

*Quick*  
SCRIPTURE  
REFERENCE  
for  
Counseling

EXPANDED EDITION

JOHN G. KRUIS



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**Compiled for . . .**

your personal benefit, and to help you use the Scriptures more effectively in counseling.

**Dedicated to . . .**

the memory of my wife, Gene, who was a wonderful, faithful pastor's wife and mother. And she, with deep devotion, freely served for several years as the secretary and treasurer of the Biblical Counseling Center in Jenison, Michigan, which we founded together in 1982.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

2 Timothy 3:16–17

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Rev. John G. Kruis passed into his eternal home in November 2010. We would like to pay tribute to both of our parents, John and Gene Kruis, who were loving and faithful servants of God and of his people. For them, the reading and study of the Bible was an important and delightful part of every day. We are grateful to God for their example and for their love and devotion to him and to us.

At the beginning of counseling sessions, after listening carefully to those seeking counsel, Dad would say, “I have good news for you; there is hope!” Hope came not from what he could do or say but from the power of God’s Word. We pray that this book will continue to be used as a tool to offer hope to many.

With love and hope in Christ,  
Ron, John, Nelva, Kevin, and David

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- III. The Lord calls sinners like you and me.
- IV. We are saved to joyfully obey and serve the Lord.





# Introduction

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## Why This Book?

### *For Biblical Counseling*

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work” (2 Tim. 3:16–17). “The word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart” (Heb. 4:12).

As you do the Lord’s work, the Holy Spirit is always the primary counselor, and he works powerfully, sovereignly through his own Word. He brings people to a conviction of sin and to a saving knowledge of Jesus Christ through his Word. It is by the Scriptures that he teaches them how to love God and their neighbors as themselves, to live a life of faith and obedience in response to his saving grace. Through the Scriptures the Holy Spirit comforts, rebukes, corrects, and trains them in righteousness. In this way people of all ages and from various walks of life are helped; all kinds of personal, marriage, and family problems are resolved—and God is glorified.

It is, therefore, essential for you to be “thoroughly equipped” with the Scriptures, prepared for “every good work.” The better equipped you are, the more effective you will be in helping others.

### *For Personal, Marriage, and Family Needs*

This *Quick Scripture Reference for Counseling* was first published in March of 1988. As the fourth edition goes to press, over 175,000 copies of the English edition have been sold internationally. It has become evident that it is being used for much more than counseling. Many are

using the book to help meet their personal, marriage, and family needs, including resolving conflicts within the home. Some are using it as a guide for personal and family devotions.

## The Uniqueness of This Book

This *Quick Scripture Reference for Counseling* is designed especially to help God's people use the Scriptures more effectively in their counseling ministries. It has several distinctive features. Scripture passages and texts are listed under topics. They are arranged so that you can see at a glance the gist and the significance of each text or passage as it relates to the topic under which it is listed. In many instances Bible verses are quoted in their entirety so that you have them immediately before you. When longer passages are listed, often the key verses are quoted.

To maximize the usefulness of the book, the entries under each topic have been numbered so that, as you prepare an agenda for counseling someone, you can easily list several pertinent Bible passages to have right at your fingertips. For example, as you seek to lead a person to the forgiveness of sins, or assurance, you might write on your agenda something like this:

Forgiveness of sins—page 90

1. Believers are made as white as snow. Isa. 1:18.
6. God will not despise a broken spirit and a contrite heart. Ps. 51:17.
9. God calls sinners to seek him and promises them forgiveness when they repent. Isa. 55:6–7.
11. Jesus forgave the penitent woman. Luke 7:36–50.
26. God has lavished his grace on us, choosing us, forgiving us of all our sins through the shed blood of Christ. Eph. 1:3–10.

This feature will also help you to prepare homework assignments that meet the specific needs of each counselee.

My prayer is that this book will help many to use the Scriptures more effectively in counseling others, for their comfort, joy, peace, and eternal well-being, and above all for God's glory.

# Adultery

If one continues to live in the state of adultery, see also Sexual Immorality, Warnings, Obedience. If one repents of adultery, see Forgiveness of Sins, Peace.

