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1) Most forms of counseling share a pattern

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Gerard Egan

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“Problem management and opportunity development spans not only all schools and models of helping but also all cultures . . . its basic structure is recognized around the world.” – Gerard Egan

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2) Egan's pattern corresponds to the Exodus

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The defining event of Israel

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Established the nation

“For you are a holy people to the Lord your God; the Lord your God has chosen you to be a people for His own possession out of all the peoples who are on the face of the earth.” – Deuteronomy 7:6

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Annual commemoration

“‘And when your children say to you, “What does this rite mean to you?” 27you shall say, “It is a Passover sacrifice to the Lord who passed over the houses of the sons of Israel in Egypt when He smote the Egyptians, but spared our homes.”’ And the people bowed low and worshiped.” – Exodus 12:26-27

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Prophets refer to it

“Say to them, ‘Thus says the Lord GOD, “On the day when I chose Israel and swore to the descendants of the house of Jacob and made Myself known to them in the land of Egypt, when I swore to them, saying, ‘I am the LORD your God,’ [6]on that day I swore to them, to bring them out from the land of Egypt into a land that I had selected for them, flowing with milk and honey, which is the glory of all lands.”’” - Ezekiel 20:5-6

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A type of the cross

“The next day he saw Jesus coming to him and said, ‘Behold, the Lamb of God who takes away the sin of the world!’” - John 1:29

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A type of the cross

"Clean out the old leaven so that you may be a new lump, just as you are in fact unleavened. For Christ our Passover also has been sacrificed." - 1 Corinthians 5:7

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3) Egypt represents the problems people face

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Slavery

"So they appointed taskmasters over them to afflict them with hard labor. And they built for Pharaoh storage cities, Pithom and Raamses." – Exodus 1:11

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Slavery

“They made their lives bitter with hard labor in mortar and bricks and at all kinds of labor in the field, all their labors which they rigorously imposed on them.” - Exodus 1:14

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Can’t get ahead

“He said to his people, ‘Behold, the people of the sons of Israel are more and mightier than we. [10]Come, let us deal wisely with them, or else they will multiply and in the event of war, they will also join themselves to those who hate us, and fight against us and depart from the land.’ ... [12]But the more they afflicted them, the more they multiplied and the more they spread out, so that they were in dread of the sons of Israel. ... [15]Then the king of Egypt spoke to the Hebrew midwives, one of whom was named Shiphrah and the other was named Puah; [16]and he said, ‘When you are helping the Hebrew women to give birth and see them upon the birthstool, if it is a son, then you shall put him to death; but if it is a daughter, then she shall live.’” - Exodus 1:9-10, 12, 15-16

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Bitterness

“They made their lives bitter with hard labor in mortar and bricks and at all kinds of labor in the field, all their labors which they rigorously imposed on them.” - Exodus 1:14

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Inaction

“Now it came about in the course of those many days that the king of Egypt died. And the sons of Israel sighed because of the bondage, and they cried out; and their cry for help because of their bondage rose up to God.” - Exodus 2:23

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Inaction

“The Lord said, ‘I have surely seen the affliction of My people who are in Egypt, and have given heed to their cry because of their taskmasters, for I am aware of their sufferings.’” – Exodus 3:7

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Idols

“I said to them, ‘Cast away, each of you, the detestable things of his eyes, and do not defile yourselves with the idols of Egypt; I am the Lord your God.’” - Ezekiel 20:7

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Worse

“So the same day Pharaoh commanded the taskmasters over the people and their foremen, saying, [7]’You are no longer to give the people straw to make brick as previously; let them go and gather straw for themselves. [8]But the quota of bricks which they were making previously, you shall impose on them; you are not to reduce any of it. Because they are lazy, therefore they cry out, “Let us go and sacrifice to our God.” [9]Let the labor be heavier on the men, and let them work at it so that they will pay no attention to false words.’” - Exodus 5:6-9

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Worse

“When they left Pharaoh's presence, they met Moses and Aaron as they were waiting for them. [21]They said to them, ‘May the LORD look upon you and judge you, for you have made us odious in Pharaoh's sight and in the sight of his servants, to put a sword in their hand to kill us.’ [22]Then Moses returned to the LORD and said, ‘O Lord, why have You brought harm to this people? Why did You ever send me? [23]Ever since I came to Pharaoh to speak in Your name, he has done harm to this people, and You have not delivered Your people at all.’” - Exodus 5:20-23

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Listen

“This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; [20]for the anger of man does not achieve the righteousness of God.” – James 1:19-20

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The past with ongoing effects and impact

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Triage

“What hurts the most?

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4) The Promised Land represents desired changes

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What do they want?

"And Jesus stopped and called them, and said, 'What do you want Me to do for you?' [33]They said to Him, 'Lord, we want our eyes to be opened.' [34]Moved with compassion, Jesus touched their eyes; and immediately they regained their sight and followed Him." - Matthew 20:32-34

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Remember the promise

“So I have come down to deliver them from the power of the Egyptians, and to bring them up from that land to a good and spacious land, to a land flowing with milk and honey, to the place of the Canaanite and the Hittite and the Amorite and the Perizzite and the Hivite and the Jebusite.” - Exodus 3:8

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Characteristics

Their place - Genesis 15:18-21

Where they belonged - Genesis 17:8

Opposite of Egypt - Exodus 3:7-10

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Help people clarify the future they want

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5) The Wilderness represents the journey from problems to blessings

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Wandering for 40 years

Numbers 14:28-35

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Why?

The Law on Mt. Sinai - Exodus 19-20

Border - Numbers 13

Mixed report Numbers 13:27-33

Punished - Numbers 14:22-35

Joshua - Numbers 27:15-23;

Deuteronomy 31:1-8

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6) The problem is not necessarily the problem

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Romans 8:26-27

“In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God.”

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Proverbs 20:27

“The spirit of man is the lamp of the Lord, searching all the innermost parts of his being.”

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1 Corinthians 2:10-13

“For to us God revealed them through the Spirit; for the Spirit searches all things, even the depths of God. For who among men knows the thoughts of a man except the spirit of the man which is in him? Even so the thoughts of God no one knows except the Spirit of God.

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1 Corinthians 2:10-13, cont.

Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual thoughts with spiritual words.

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7) Be realistic

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Proverbs 18:17

“The first to plead his case seems right, until another comes and examines him.”

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Acts 19:15

“And the evil spirit answered and said to them, ‘I recognize Jesus, and I know about Paul, but who are you?’”

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James 2:19

“You believe that God is one. You do well; the demons also believe, and shudder.”

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Mark 16:17

“These signs will accompany those who have believed: in My name they will cast out demons, they will speak with new tongues.”

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Luke 10:19

“Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing will injure you.”

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8) God's will is <u>two-fold</u>

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2 Corinthians 4:16

“Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.”

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1 John 2:17

“The world is passing away, and also its lusts; but the one who does the will of God lives forever.”

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9) Homework helps

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Mark 5:41-43

“Taking the child by the hand, He said to her, ‘Talitha kum!’ (which translated means, ‘Little girl, I say to you, get up!’). Immediately the girl got up and began to walk, for she was twelve years old. And immediately they were completely astounded. And He gave them strict orders that no one should know about this, and He said that something should be given her to eat.”

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John 11:43-44

43 “When He had said these things, He cried out with a loud voice, ‘Lazarus, come forth!’ 44 The man who had died came forth, bound hand and foot with wrappings, and his face was wrapped around with a cloth. Jesus said to them, ‘Unbind him, and let him go.’ 45 Therefore many of the Jews who came to Mary, and saw what He had done, believed in Him.”

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10) Involve others

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