

Fact Sheet for Biblical Counseling

Here are some facts about what to expect from biblical counseling:

1. Biblical Counseling is a ministry of the local church. All counselors are under supervision of the church leaders. The counseling ministry is neither a business nor a profit-oriented activity. Each counselor serves without any charge or fee, or any financial requirement, actual or implied. They will provide their time and energy as a service to God.
2. The range of problems with which we deal is very wide. It includes broken marriages, parent-child relationships, depression, alcohol and drug abuse, tension, turmoil, anxiety, fear, worry and any number of other problems resulting in mental and physical immobility.
3. The biblical counselor is trained in the use of the Scriptures and the principles of biblical counseling. They are committed to the position that the Scriptures provide the only authoritative rule of faith and standard of conduct for Christians. They do not base their counseling knowledge on their own opinions, experience, or concepts of behavior, but seek to marshal the full range of biblical truth into focus on the counselee's need. In counseling sessions, they will hold to the essential truths of Scripture without particular theological emphasis on any practice not specifically advocated in the Scriptures.
4. Confidentiality is respected. A case may be discussed with other counselors or other professionals but only to the degree necessary to find further biblical solutions to the problem. [See "Informed Consent and Counseling Policy" for details.] All such consultation is conducted in accord with the highest standards of biblical ethics.
5. Biblical counselors believe in the total health needs of the counselee. Your counselor may recommend that you have a full or specified medical examination. If medical assistance is required, counseling will continue whenever possible, at the same time.

6. Your counselor will use all of their skill in applying biblical principles to help you in whatever problem deprives you of the peace and joy that God has promised to you in His Word. Your counselor will concentrate on three basic principles from God's Word:

Hope: because in Jesus Christ we have a great high priest who has been tempted in all things, yet without sin. Even though every sin common to man may be tempting you, God has promised that He will not let you be tempted beyond your endurance, but will provide you the way to persevere so that you can endure. (1 Corinthians 10:13; Hebrews 4:14-16).

Change: because in Christ we can learn how to lay aside the old selfish ways of living and put on the new ways of living in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God. (Ephesians 4:20-24; Colossians 1:10)

Homework: because we need to prove ourselves, lest we be merely hearers of the Word, forgetting and deluding ourselves; for only in becoming effectual doers of the Word, shall we be blessed in what we do (James 1:22-25).

7. Normally, counseling sessions will last about one to one and a half hours each week and will continue for eight to ten weeks. However, if the counselor does not observe definite change in the first few weeks, they will seek to identify the cause of the failure, discuss it with you, and help you to correct it.
8. You will need a notebook and your Bible at all sessions including the first one. If you do not have a Bible, one will be provided. Be sure to bring them each time. Come with high expectations. You will find hope and encouragement even on your first visit. From then on, with your cooperation, we believe you will find a good and acceptable answer to the difficulty that prompted you to contact us.