## 1. Adultery is out of the heart.

**Matthew 15:19** For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.

## 2. No adulterers go to heaven.

**1 Corinthians 6:9–10** Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.

## 3. God will judge the adulterer.

**Hebrews 13:4** Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

## 4. Adultery can be avoided.

**Proverbs 4:23**

**Proverbs 4:13–27** (*Stay far from the path of evil.*)

**Proverbs 6:27–28** (*Don't play with fire.*) Can a man carry fire next to his chest and his clothes not be burned? Or can one walk on hot coals and his feet not be scorched?

## 5. Shun adultery.

**Proverbs 6:20–35**

**6. The adulteress's snare leads to misery.**

Proverbs 7:1–27

**7. The adulteress's snare is a deep pit.**

Proverbs 22:14 The mouth of an adulteress is a deep pit; he who is cursed of the LORD will fall into it. (NASB)

**8. David fed the flame.**

2 Samuel 11:2–3 Now when evening came David arose from his bed and walked around on the roof of the king's house, and from the roof he saw a woman bathing; and the woman was very beautiful in appearance. So David sent and inquired about the woman. (NASB)

**9. David was depressed before he confessed his sin of adultery.**

Psalms 32:3–5

**10. Nathan called David to repent of his adultery.**

2 Samuel 12:1–14 (*The prophet Nathan spoke to David in a parable after he had sinned with Bathsheba.*)

**11. David confessed his adultery, and God graciously forgave him.**

Psalms 32; Psalm 51 (*David pleaded for God's forgiveness and expressed his joy after being forgiven.*)

**12. God forgives the sin of adultery and frees the sinner from it.**

1 Corinthians 6:11 And such [adulterers, etc.] were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God. (NKJV)

**13. Looking on a woman lustfully is adultery; spiritual surgery is needed.**

Matthew 5:27–30 You have heard that it was said to those of old, "You shall not commit adultery." But I say to you that

whoever looks at a woman to lust for her has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. (NKJV)

**14. Beware of seductive women.**

**Proverbs 23:26–28** My son, give me your heart, and let your eyes observe my ways. For a prostitute is a deep pit; an adulteress is a narrow well. She lies in wait like a robber and increases the traitors among mankind.

**15. Stolen water is sweet, but . . .**

**Proverbs 9:17–18** Stolen water is sweet, and bread eaten in secret is pleasant. But he does not know that the dead are there, that her guests are in the depths of Sheol.

**16. Keep the seventh commandment.**

**Exodus 20:14** You shall not commit adultery. (NIV)

**17. Anyone who marries a wrongfully divorced person commits adultery.**

**Matthew 5:31–32** It was also said, “Whoever divorces his wife, let him give her a certificate of divorce.” But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery. And whoever marries a divorced woman commits adultery.

**18. Anyone who divorces his or her spouse for any reason other than adultery and marries another commits adultery.**

**Matthew 19:9** And I say to you: whoever divorces his wife, except for sexual immorality, and marries another, commits adultery.

**Romans 7:2–3** Thus a married woman is bound by law to her husband while he lives, but if her husband dies she is released from the law of marriage. Accordingly, she will be called an adulteress if she lives with another man while her husband is alive. But if her husband dies, she is free from that law, and if she marries another man she is not an adulteress.

19. When he was tempted by Potiphar's wife to commit adultery, Joseph refused to sin against God.

**Genesis 39:6–20**

**Genesis 39:9–10** How then can I do this great wickedness and sin against God? And as she spoke to Joseph day after day, he would not listen to her, to lie beside her or to be with her.

# Affliction, Discipline, Chastisement, Trials

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*See also* Comfort, Prayer, Trust

**1. Not all affliction is for specific sins. God often sends affliction to purify and strengthen our faith, for his glory.**

**1 Peter 1:6–7** In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. (NIV)

**John 9:1–3** As he went along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him.” (NIV)

**2. Job, a godly man, was severely tried; he lost his possessions and his children.**

**Job 1:1–22**

**Job 1:1** There was a man in the land of Uz whose name was Job, and that man was blameless and upright, one who feared God and turned away from evil.

