

MAPS Concept

A map to wise Christian living, purpose, and overcoming life's circumstances.

With CBT/self-regulation, DBT and Polyvagal Theory that aligns with Biblical Values when needed.

"For the Lord giveth Wisdom: Out of his mouth cometh knowledge and understanding." Prov 2:6

MAPS CONCEPT in Christian Counseling

MAPS is an Integrative Christian Counseling concept utilizing Biblical wisdom along with CBT/CPT, DBT relationship skills, self-regulation, polyvagal theory when needed.

MAPS

Acronym	Christian perspective	Overall process	Outcome	Result
Establish Relationship				
M	Establish a relationship with the Master of it all by believing in Christ by grace, through faith	Metamorphosis (Change)	Life by the Spirit Born-again New heart/mind Redeemed Reconciled Justified fully Sanctified by Christ Made a Child of God	The promise of eternal inheritance at the point of salvation
Establish Fellowship and Sanctification				
A	Seek & Understand God's Word	Acquire & Process knowledge	Gain knowledge of His Word (Learn by the Spirit)	Fellowship with God
P	Do God's word	Practice knowledge (Sanctification)	Grow in faith (Walk in Spirit)	Consistency & spiritual maturity
S	Set your Affections above	Set Godly Goals (Sanctification)	Focus on Christ and his will for you Fruit of the spirit: Attitudes that lead to actions	True Wisdom and Holiness

Glorification at the end of our faith in Eternity

Establishing a Relationship

Metamorphosis by the Master is what happened at Salvation – know who is in you and that he changed you by his grace through faith in what he did on the cross even though no one could ever deserve it or attain it by themselves.

Some Scripture references:

- Romans 3:23, (All have sinned)
- Romans 6:23 (The wages of sin is death, but the gift of God is eternal life through Christ.)
- 1 Corinthians 15:3-4 (The good news)
- John 3:14-17 (Whoever believes will have eternal life and not be condemned.)
- Ephesians 2:8,9, Titus 3:5 (Not by your works but Christ's.)
- Ezekiel 36:26-27 (transformation of the Spirit (Mind, will and emotions.)
- 2 Cor 5:17 (A new creature in Christ)
- 1 John 5:9-12 (Assurance of eternal life to all who believe)
- Romans 8:14 (Indwelt by the Spirit of God)
- See Romans 8 for more about who you are in Christ

Establishing Fellowship by His Holy Spirit

Acquire the true **knowledge** by seeking God through his word and understanding it by his Spirit that is now in you. (Fellowship)

Practice the Word – DO it to grow in your faith by walking in the Spirit and become more consistent. (This is where faith is exercised – Wisdom is the application of knowledge of God’s Word) If you gain knowledge, but do not **do** the word, you are a hearer only. Anyone who is a believer will not only hear and believe but will also keep his Word (Though imperfectly). Keeping his Word does NOT save you; doing is evidence of your salvation and proves to you the Holy Spirit is in you.

Set your affections above on Christ and his will for you rather than being stuck in the situations and problems of the world and you will gain true wisdom and holiness. This is part of the process of continuing to practice or do God’s Word in your life to turn your focus from problems to praise and getting on an upward trajectory Spiritually.

Consider this - “Deep down, how you consistently behave outwardly. is likely what you truly believe inwardly.”

MAPS is intended to help people know for sure how to attain a relationship with God, and then how to continue and grow in your faith through fellowship with Him. It is also intended to help people who are struggling with emotional problems and situations that cause difficulties. Though one goal is to help them heal from depression, anxiety and trauma, MAPS is intended to help you get unstuck and recognize these situations and life experiences as distractions from what we need to focus on (Setting our affections above). MAPS help you through self-examination and refocusing your life on to what is most important; your relationship with God and others. Within MAPS I also provide you with a framework (SPACE) using CBT, DBT, self-regulation and Polyvagal theory that is biblically based, to help work through these very human emotions and events. (Though SPACE framework could be used without Christian principles in counseling, the Intent is for the Christian to follow God’s map (MAPS) to wise living and use the SPACE framework to put it all together.

MAPS

Establish a Relationship

M – **Master**, (Matt 22:36), **Majestic** (Ps 8:9), **Merciful** (Ps 103:8) **Miracle worker** (John 2:11), **Mediator** and **Man** (I Tim 2:5), **Metamorphosis** (Titus 3:5)

Establish Fellowship and Spiritual Growth

A – **Acquire and Process** (Seek knowledge and get understanding through God's Word.)

