



TRUTH IN LOVE BIBLICAL  
COUNSELING & TRAINING  
CENTER

*CERTIFIED BIBLICAL COUNSELOR PROGRAM*

MODULE 5

UNBOUND: GROWING EVER-FREER  
IN CHRIST

SYLLABUS



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PO Box 5281, Vancouver, WA 98668

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# UNBOUND

## SYLLABUS

### **Course Description**

This 13-week module prepares students to utilize the 26-lesson "Unbound" curriculum of *Truth in Love Biblical Counseling Center*, an axillary ministry of *Truth in Love Fellowship* in Vancouver, Washington. This curriculum and its predecessors have been used by members of the ministry to effectively help transform lives since 1991.

Counseling those who struggle with addictive behavior patterns is not as simple as adopting a 12-Step program or becoming a Celebrate Recovery chapter.

Besetting sins — whether they involve chemicals, relationships, pornography, food, or any other "substance" — overtake a person's life based on the underlying belief system of the individual and their inability to break free and remain free.

Built on the precepts of two verses (John 8:36 and Romans 12:2), "Unbound" is a 1- to 1½- year intensive program with an exceptionally high success rate for those who complete the program.

### **Course Objectives**

- To equip the student to utilize the UNBOUND curriculum in individual counseling or in a group setting.
- To equip the students to train others to utilize the UNBOUND curriculum in individual counseling or in a group setting.
- To introduce the student to a perspective on besetting sin patterns the world calls "addictions" and to have a Biblical perspective on these behavior patterns.
- To model a method of evaluating secular theories on "addiction & recovery," and to compare and contrast them to the Biblical paradigm.

- To model an approach to counseling those trapped in destructive behavior cycles and guiding them to find the freedom Christ intends for them to have.
- To demonstrate that the Scriptures are fully sufficient for addressing the troubles and problems of life, no matter how overwhelming or insurmountable they may seem—without the need for “professional therapy.”

### ***Required Reading***

- **Bible.** Two versions; HCSB, NASB, NET recommended.
- **Ortlund, Dane,** *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers.* Wheaton, IL: Crossway, 2020.
- \_\_\_\_\_, *Gentle and Lowly Study Guide.* Wheaton, IL: Crossway, 2021.
- **Truth in Love Biblical Counseling Center.** *Unbound: Growing Ever-Freer in Christ* (Truth in Love Ministries; 2nd Edition). Vancouver, WA: Truth in Love Communications, 2020. (Available on Amazon)

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# COURSE REQUIREMENTS

## ***Summary of Requirements (With % of Grade)***

- Attend lectures and participate in class discussions.
- Lesson Study Sheets
- Self-Assessments
- Various Exercise handouts
- Reading Synopses
- Saturation Verses

### *Attendance and Participation (25%)*

Interacting with the materials, the professor, and the other students is a critical aspect of being equipped to effectively use this curriculum in a Biblical Counseling environment.

### *Lesson Study Sheets and Lesson-Specific Exercise Handouts (20%)*

Each week there will be two to three (2-3) study sheets that cover the relevant materials. Each Study Sheet contains six (6) items for personal reflection. At least one (1) Study Sheet per class session is to be completed.

### *Reading Synopses (20%)*

Submit a minimum two-page synopsis for the main Unbound workbook, or for one of the two (2) supplemental booklets included in the Leader's and participant's materials, or for Gentle and Lowly. Discuss significant benefits observed.

### *Saturation Verses (10%)*

Each program lesson has a "This Lesson's Verse" assigned and there are opportunities for personal saturation verses to be selected/assigned to enhance the healing and renewing process. Students will be expected to have at least two (2) of these memorized by the end of the module.

### *Practicum (25%)*

Due at the last class session. Each student will present one lesson from the curriculum. Lesson will be selected at random by the instructor at the beginning of the last session.

### *Assignments*

All written assignments not specified as due each week per the “Reading and Assignment Schedule” (Syllabus, Page vi), are due the last day of the course. All assignments are to be submitted via Google Doc with an invitation to comment for the Teaching Assistant (or the professor if no TA is available). Extensions must be pre-approved prior to the relevant due date.

### ***Final Course Grade Meanings***

A with Honors = You far exceeded expectations and completed an Honors Project or Reading.

A = There were dimensions to your work that went above the requirements.

B = At Truth in Love, a “B” means that you successfully fulfilled the requirements.

C = You missed some important facets of the material or the assignment.