**Job 1:8** And the LORD said to Satan, “Have you considered my servant Job, that there is none like him on the earth, a blameless and upright man, who fears God and turns away from evil?”

- 3. Job did not get angry at God (which would have been a sinful reaction). Rather, he accepted it by faith and worshiped him.**

**Job 1:20–22** Then Job arose and tore his robe and shaved his head, and he fell to the ground and worshiped. He said, “Naked I came from my mother’s womb, and naked I shall return there. The LORD gave and the LORD has taken away. Blessed be the name of the LORD.” Through all this Job did not sin nor did he blame God. (NASB)

- 4. God at times sends trials to develop patience in us.**

**James 1:2–4** Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing. (NASB)

- 5. The psalmist was thankful for affliction, for it taught him to keep God’s statutes.**

**Psalms 119:67–68** Before I was afflicted I went astray, but now I keep Your word. You are good and do good; teach me Your statutes. (NASB)

**Psalms 119:71–72** It is good for me that I was afflicted, that I may learn Your statutes. The law of Your mouth is better to me than thousands of gold and silver pieces. (NASB)

**Psalms 119:75–76** I know, O LORD, that Your judgments are righteous, and that in faithfulness You have afflicted me. O may Your lovingkindness comfort me, according to Your word to Your servant. (NASB)

- 6. We must neither make light of God’s discipline nor lose heart because of it.**

**Hebrews 12:5–6** And have you forgotten the exhortation that addresses you as sons? My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. For the Lord disciplines the one he loves, and chastises every son whom he receives.



**7. God disciplines his children to promote sanctification.**

**Hebrews 12:5–11**

**Hebrews 12:10–11** For our earthly fathers disciplined us for a few years, doing the best they knew how. But God’s discipline is always good for us, so that we might share in his holiness. No discipline is enjoyable while it is happening—it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way. (NLT)

**8. God disciplined and tried his people on their journey to the promised land to teach them important lessons.**

**Deuteronomy 8:2–5** Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. Your clothes did not wear out and your feet did not swell during these forty years. Know then in your heart that as a man disciplines his son, so the LORD your God disciplines you. (NIV)

**9. God tried his people at Marah, where he turned the bitter water sweet and soon gave a time of refreshment at Elim.**

**Exodus 15:22–27**

**Exodus 15:25** Then he cried out to the LORD, and the LORD showed him a tree; and he threw it into the waters, and the waters became sweet. There He made for them a statute and regulation, and there He tested them. (NASB)

**Exodus 15:27** Then they came to Elim where there were twelve springs of water and seventy date palms, and they camped there beside the waters. (NASB)

**10. To the lukewarm church Jesus declares that he rebukes and disciplines those whom he loves.**

**Revelation 3:14–22** (*the letter to the church at Laodicea*)

**Revelation 3:19–20** Those whom I love, I reprove and discipline; therefore be zealous and repent. Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me. (NASB)

- 11. Paul was given a thorn in the flesh, a continual affliction to bear. God promised him that his grace would always be sufficient.**

**2 Corinthians 12:7–10** Because of the surpassing greatness of the revelations, for this reason, to keep me from exalting myself, there was given me a thorn in the flesh, a messenger of Satan to torment me—to keep me from exalting myself! Concerning this I implored the Lord three times that it might leave me. And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong. (NASB)

- 12. In everything God works for the good of those who love him.**

**Romans 8:28** And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. (NASB)

- 13. God will never give you more than you can bear.**

**1 Corinthians 10:13** No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. (NASB)

- 14. We cannot always comprehend God’s ways, as he, in his wisdom, carries out his plan.**

**Romans 11:33–36** Oh, how great are God’s riches and wisdom and knowledge! How impossible it is for us to understand his decisions and his ways! For who can know the Lord’s thoughts?