P - **Practice the knowledge** – Do the Word, and...

S - **Set your affections above** (Set goals that align with Gods Word)

“Seeking knowledge of God and getting an understanding of His Word by studying it and listening to the Holy Spirit is like planting the seeds of wisdom and faith in your heart and mind; consistently doing God's Word brings a harvest of spiritual growth, purpose, and establishes you in your faith.”

- **Seek knowledge (of God) (Prov 18:15), get understanding (Of His Word) (Prov 4:7, Job 28:28)**
 - **Acquired knowledge and Processed Knowledge** *“Seeking knowledge of God and getting an understanding of His Word by studying it and listening to the Holy Spirit is like planting the seeds of wisdom and faith in your heart and mind;”* once we have a relationship with God through Jesus, we can begin to have a better understanding of who God is, by seeking him and then understanding His Word through the Holy Spirit.

God has created us with a physical body and soul and spirit. Our heart, mind and body are all connected in our present state. As Christians we react to different life SITUATIONS in 3 main ways: psychologically (Cognitions/thoughts and beliefs), Actions, (what we do) and emotionally, physiologically (Physical symptoms). The Acronym (SPACE) is an easy way to remember these to help you manage it. Though we are Christians we still live in our mortal bodies; we have both a flesh but as Christians, we also have the Holy Spirit living in us and we must learn to listen to the Holy Spirit, which is always confirmed through his Word. This flesh and spirit are warring against one another, so we need to learn to live and walk in the spirit.

Components	The Flesh Reactions	The Holy Spirit Reactions
Thoughts (What we think and believe)	Negative, fearful, extreme, covetous, evil	Good, pure, honest, lovely
Actions (What we do)	Evil, corrupt, not good,	Faith-based, giving, sacrifice,
Physical Symptoms (Bodily Reactions)	Difficulty managing	Manageable
Emotions (How we feel)	Dysregulated and unstable	Regulated, peaceful

- **Knowledge in context of life situations** – Our flesh speaks loudly to us and can lead to many emotional problems and reactions, however when we become a Christian, God's spirit comes to live in us. We can get a greater understanding of our circumstances when we listen to the Holy Spirit and seeing our circumstances through the lens of God's Word.

- **Examples of questions you can ask yourself to get insight:**
 - What is God saying to me right now?
 - What would Jesus Do or say in this situation?
 - What emotions do I feel now and does that make sense?
 - Am I operating from fear or negativity, faith?
 - Is what I am doing or thinking aligned with God's Word?
 - Who does God say I am in Him, despite myself?
 - Is there any sin in my life, heart, or mind that I need to repent of?
 - Do I have an attitude of gratefulness or hatefulness?
 - What is God's plan for my life in areas of my relationships, life purpose, goals?
- **Applied Knowledge (Putting God's knowledge into action/Wisdom) (Prov 23: 12 Prov 2:2, Ps 90:12)**

The following is a summary version of what is on page 8

- **Practice the knowledge (Do what His Word says)** *“consistently doing God's Word brings a harvest of spiritual growth, purpose, and establishes you in your faith.”*
Practicing what God's Word says and doing it, brings about change by building faith, purpose, and spiritual growth. (James 1:22)

Foster relationships:

- **God. (Deut 6:5)**
- **Man. (John 13:34)**
- **Operate by the Holy Spirit rather than by fear -** operate in his power and love and have self-control, peace by His spirit (2 Tim 1:7)
- **Become more aware/discern between spiritual things vs carnal things.** (Rom 8:5-6)
- **Operate in Faith (Thoughts and Actions)** Faith should always lead to actions – Love and obedience, Manage life situations/emotions
- **Acceptance of His sovereignty** over your life, let go and let God work in your life – Acceptance of what is out of your control and realizing its ultimately in his control. (Ps 103:19)
- **Take care of your mind, body, and Soul** – You are the temple of the Holy Spirit. (I Cor 6:19, 20)
- **Set your Affections Above** – set goals for your life. (Col 3:1-15)

MAPS

"Seeking knowledge of God and getting an understanding of His Word by studying it and listening to the Holy Spirit is like planting the seeds of wisdom and faith in your heart and mind; consistently doing God's Word brings a harvest of spiritual growth, purpose, and establishes you in your faith."

