**Biblical Counseling Goals and Focus Forms**

**The Materials on the Following Pages Are from**

**Bob Kellemen, Th.M., Ph.D.**

**They Are Derived from His Books:**

[***Gospel Conversations: How to Care Like Christ***](https://rpmministries.org/writing/gospel-conversations/)

***[Gospel-Centered Marriage Counseling:](https://rpmministries.org/writing/gospel-centered-family-counseling/)***

***[An Equipping Guide for Pastors and Counselors](https://rpmministries.org/writing/gospel-centered-family-counseling/)***

***[Gospel-Centered Family Counseling:](https://rpmministries.org/writing/gospel-centered-marriage-counseling/)***

***[An Equipping Guide for Pastors and Counselors](https://rpmministries.org/writing/gospel-centered-marriage-counseling/)***

**© 2021**

**You Have Permission to Replicate the Following Forms**

**Biblical Counseling Goals and Focus Form: Individual Counseling**

* Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the main reasons that you want to meet with a biblical counselor? What are you facing that you would like help with?

1. Tell us more about the history of what you’re facing:

1. How long has this issue existed? Were there any significant events occurring in your life/family’s life when this issue began?
2. What pain or suffering has this issue brought into your life? What main emotions/feelings has all of this stirred up in your soul? How would things be different for you if the issue were remedied?
3. How has this issue impacted your relationship to Christ? What have you prayed to God about regarding this area of your life? What biblical principles have you sought to apply as you face this issue?
4. What are the top 2 or 3 areas in your heart, actions, attitude, and relationships that youwant help changing so that your life can be even more Christlike and Christ-honoring as you face this issue?
5. Let’s create an **Ephesians 3:14-21 vision** for your life (please read Ephesians 3:14-21).
6. Think ahead 3 months or 3 years. As God does exceedingly, abundantly above all that you could ask or imagine in your heart and in this situation, what **2 or 3 amazing changes are you envisioning, praying for, and hoping for**?
7. What needs to happen in your heart and life so that through Christ’s strength these amazing changes could start occurring?
8. What else do you want us to know, think about, or focus on in our times together?

**Biblical Marriage Counseling Goals and Focus Form**

* Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the top 2 or 3 areas in **your**heart, actions, attitude, and way of relating to your spouse that **you**want help changing so that you can be more Christlike and your marriage can be more Christ-honoring?
2. What are the top 2 or 3 strengths that you see **in your spouse** that you want to affirm?
3. What are the top 2 or 3 aspects **of your marriage** that you want help changing so that your marriage can be more Christ-honoring?
4. Let’s create an **Ephesians 3:14-21 vision** for your marriage (please read Ephesians 3:14-21).

a. Think ahead 3 months. As God does exceedingly, abundantly above all that you could ask or imagine in your heart and in your marriage, what **2 or 3 amazing changes are you envisioning, praying for, and hoping for**?

b. What **needs to happen** in **your heart** and in **your relationship** so that through Christ’s strength these amazing changes start occurring?

1. What else do you want us to know, think about, or focus on in our times together?

**Biblical Family Counseling Goals and Focus Forms: Parents**

* Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the top 2 or 3 areas in **your**heart, actions, attitude, and way of relating to your children that **you**want help changing so that you can be more Christlike and your family relationships can be more Christ-honoring?
2. What are the top 2 or 3 strengths that you see **in each of your children** that you want to affirm?
3. What are the top 2 or 3 aspects **of your family life** that you want help changing so that your family can be more Christ-honoring?
4. Let’s create an **Ephesians 3:14-21 vision** for your family (please read Ephesians 3:14-21).

a. Think ahead 3 months. As God does exceedingly, abundantly above all that you could ask or imagine in your heart and in your family, what **2 or 3 amazing changes are you envisioning, praying for, and hoping for**?

b. What **needs to happen** in **your heart** and in **your family relationship** so that through Christ’s strength these amazing changes start occurring?

1. What else do you want us to know, think about, or focus on in our times together?

**Biblical Family Counseling Goals and Focus Form: Adolescent**

* Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the top 2 or 3 areas in **your**heart, actions, attitude, and way of relating to your parents that **you**want help changing so that you can be more Christlike and your family relationships can be more Christ-honoring?
2. What are the top 2 or 3 strengths/positive characteristics that you see **in your parents** that you want to affirm?
3. What are the top 2 or 3 aspects **of your family life** that you want help changing so that your family can be more Christ-honoring?
4. Let’s create an **Ephesians 3:14-21 vision** for your family (please read Ephesians 3:14-21).

a. Think ahead 3 months. As God does exceedingly, abundantly above all that you could ask or imagine in your heart and in your family, what **2 or 3 amazing changes are you envisioning, praying for, and hoping for**?

b. What **needs to happen** in **your heart** and in **your family relationship** so that through Christ’s strength these amazing changes start occurring?

1. What else do you want us to know, think about, or focus on in our times together?