



THE ENTIRE SCOPE OF BIBLICAL COUNSELING IS ENCOMPASSED BY TWO GREEK TERMS:

- *Biblical counseling is: “noutheteo”- confrontation*

This aspect of biblical counseling has to do with *confrontation*; exercised by bringing people face to face with the truth of God’s Word. Such admonitions produce a divine accountability to the authority of God’s Word and its declared consequences: *Caution or reprove gently, admonish, warn*, (Colossians 3:12-17)

The noetic effect- from the Greek word “nous” (mind) referring to sin’s effect on our ability to think, reason, and know truth. Sin has tainted our ability to know truth and appropriately address human problems

- *Biblical counseling also includes: “parakaleo”- comfort*

This speaks of being called alongside to offer help and encouragement: *alongside, beside, comfort, to call for, give help, encourage*, (Romans 15:4)

Confrontation—confronted by the standards, demands, and consequences of God’s Word

Comfort—comforted by the provisions, promises, and assurances of God’s Word

WHAT DOES COUNSELING LOOK LIKE?

1. Speaking into someone’s life using God’s wisdom and not our own.
2. Counseling uses one or the other or an appropriate combination of two aspects: *confrontation/comfort*
3. It is a more *focused* form of ministering biblical truth to the life of another (one on one)
4. *Intense discipleship*
5. Counselor not an expert –a *fellow struggler* helping the struggling through a difficult situation
6. Typically 8-15 sessions with 12 sessions the most common
7. *First session*-information gathering, assessing the situation, teaching basic concepts that apply to the situation, giving a few simple assignments
8. Sessions- begin with going over any ‘homework’ and building on that for teaching
9. Then any new teaching will take place and new homework assigned for the next session
10. As counseling progresses—more of a focus on *learning through homework*
11. Goal towards the end—the counselee is helping with assigning their own homework
12. Focus is on *producing spiritual growth* and helping them *pursue this growth on their own*

13. Counseling is completed when enough growth has occurred that the counselee has handled the situation or other situations and struggles biblically
14. Typically this is done at a desk or table, as it makes the homework and study process easier, as well as promoting a 'let's get down to business' attitude for both counselor and counselee
15. Usually done at the church offices