A map to help you walk wisely according to God's will and overcome life's circumstances.



The Master (Mediator, Merciful One, Man's God, Master of the Universe (Jesus) Metamorphosis
It all starts at the cross.
When you believe – place your trust in Him as Savior and Lord, John 3:16 says you are given eternal life. Once you are in Christ, then you will be given His Holy Spirit and a new heart and mind that wants to follow Him.

Acquiring & Processing Knowledge (of God)

Get knowledge by seeking and understanding God's Word through the Holy Spirit (2 Tim 2:15, Eph 1:17)

We acquire knowledge by seeking God's Word to help us work through life's circumstances.

Then we must continue in His Word and process what we are learning. When we dive deeper into the Word of God, we get understanding as we allow the Holy Spirit to speak to us.

When we seek God through his Word, his Spirit gives us understanding and we grow in our faith.

Practicing knowledge

Doing God's Word

For God's will to be done in our lives, we need to do His will. We need to Master these essential skills to accomplish God's will in our lives.

- Foster Relationships with God and Man
- Operate in the Holy Spirit
- Discern between spiritual and carnal things
- Walk in faith and not fear (Emotions/self control)
- Develop a Jesus Mindset
- Live from God's sovereignty
- Take care of mind, body and soul
- Set your affections above (goals)

Set your Affections above (Goals) Col 3:2



Set goals that are in accordance with the Word of God!

