

EQUIPPED TO COUNSEL 201  
MODULE 6: COUNSELING METHODS  
LESSON 22: General Methods: Identify & Exhort

Module 6 – General Methods and Specific Methods & Conditions

Summary of the General Methods diagram (p230)

- **Love** as Christ would love
- **Discern** as Christ would
- **Identify** biblical responses
- **Exhort** faithful life in Christ

Similar to Instruments Love/Know/Speak/Do

Similar to Build Involvement / Give Hope / Gather Data / Identify Issues Biblically / Give Instruction / HW

Instruments “SPEAK” is about **being an instrument of seeing and an agent of repentance**. How can I help this person see things God wants them to see? How can I help this person move to repentance, to trusting God, and into obedience?

**“DO” has to do with applying those new insights to everyday life. I need wisdom, encouragement, assistance.**

Identifying a Biblical Response: helping people walk in the Spirit of God according to the Word of God throughout their lives on earth. Helping people believe the gospel moment to moment.

- NOT “fixing” people and their lives, or removing all suffering
- NOT finding the one bible verse or principle that will solve the problem
- IDENTIFY a Biblical Response
  1. Over time, identify biblical passages or themes or characters or illustrations that speak relevantly to their heart and circumstance.
  2. Over time, identify passages that make the compassion, mercy, grace, and nearness of God vivid and personal.
  3. Over time, help people see and comprehend the place of true faith, humility, and repentance amidst their suffering.
    - Where have false views of gospel, pride, lusts, fears, deviations from Word been exposed in Discern efforts?
  4. Over time, help people see and understand the gospel more clearly and how the gospel applies to their particular life situation and experiences.
  5. Over time, help people identify what it means, practically, to walk according to His council and glory (Spirit) as outlined by His Word and then commit to initial steps in that direction.
    - Examples p226
  6. Roads to walk, attitudes to adopt, approaches to life in Christ.
    - No quick fixes – expressions of a heart learning to trust God and obey Him.
    - “Change happens when change happens”
    - you’re not done...helping w/ accountability (separate resource)
- EXHORT Faithful Life in Christ
  1. See and confess our futility apart from the grace of God (Luke 10:21, John 16:12-14, Rom 9:16)
    - As long as we live w/ the sinful flesh we will be tempted to live in our own strength.
    - Blind to our own blindness, prone to be mini-messiahs
  2. Trust in God and His Power
  3. Believe and dwell upon the Gospel of Jesus Christ (1 Cor 15:1-5)
    - Gospel impacting our daily lives – motivations, attitudes, thoughts, emotions and activities

4. Meditate upon, memorize, and apply the Word of God (Joshua 1:8, 1 Thess 2:13)
5. Seek power and comfort from the Holy Spirit (Rom 8:26-27)
  - Power in prayer – Holy Spirit intercedes for us
  - Power & comfort – Word of God, fellow believers
6. Engage fully in the Body of Christ
7. Wait patiently upon the Lord and His timing

Several of these have been elaborated more fully in previous lessons (Counseling Worldview, Gospel, etc)

## RESOURCES

- Books & pamphlets
  - a. Gospel Primer – Milton Vincent (both book and pamphlet)
  - b. 33 Things that happen at the moment of salvation
  - c. Counsel from the Cross (book) & devotional - Elyse Fitzpatrick
- [www.Graceky.org](http://www.Graceky.org) – biblical-counseling/counselor-toolbox, link in Google classroom 2/4
- I Cor 10:31 Lies vs Truth

## Referenced Verses (using NASB 95)

### 1. See & confess our futility apart from the grace of God

(Luk 10:21 ) At that very time He rejoiced greatly in the Holy Spirit, and said, "I praise You, O Father, Lord of heaven and earth, that You have hidden these things from [the] wise and intelligent and have revealed them to infants. Yes, Father, for this way was well-pleasing in Your sight.

(Jhn 16:12-14 ) "I have many more things to say to you, but you cannot bear [them] now. "But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come. "He will glorify Me, for He will take of Mine and will disclose [it] to you.

(Rom 9:16 ) So then it [does] not [depend] on the man who wills or the man who runs, but on God who has mercy.

(Deu 32:46-47 ) he said to them, "Take to your heart all the words with which I am warning you today, which you shall command your sons to observe carefully, [even] all the words of this law. "For it is not an idle word for you; indeed it is your life. And by this word you will prolong your days in the land, which you are about to cross the Jordan to possess."

(Jos 1:8 ) "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

### 2. Trust in God and His power - in book

### 3. Believe and dwell upon the Gospel of Jesus

(1Co 15:1-5 ) Now I make known to you, brethren, the gospel which I preached to you, which also you received, in which also you stand, by which also you are saved, if you hold fast the word which I preached to you, unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve.

(Col 3:12-13 ) So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

### 4. Meditate on, memorize, and apply the Word of God - in book

### 5. Seek power and comfort from the Holy Spirit – in book