| 17   | Rom. 5:1, Rom. 8:1                   |
| 18   | Eph. 4:22-24                         |
| 19   | Luke 17:3-5, Eph. 4:15               |
| 20   | 1 John 3:10, Rom 12:2                |
| 21   | Jer. 17:5-8                          |
| 22   | Gen. 2:18, Heb. 13:4                 |
| 23   | Eph. 5:22-25                         |
| 24   | Eph 5:31-33                          |
| 25   | 1 Pet. 2:23, 1 Pet. 3:1-2            |
| 26   | Matt. 19:4-6                         |
| 27   | Rom. 6:12-13, 1 Pet. 3:7             |
| 28   | 1 Cor. 13:4-8                        |
| 29   | Rom. 13:14, Gal. 5:16                |
| 30   | Deut. 6:4-9                          |
| 31   | Eph. 6:1-4                           |
| 32   | Prov. 13:24, Prov. 22:15             |
| 33   | Ps. 139:1-5                          |
| 34   | 1 Cor. 10:13, Ps. 119:68; 71         |
| 35   | Gal. 6:7, Ps. 16:11                  |
| 36   | Jas. 1:19-20, Prov. 16:32            |
| 37   | Phil. 4:6-8                          |
| 38   | 1 Cor. 6:9-11                        |

# Applying for ACT

We have designed Antioch Counselling Training to be a rigorous course, and it requires a certain level of commitment to complete it. However, we have also designed it to be manageable for someone who has other work and family obligations, if they are willing to apply themselves.

We are confident that if you put in the effort required for this course, that you will not only be much more prepared to counsel those in need, but also that you will grow spiritually.

To apply for this course, you need to complete the ACT application form found here: <https://www.antiochbiblechurch.org.za/act2025/>

The application deadline for 2025 is 1 January 2025. The application form, including the reference letter from a church leader, must be received by this time.

Should you have any questions or comments, please contact Matt Floreen at [matt@antioch.org.za](mailto:matt@antioch.org.za)

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*Do your best to present yourself to God as one approved,  
a worker who has no need to be ashamed,  
rightly handling the word of truth.*

–2 Timothy 2:15