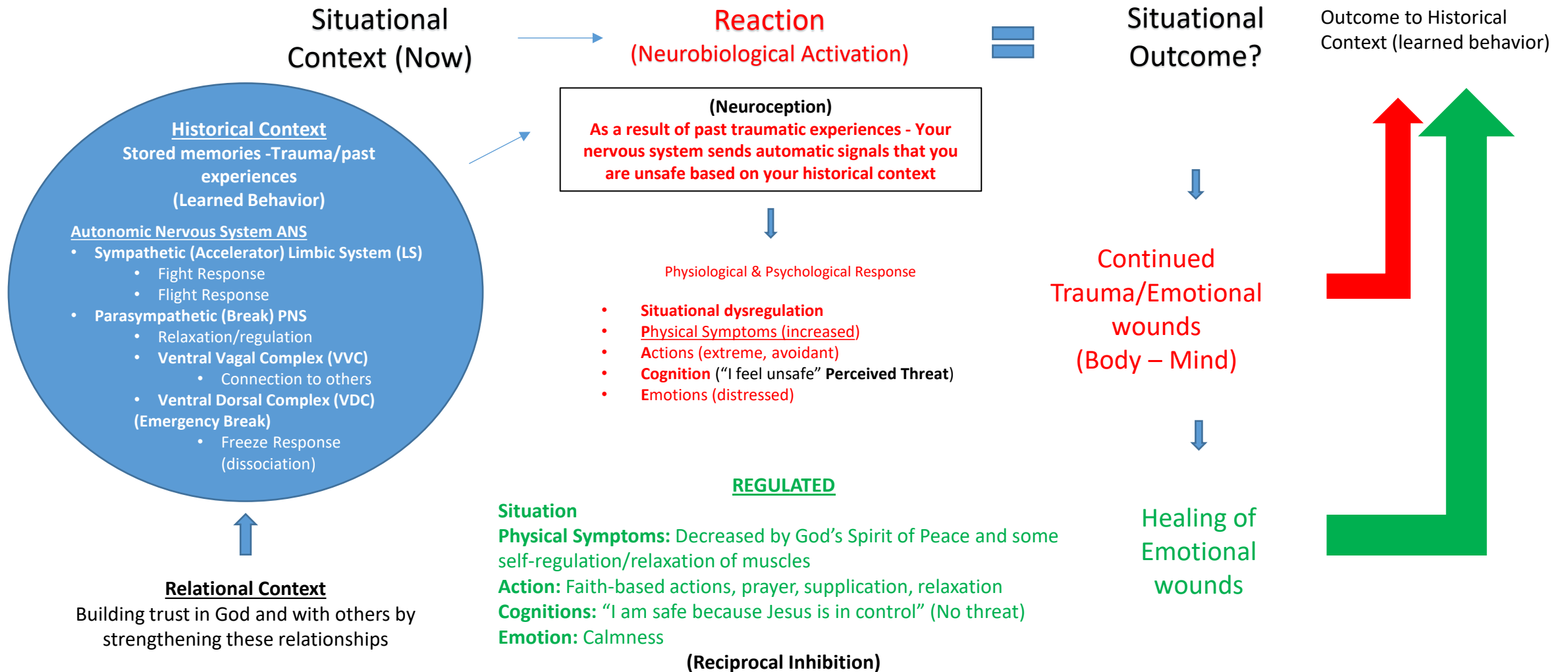
- Relationships
- Life purpose
- career

RELATIONSHIP

FELLOWSHIP/ SPIRITUAL MATURITY

Reactions Related to Traumatic Experience

Stimuli (SPACE) Response



STOOP Technique with SPACE framework:

How the Christian should handle distress

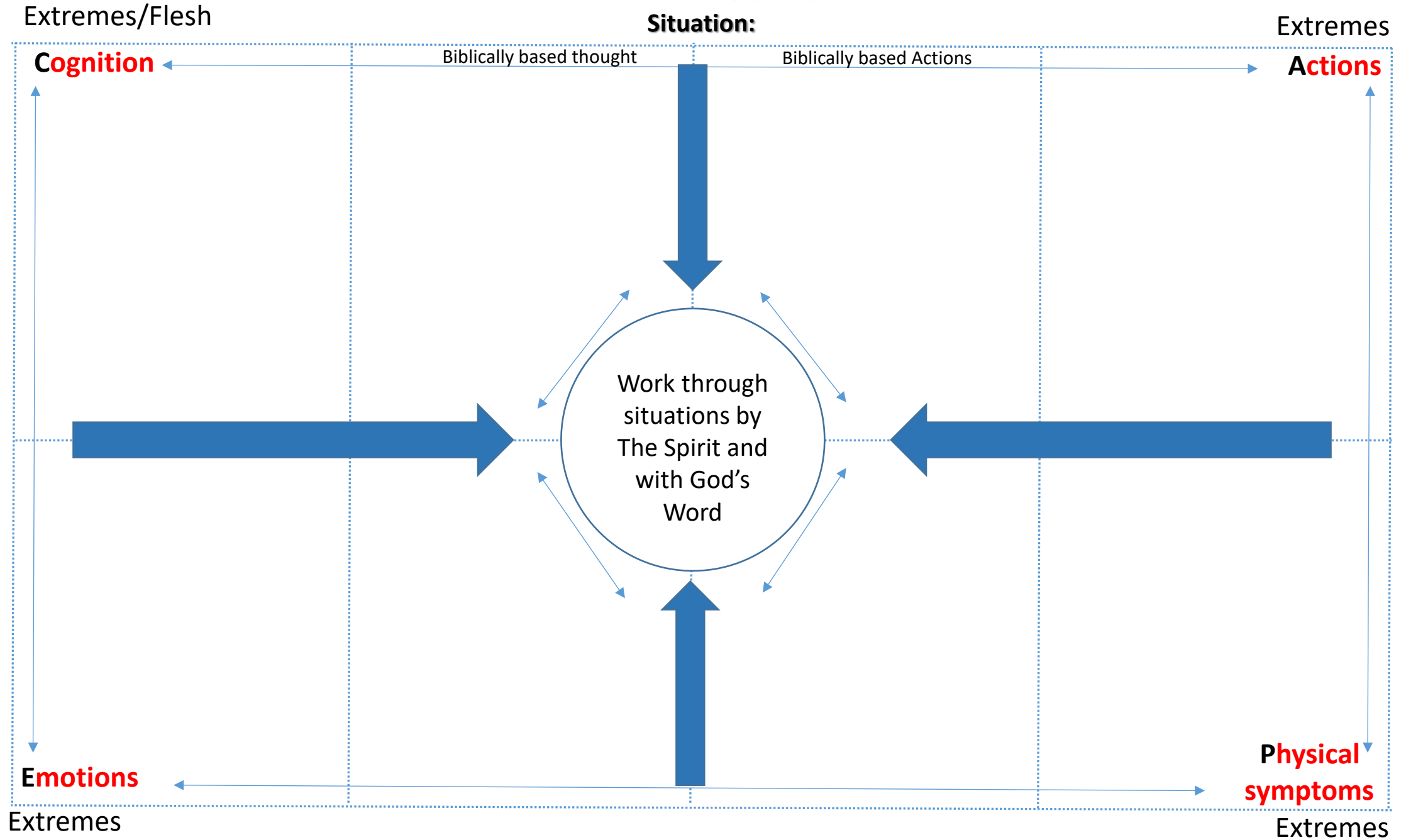
As humans, we tend to react to life Situations/circumstances with Cognitions (thoughts), Actions, Physical Symptoms and Emotions. We can learn to manage our problems and emotional distress focusing on prayer about the situation causing the distress. As Christians, we are responsible for our thinking and behaviors, but we need to rely on God's Spirit and Word to help us.

