

How to Lead a BSC Assessment

Purpose: To give clear direction & guidelines to Gospel City ministry leaders on how to lead an assessment for someone who has requested BSC counseling. The end goal of an assessment is to determine the best next step for this person in their sin and/or suffering.

1. **Exercise hospitality** (Heb 13:2)
2. **Pray first and throughout.** Consider reading a passage of scripture beforehand.
3. **Establish expectations and agenda for the meeting**
 - You set these (not the person in need of care)
 - *Expectation #1:* You're here to help but you're committed to doing it in a way that pleases and glorifies God (2 Cor 5:9). Ex. *"I know you're hurting but we're going to express that in a godly manner."*
 - *Expectation #2:* You won't be able to solve all their problems in this one meeting. They didn't get here overnight and won't get out overnight. Rather, you're here to get the conversation started in order to discern next steps.
 - *Agenda:* Let them know the gist of how your time will be spent. Most assessments can be done within 60-90 minutes.
4. **Explain roles**
 - If you have other people in the room, explain why they're there and give the opportunity to ask clarifying questions. Don't spend too much time here.
 - *Examples roles:* Small group leader, flock leader, advocate, apprentice
 - We are big proponents of counseling in community.
5. **Explore the situation and Gather Data**
 - Remember the SOS model.
 - *Severity:* How difficult is it for them? How long has it been going on? Is it getting better or worse?
 - *Ownership:* How have you contributed to the situation? Where have you gotten counsel for this? Have you implemented or listened to counsel?
 - *Support:* Do you have godly friends? Do they know about this? How have they helped?
 - Ask "How can we help?" or "What are your goals for a successful meeting today?" or "Explain the top 3 conflict areas you're facing in your relationship?"
 - Give them a chance to share their story. You may need to hear some of their life story, depending on the situation.
 - Keep in mind... *Fruit, Trunk, Root.*
 - Why do I do what I do? (Fruit) I do what I do because I want what I want. And I want what I want because I think what I think. (Trunk) And I think what I think because I believe what I believe (Root).
 - Avoid getting sucked into the tangled web of any ongoing, interpersonal problems.
6. **Exegete the heart**
 - Gather information around their testimony
 - Ask open-ended and heart-revealing questions
 - What was the situation?
 - How did you respond?
 - What were you thinking/feeling?

- What did you want?
- What would God say about your response?
- What would God want you to do differently?
- How well did you resolve conflict?
- Ask how often they ask forgiveness from each other, if relationship oriented
 - Review the Four Promises of Forgiveness as noted in the Forgiveness Homework handout.
 - Show them how much God has forgiven them (Mat 18:21-35)
 - Discern how their heart is responding:
 - 1) To God. 2) To self. 3) To others. 4) To circumstances
- Ask pointed questions for those struggling with lust/porn
 - Was it discovered or confessed?
 - What type of pornography? This helps determine level of depravity and also if it's a reportable offense (i.e. children).
 - Was it images? videos? live sexting? or any in person meetings?
 - How often?
 - How long has it been going on?
 - Does your spouse know?
 - Have you sought accountability?
 - Do you have a desire to change?

7. **Give hope of the gospel and Jesus Christ, NOT in their circumstances changing**

8. **Discern next steps, get a commitment, and communicate decision**

- Potential next steps
 - Is this something that could be cared for within their small group?
 - Is this something that could be cared for 1-on-1 with a trusted mentor?
 - Is this something you as a ministry leader can care for over three sessions?
 - Or is this something that requires formal, ongoing biblical counseling within the context of Gospel City BSC?
- **Commitment:** Are they on board with what it will take to change and grow? You may have to leave them to make that decision away from your time. Give room for the Holy Spirit to convict them.
- Communicate the decided next step to Jessica Barnes and document as a note in Planning Center

9. **Give homework**

- Pray the following daily:
- Read this Bible passage and/or memorize:
- Do this:
- Listen to this sermon and/or other reading:

10. **If BSC is the next step, quickly explain Gospel City's BSC Care Model**

- Attend weekend gatherings; involved in a group; bring along an advocate; maintain a teachable spirit; expect the Spirit to work thru God's Word