### ***Contact Information***

Truth in Love Biblical Counseling & Training Center

CBC Program

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# COURSE OUTLINE

- **Session One-A:** Introduction, Goals, Tools, and Basic Principles  
**Session One-B:** Goal 1: Set a Foundation & Lesson One, *Worthy*  
**Session One-C:** Lesson Two, *Our Base*
- **Session Two-A:** Lesson Three, The Basics  
**Session Two-B:** Goal 2: Secure a Right Heart & Lesson Four, *Seeing Clearly*  
**Session Two-C:** Lesson Five, *Is God Faithful?*
- **Session Three-A:** - Lesson Six, Knowing God (Part 1)  
**Session Three-B:** Lesson Seven, Knowing God (Part 2)
- **Session Four-A** "A Word On Abiding "  
**Session Four-B:** Goal 3: Renew the Mind; Lesson Eight, Evicting Anxiety
- **Session Five-A:** Lesson Nine, Ten, Who's Driving, (Part 1)  
**Session Five-B:** Lesson Ten, Who's Driving (Part 2)
- **Session Six-A:** Lesson Eleven, Renewing the Mind (Part 1)  
**Session Six-B:** Lesson Twelve, Renewing the Mind (Part 2)
- **Session Seven-A:** Goal 4: Cultivate Responsibility; & Lesson Thirteen, Stop "Shoulding" Yourself  
**Session Seven-B:** Lesson Fourteen, Forgiveness: What It Is, What It's Not
- **Session Eight-A:** Lesson Fifteen, So Who's To Blame?  
**Session Eight-B:** Lesson Sixteen, Problem-Solving  
**Session Eight-C:** Lesson Seventeen, Wise Living
- **Session Nine-A:** Goal 5: Resolve Conflicts; Lesson Eighteen, Relationship Circles  
**Session Nine-B:** Lesson Nineteen, Relationships That Shape Us
- **Session Ten-A:** Lesson Twenty, The Truth About Bitterness  
**Session Ten-B:** Lesson Twenty-One, And Then There's Anger
- **Session Eleven-A:** Goal 6: Unshakable Confidence; Lesson Twenty-Two, The Fruitful Life  
**Session Eleven-B:** Lesson Twenty-Three, *We Can* Know God's Will  
**Session Eleven-C:** Lesson Twenty-Four, Burning Out
- **Session Twelve-A:** Conclusion: Last Things; Lesson Twenty-Five, Understanding Self-Sabotage  
**Session Twelve-B:** Lesson Twenty-Six, Love, God's Way
- **Session Thirteen:** Practicum



## READING AND ASSIGNMENT SCHEDULE

SESSION	ASSIGNMENTS FOR	NEXT SESSION
<b>* PRIOR TO SESSION 1</b>	Read Introduction thru End of Lesson Two; plus <i>Supplement: "Restore"</i> <u>This reading needs to be completed prior to the first session.</u>	Study Sheet for Lessons One or Two
	<b>READING DUE</b>	<b>ASSIGNMENTS DUE</b>
SESSION 2	Lessons Three thru Five Gentle & Lowly	Study Sheet for Lessons Three, Four, or Five Introduction through Chapter 2/*GLSG Intro through Lesson 1
SESSION 3	Lessons Six & Seven; <i>Booklet: "Ladder-Bridge of Faith"</i>  Gentle & Lowly	Study Sheet for Lesson Six or Seven "Ladder-Bridge of Faith" Self-Assessment Chapters 3-5/GLSG Lesson 2
SESSION 4	"A Word About Abiding" & Lesson Eight Gentle & Lowly	Study Sheet for Lesson Eight Chapters 6-7/GLSG Lesson 3
SESSION 5	Lessons Nine & Ten  Gentle & Lowly	Study Sheet for Lesson Nine or Ten 3 Daily or 1 Weekly Tracking Graph Chapters 8-9/GLSG Lesson 4
SESSION 6	Lessons Eleven & Twelve  Gentle & Lowly	Study Sheet for Lesson Eleven or Twelve 1+ SDBC & 1+ RMC Chapters 10-12/GLSG Lesson 5
SESSION 7	Lessons Thirteen & Fourteen Gentle & Lowly	Study Sheet for Lesson Thirteen or Fourteen Chapters 13-14/GLSG Lesson 6
SESSION 8	Lessons Fifteen, Sixteen & Seventeen  Gentle & Lowly	Study Sheet for Lesson Fifteen, Sixteen, or Seventeen Chapters 15-16/GLSG Lesson 7
SESSION 9	Lessons Eighteen & Nineteen  Gentle & Lowly	Study Sheet for Lesson Eighteen or Nineteen Relationship Circles or Inventories Chapters 17-18/GLSG Lesson 8
SESSION 10	Lessons Twenty & Twenty-One Gentle & Lowly	Study Sheet for Lesson Twenty or Twenty-One Chapters 19-21/GLSG Lesson 9
SESSION 11	Lessons Twenty-Two thru Twenty-Four  Gentle & Lowly	Study Sheet for Lesson Twenty-Two, Twenty- Three, or Twenty-Four Chapters 22-23/GLSG Lesson 10
SESSION 12	Lesson Twenty-Five & Twenty-Six	Study Sheet for Lesson Twenty-Five or Twenty-Six
<b>SESSION 13</b>	<b>PRACTICUM</b>	<b>All assignments Due</b>

\*GLSG = Gentle and Lowly Study Guide

In each Class Session we will be reviewing the reading from the previous week. Assigned reading needs to be done **on schedule** as there are exercises that follow the reading which are due the next Class Session. Be prepared to bring reading assignment information into the class discussion during the next week's Session following the week listed.