

What is Nouthetic or Biblical Counseling?

Definition (*noutheteō to put in mind, that is, (by implication) to caution or reprove gently: - admonish, warn.*)

1. Definition

- A. Discerning **thinking** and **behavior** that God wants to change
- B. Using **God's Word** to change thinking and behavior
- C. For the benefit of the counselee and the **glory of God**
- D. **Scriptural** Definition
- E. Colossians 3:16 *"Let the word of Christ dwell in you richly, teaching and **admonishing** one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."*
- F. 1Thessalonians 5:14 *"And we urge you, brothers, **admonish** the idle, encourage the fainthearted, help the weak, be patient with them all."*

2. How is it different from "Christian counseling?"

- A. Christian Counseling often employs the latest **psychological** technique and **reinforces** it with scripture.
- B. Advice is not based on an **accurate** interpretation of God's **intent** for the entire passage cited

*"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, **equipped** for **every** good work."* (2 Timothy 3: 16, 17 ESV)

3. How can we translate previous inaccurate diagnosis into Biblical terms?

- A. Addiction = **Idolatry**
- B. Codependency = **Fear of Man**
- C. Depression = **Absence of Hope**
- D. Obsessive Compulsive Disorder = **Ungodly Fear**
- E. Stress = thinking that fails to acknowledge **God's Sovereignty**

4. Who can benefit from it?

- A. We handle all addictions alike because the answer is always **transformation** of the **heart** by **renewing** the **mind**

- B. Rom 8:28 “And we know that for those who **love God** all things work together for good, for **those who are called** according to his purpose.”
 - C. Rom 12:2 “Do not be conformed to this world, but **be transformed by the renewal of your mind**, that by testing you may discern what is the will of God,”
5. Where do we start to help a man change?
- A. Determine counselee’s **spiritual condition** (Romans 10:1-18)
 - B. Determine counselee’s **heart motivation** for change (Colossians 3)
 - C. Determine what **idols must be eradicated** in the counselee’s life (Isaiah 55:1,2)
6. What are the biggest obstacles to change?
- A. Lack of **conviction** of past sin against God (Genesis 39:9)
 - B. Unclear **understanding** and **willingness** to repent (2 Corinthians 7:8-11a)
 - C. Inaccurate perception of **forgiveness**
 - a. **judicial**
 - b. **parental**
 - D. What are the biggest obstacles to change ?
 - E. Sense of **entitlement** (Luke 15:12,19)
 - F. Outside **interference** (Matt 10:37)
 - G. Failure to address **heart issues** rather than **outward behavior** (Matthew 15:16-20)
 - H. Our desire to **comfort** rather than **challenge** the men (2 Corinthians 7:8)
7. What are our resources to facilitate change in individual lives?
- A. **Challenge** the counselee to apply counsel in their daily lives
 - B. **Homework**
 - C. Assignments are **written** on carbonless copy paper
 - D. Completion **demonstrates** counselee’s commitment to work for change .
 - E. Encourage the study **God’s Word** in written or electronic format
 - F. Be careful whose **opinion** you endorse

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B. Romans 8:28 And we know that for those who _____ all things work together for good, for those who are _____ according to His purpose.

C. Romans 12:2 Do not be conformed to this world, but be _____ by the _____ of your _____, that by testing you may discern what is the will of God,

5. Where do we start to help a man change?

A. Determine counselee's _____ (Romans 10:1-18)

B. Determine counselee's _____ for change (Colossians 3)

C. Determine what _____ in the counselee's life (Isaiah 55:1,2)

6. What are the biggest obstacles to change ?

A. Lack of _____ of past sin against God (Genesis 39:9)

B. Unclear _____ and _____ to repent (2 Corinthians 7:8-11a)

C. Inaccurate perception of _____

a. _____

b. _____

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A. _____ the counselee to apply counsel in their daily lives

B. _____

a) Assignments are _____ on carbonless copy paper

b) Completion _____ counselee's commitment to work for change.

c) Encourage the study _____ in written or electronic format

d) Be careful whose _____ you endorse