Who knows enough to give him advice? And who has given him so much that he needs to pay it back? For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen. (NLT)

**15. King Hezekiah praised God for his loving discipline.**

**Isaiah 38:15–19**

**Isaiah 38:15** But what can I say? He has spoken to me, and he himself has done this. I will walk humbly all my years because of this anguish of my soul. (NIV)

**Isaiah 38:17** Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back. (NIV)

**16. We can rejoice in our sufferings, which produce perseverance.**

**Romans 5:3** More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.

**James 1:2–4** Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

**17. God blesses those who persevere under trials.**

**James 1:12** Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

**18. Our present sufferings are not worth comparing with the glory that will be revealed in us.**

**Romans 8:18** I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. (NIV)

- 19. Paul says that he suffered under great stress so that he might learn to rely more on God.**

**2 Corinthians 1:8–9** We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. (NIV)

- 20. Paul says that God always has and always will deliver him.**

**2 Corinthians 1:10–11** He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many. (NIV)

- 21. At times God gives us trials so that our faith may be purified as gold is refined by fire, that Christ may be honored and glorified.**

**1 Peter 1:7–8** These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world. You love him even though you have never seen him. Though you do not see him now, you trust him; and you rejoice with a glorious, inexpressible joy. (NLT)

- 22. In the time of trouble you can experience God’s protective care and, even through the tears, sing praises to God.**

**Psalms 27:5–6** For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock. And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.

23. Paul and Silas were singing praises to God while they were suffering severely for the sake of the gospel.

*Acts 16:16–28 (Paul and Silas were severely flogged, thrown into prison, and their feet were fastened in stocks.)*

**Acts 16:25** About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. (NIV)

24. While he was suffering in prison at Rome, Paul rejoiced over what God was accomplishing through it all.

**Philippians 1:12–26**

**Philippians 1:12–14** Now I want you to know, brethren, that my circumstances have turned out for the greater progress of the gospel, so that my imprisonment in the cause of Christ has become well known throughout the whole praetorian guard and to everyone else, and that most of the brethren, trusting in the Lord because of my imprisonment, have far more courage to speak the word of God without fear. (NASB)

25. Although Paul suffered in many ways, he did not lose heart. God kept strengthening him day by day, and he looked forward to his eternal reward.

**2 Corinthians 4:8–18**

**2 Corinthians 4:16–18** Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (NIV)

For more on how to handle affliction see Death, Eternal Life, Providence of God.

# Alcohol, Drug Abuse

---

*See also* Overcoming Sin

**1. Your body is a temple of the Holy Spirit.**

**1 Corinthians 6:15** Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never!

**1 Corinthians 6:19–20** Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

**2. Jesus warns against the abuse of alcohol.**

**Luke 21:34** But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap.

**3. Wine is a mocker, beer a brawler.**

**Proverbs 20:1** Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise.

**4. Don't love wine.**

**Proverbs 21:17** Whoever loves pleasure will be a poor man; he who loves wine and oil will not be rich.

**5. Heavy drinking brings misery.**

**Proverbs 23:29–35**

6. Consider the sad picture of a drunkard. (The Bible tells it like it is!)

Proverbs 23:32–35

7. God's wrath was upon Israel for its sin of drunkenness.

Isaiah 28:1–4

8. Isaiah gives us a vivid picture of a drunk losing his moral judgment.

Isaiah 28:7–8 These also stagger from wine and reel from beer: Priests and prophets stagger from beer and are befuddled with wine; they reel from beer, they stagger when seeing visions, they stumble when rendering decisions. All the tables are covered with vomit and there is not a spot without filth. (NIV)

9. Paul gives us a timely warning and instruction.

Ephesians 5:15–18 Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. (NIV)

10. Drunkenness breaks down morals.

Genesis 9:20–23 (*the example of Noah*)

Genesis 19:30–38 (*the example of Lot*)

11. No drunkard shall enter heaven.

1 Corinthians 6:9–10 Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral . . . nor drunkards . . . will inherit the kingdom of God.

12. One can be saved from drunkenness and set free.

1 Corinthians 6:11 And such were some of you [drunkards, etc]. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

**13. Don't associate with drunkards.**

**1 Corinthians 5:11** But now I am writing to you not to associate with anyone who bears the name of brother if he is guilty of sexual immorality or greed, or is an idolater, reviler, drunkard, or swindler—not even to eat with such a one.

**14. Be wise! Don't join those who abuse alcohol.**

**Proverbs 23:19–20** Listen, my son, and be wise, and set your heart on the right path: Do not join those who drink too much wine or gorge themselves on meat. (NIV)