

Cornerstone Church Biblical Counseling Ministry

You may be asking yourself if you really need counseling. We all need counseling at varying points in our lives. There are times when we just need help. In fact, many people are doing very well in some parts of their lives while struggling in others. Now might be a time when you need someone to come alongside and encourage you from the Bible.

Our Goal

The mission of Cornerstone Church Biblical Counseling is to equip you to meet the challenges of life by the transforming power of Jesus Christ for the glory of God.

What is Nouthetic Counseling?

Nouthetic counseling (or Biblical counseling) is counseling that uses the Scriptures to recognize sin with the purpose of turning from it and toward Christ (Colossians 1:28; 1 Thessalonians 5:14). In doing so, Nouthetic counseling seeks to restore the ones seeking counsel to a place where they can most effectively serve the body of Christ (Romans 12:4, 5). There are three main elements to Nouthetic Counseling: 1) There is a fundamental problem of sin that affects desires, thoughts and behavior that need to be changed God's way; 2) We use God's Word, by the illumination of the Holy Spirit, to change desires, thinking and behavior, which are contrary to the Scriptures; 3) All this is done out of love for those seeking counsel, for their salvation, and sanctification. While many forms of counseling seek to modify behavior only, Nouthetic Biblical counseling seeks to modify the desires and motivations of the heart that produce human behavior. Changed heart desires produce changed behavior. Nouthetic counseling looks at counseling as part of the sanctification process. This growth and change into the image of Jesus Christ is to be of utmost priority for the believer. (For greater detail see our distinctive on Nouthetic counseling).

Is there any hope for me that this will work?

We believe that true hope is only found in Jesus Christ. If you know Him, there is hope for you. Not all of your problems may disappear, but when a person willingly submits to God's instructions and clings to his promises there is hope and help. There are answers for dealing with whatever you might be facing. In fact, many of our counselees see significant progress in 8-12 weeks.

What kind of problems do you deal with?

People come in with various kinds of problems, but the most common would be marriage and family issues, sexual sin, and emotional issues (e.g. depression, anger, thoughts of suicide). In every situation we will use the Bible as the sufficient authority to answer *all* of the problems of life. We do not prescribe medication as we are not medical doctors.

Who counsels and are they trained?

We believe that Nouthetic counseling is not a special ministry reserved for the expert and that it can and should be done by anyone who believes in the gospel of Jesus Christ (Romans 15:14; Colossians 3:16). However, all of our counselors who formally counsel, whether they are pastors or laypersons, have been rigorously trained in biblical counseling. We encourage all who are seriously considering being a part of the

counseling ministry to pursue certification in Biblical Counseling through the National Association of Nouthetic Counselors. (For more information visit NANC.org).

What does it cost?

Since Cornerstone Church counselors volunteer their time we can offer counseling free of charge. There may be small fees for materials for non-church members who come for counseling.

What can I expect from Cornerstone in counseling?

First of all, you can expect that everything will be held in strict confidence except where, in the counselor's judgment, there is a biblical requirement to involve others (e.g. criminal activity). You can also expect that we will care for you and treat you with respect. We are not here to zap you when you sin; rather you can expect us to encourage you in your successes and exhort you to think and behave in a way that pleases Jesus Christ. (For more information see our Policies and Procedures/Consent to Counsel form).

What does Cornerstone expect from me?

We have three requests from you. First, we ask you to be honest with us. Second, we ask you to do weekly homework assignments that will encourage lasting change. A part of those assignments will be to attend our Sunday church service. Third, we ask you to give us a little time. Habits were not developed overnight and new habits will take at least several weeks to develop.

Where do I begin?

For more information or to contact a counselor please email us at cornerstonejh@gmail.com or matt@cornerstonejh.com.