



# Gospel-Centered Counseling

EQUIPPING BIBLICAL COUNSELORS SERIES

HOW CHRIST CHANGES LIVES

Robert W. Kellemen  
Foreword by Deepak Reju

**A PDF COMPANION TO THE AUDIOBOOK**

ZONDERVAN

*Gospel-Centered Counseling*

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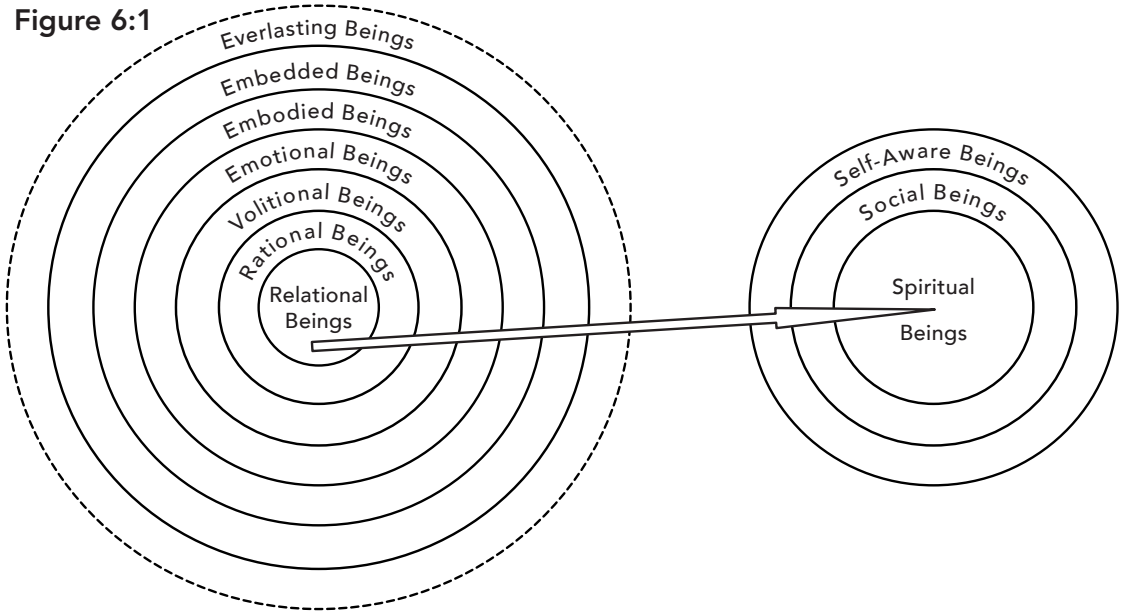
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CHAPTER 6

# Examining the Spiritual Anatomy of the Soul: Our View of People

Figure 6:1





## CHAPTER 15

# Dispensing Grace: Our Gospel-Centered Growth in Grace

Figure 15:1

<b>RPMs: Resurrection Power Multipliers</b>
<b>Spiritual Foundation: Change through Christ's Word</b> <ul style="list-style-type: none"><li>• Spiritual Theology: Preaching, Teaching, Bible Study, Personal Study, Our New Identity in Christ</li></ul>
<b>Spiritual Formation: Communion with Christ/Conformity to Christ</b> <ul style="list-style-type: none"><li>• Spiritual Disciplines: The Individual and Corporate Disciplines</li></ul>
<b>Spiritual Friendship: Compassionate Discernment from Christ's Ministers</b> <ul style="list-style-type: none"><li>• Spiritual Counseling: Individual Biblical Counseling</li></ul>
<b>Spiritual Fellowship: Connection with Christ's Body</b> <ul style="list-style-type: none"><li>• Spiritual Discipleship: Small Group Ministry and Large Group Fellowship and Worship</li></ul>
<b>Spiritual Filling: Control by the Holy Spirit</b> <ul style="list-style-type: none"><li>• Spiritual Empowerment: The Filling of the Spirit</li></ul>
<b>Spiritual Fruit: Character and Competence in Christ</b> <ul style="list-style-type: none"><li>• Spiritual Ministry/Maturity: Service, Evangelism, Discipleship, Stewardship</li></ul>
<b>Spiritual Family: Completing One Another in Christ</b> <ul style="list-style-type: none"><li>• Spiritual Homes: Godly Marriages, Shepherding Parents</li></ul>
<b>Spiritual Fighting: Conquering Christ's Enemies (The World, the Flesh, and the Devil)</b> <ul style="list-style-type: none"><li>• Spiritual Warfare/Victory: The Whole Armor of God</li></ul>



CHAPTER 16

# **Putting Off and Putting On: God's Heart-Change Model of Progressive Sanctification**

**Figure 16:1**

<b>The Heart Change Model of Progressive Sanctification</b>	
<b>The Putting Off/Mortification Journey with Christ</b>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 1: Rational Mortification</b> Putting Off Our Old Foolish Mind-Sets: "I Repent of the Insane Idols of My Heart"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 2: Relational/Spiritual Mortification</b> Putting Off Our Old Disordered Spiritual Affections: "I Divorce the Adulterous False Lovers of My Soul"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 3: Relational/Self-Aware Mortification</b> Putting Off Our Disordered Old Self-Aware Affections: "I Reject the Ugliness of My Self-Beautification"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 4: Relational/Social Mortification</b> Putting Off Our Old Disordered Social Affections: "I Uproot My Self-Centered Using of Others"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 5: Volitional Mortification</b> Putting Off Our Old Self-Centered Purposes/Pathways: "I Put to Death My Enslaved Destructive Self-Gratification"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 6: Emotional Mortification</b> Putting Off Our Old Ungoverned Mood States—"I Crucify My Addictive Passions"</li> </ul>	
<b>The Putting On/Vivification Journey with Christ</b>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 7: Rational Vivification</b> Putting On Our New Wise Mind-Sets: "I Renew My Mind by Being Transformed by the Truth of Christ's Grace Narrative"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 8: Relational Spiritual Vivification</b> Putting On Our New Purified Spiritual Affections: "I Enjoy and Exalt God My Spring of Living Water"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 9: Relational Self-Aware Vivification</b> Putting On Our New Purified Self-Aware Affections: "I Reckon On the Truth of Who I Am to and in Christ"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 10: Relational Social Vivification</b> Putting On Our New Purified Social Affections: "I Nourish My New Shepherding Love for Others"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 11: Volitional Vivification</b> Putting On Our New Other-Centered Purposes/Pathways: "I Fan into Flame My New Freed Will Empowered to Empower Others"</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Journey Marker 12: Emotional Vivification</b> Putting On Our New Managed Mood States: "I Soothe My Soul in My Savior"</li> </ul>	