1. During any current life situation/circumstance that causes you distress:

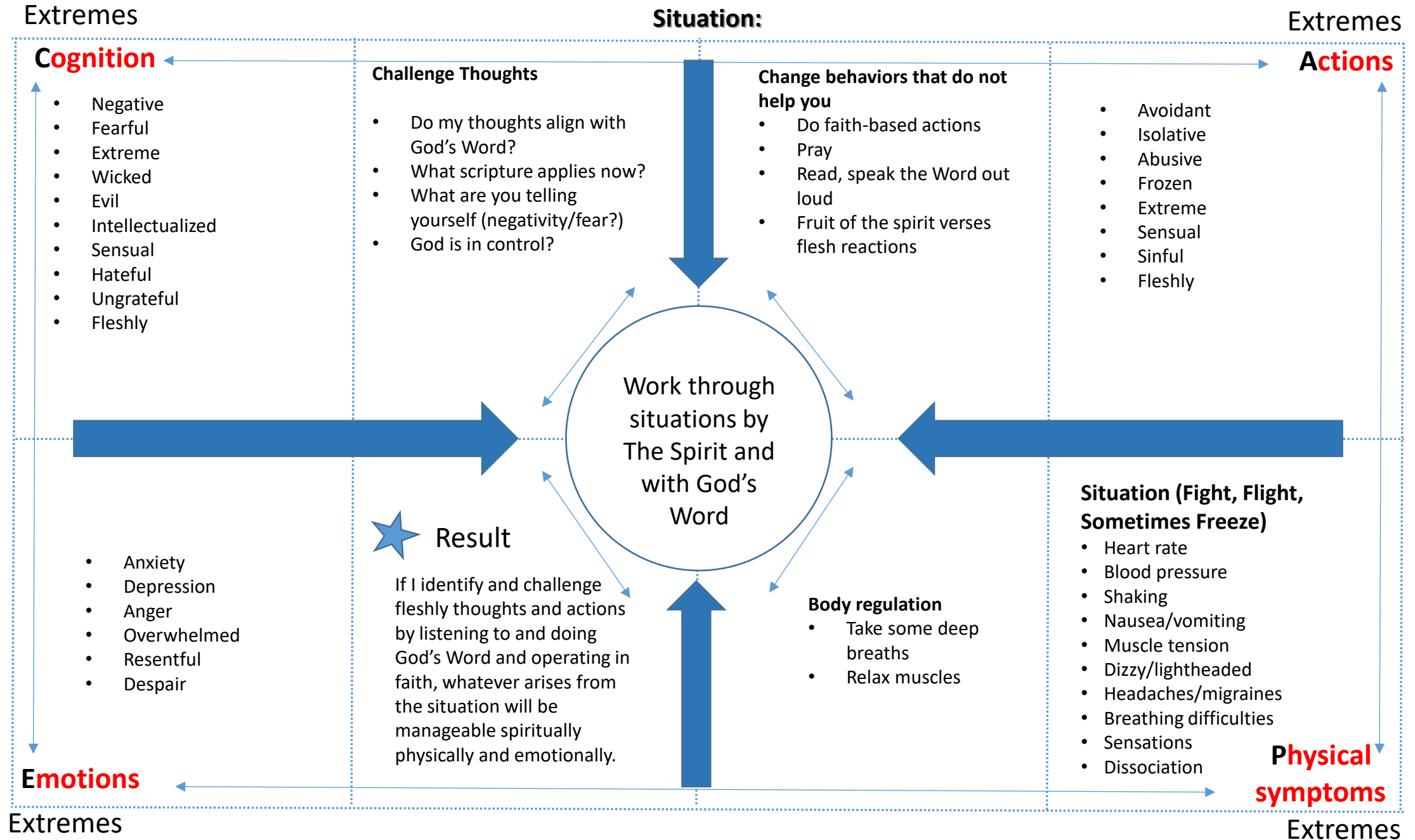
a. Remember to STOOP:

- i. **STOP** (avoid just reacting to the situation) Pause
- ii. **TAKE** some deep breaths. (Use SPACE Framework we needed)
- iii. **OPEN** your Bible or use scripture you have memorized
- iv. **OPEN** your mind to hear from God through his Word.
 1. S - Observe the **situation** (External and internal)
 2. P – Regulate **physical symptoms** (Physiological peace)
 3. A – Evaluate **Actions** (Healthy vs unhealthy/Biblical/unbiblical)
 4. C – Challenge **Cognitions** (Are my thoughts, negative, fearful, aligning with Gods word, are these related to negative beliefs about myself?)
 5. E – Acknowledge **Emotions** (what I'm I feeling, does it make sense?)
- v. **PRAY and PROCEED through the situation.**

Examine the SPACE



Examine the SPACE



Concepts to Master

Putting God's Wisdom Into Consistent Practice

- **Applied Knowledge (Putting knowledge into action/God's Wisdom) (Prov 23: 12 Prov 2:2, Ps 90:12)**

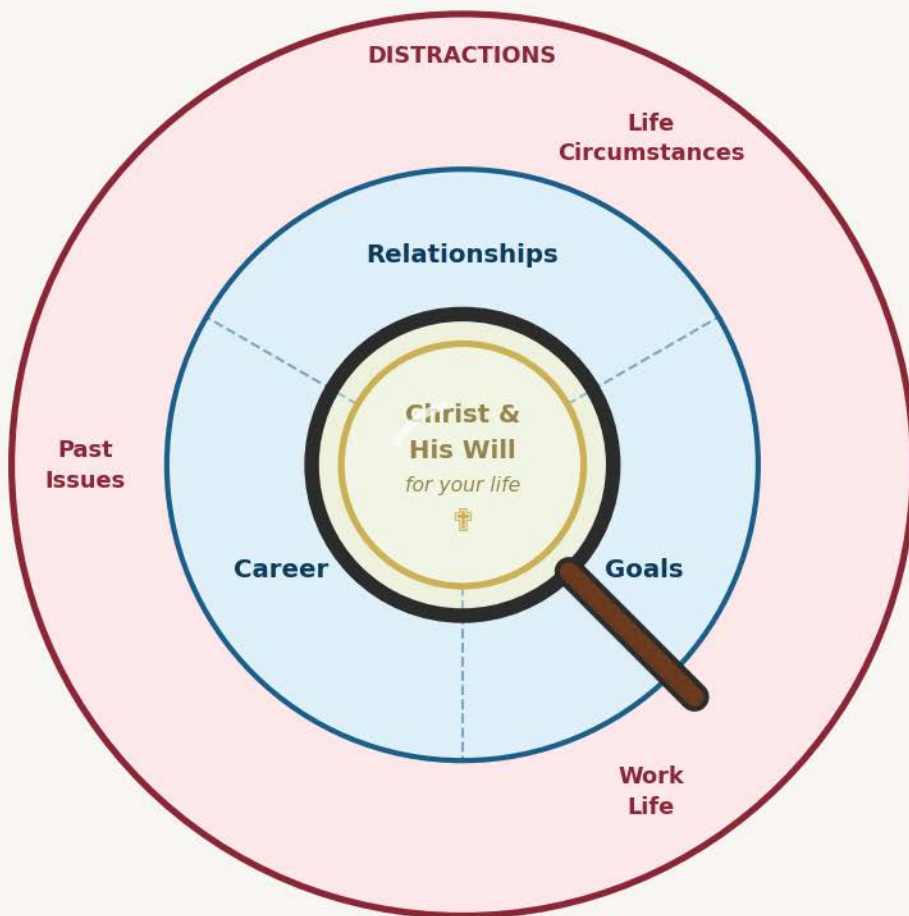
- **Practice the knowledge (Do what His Word says)** Practicing what God's Word says and doing it, brings about change by building faith, purpose, and spiritual growth. (James 1:22)

Foster relationships:

- ✓ **Love God. (Deut 6:5)**
 - Read and Meditate on His Word (Josh 1:8)
 - Prayer (I Thess 5:17)
 - Worship (Ps 29:2)
- ✓ **Love Others. (John 13:34)**
 - Witnessing. (Acts 1:8)
 - Discipleship. (Matt 28:18-20).
 - Ministry (Acts 5:42)
 - Church life (Heb 10:25)
- ✓ **Operate by the Holy Spirit rather than by fear -** operate in his power and love and have self-control, peace by His Spirit (2 Tim 1:7)
- ✓ **Become more aware/discern between spiritual things vs carnal things.** (Rom 8:5-6)
 - Let the Spirit guide you rather than the flesh. (Gal 5:16, Gal 5:22-23 vs Gal 5:19-21)
 - Do away with any vestiges of your old nature and cling to the new by Gods spirit. (2 Cor 5:17)
- ✓ **Operate in Faith (Thoughts and Actions)** We are responsible for our thoughts and actions.
 - Pray when problems and situations of life occur
 - Practice STOOP (Stop, Take a step back, open your heart and mind to hear from God, Open the Bible, Pray)
 - Use SPACE Framework tool to work through difficult life experiences.
- ✓ **Put on a Jesus mindset.**
 - Overcoming vs succumbing [The world and its problems] (John 16:33)
 - Ministering vs ministered to. (Mark 10:45) Attitude
 - Selfless vs selfish. (Phil 2:4-8) Attitude
 - Willing vs willful. (Luke 22:42) Growth Mindset
 - Unconditional love vs dissimulated love (Rom 12:9)
- ✓ **Acceptance of His sovereignty** over your life, let go and let God work in your life – Acceptance of what is out of your control and realizing its ultimately in his control. (Ps 103:19)
- ✓ **Take care of your mind, body, and Soul** – You are the temple of the Holy Spirit. (I Cor 6:19, 20)
- ✓ **Set your Affections Above** – set goals for your life. (Col 3:1-15)
 - Live Biblical values out in your life - Don't just profess it; do it, daily denying self. (Luke 9:23, Col 3:16-17, James 1:25)
 - Live your life according to who are you in Christ. (Rom 8:14)
 - Focus on goals of what God wants you to do in your life.

What You Focus On Becomes Your Reality

Keep your eyes fixed on Christ and His will.



KEY:

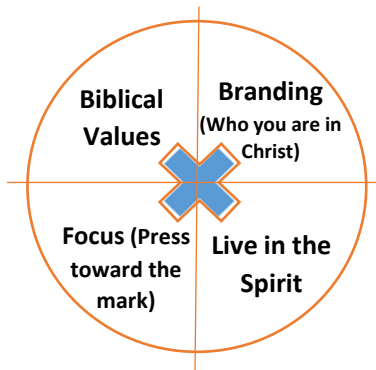
 Center: Christ & His Will — your primary focus



"Set your minds on things above, not on earthly things."
— Colossians 3:2

SETTING YOUR AFFECTIONS ABOVE (GOALS)

**Set your
Affections
above**



**Set goals that are in
accordance with the Word of
God!**

- Relationships
- Life purpose
- career

Set goals for your life based on:

- **Set your Affections Above** – set goals for your life. (Col 3:1-15)
 - Live Biblical values out in your life - Don't just profess it; do it, daily denying self. (Luke 9:23, Col 3:16-17, James 1:25)
 - Live your life according to who are you in Christ. (Rom 8:14)
 - Let the Spirit Guide you rather than the flesh. (Gal 5:16, Gal 5:22-23 vs Gal 5:19-21)
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Write down your goals in complete sentences:

Format

- Goal
- Objectives (to meet goal)
- Tasks (to meet objectives)

Use the SMART technique.

- Specific
- Measurable
- Acceptable
- Realistic
- Timeframe

Branding in Christ

By doing this worksheet, you can learn more about what God has done in your life and establish what he wants for your life. For those needing encouragement to help challenge self-negativity and lack of purpose. This sheet is used as part of the branding process (establishing who you are in Christ).

Keep in mind:

- What does the Bible say?
- What are your accomplishments and blessings?
- What are your spiritual gifts and talents?
- What character qualities do you possess?

Build up your faith based on what God has done for you and provided for you. Discover what God's word says about you and live your life according to who he has called you to be based on these questions.

As a believer in Christ, I am... (write out who you are in Christ)