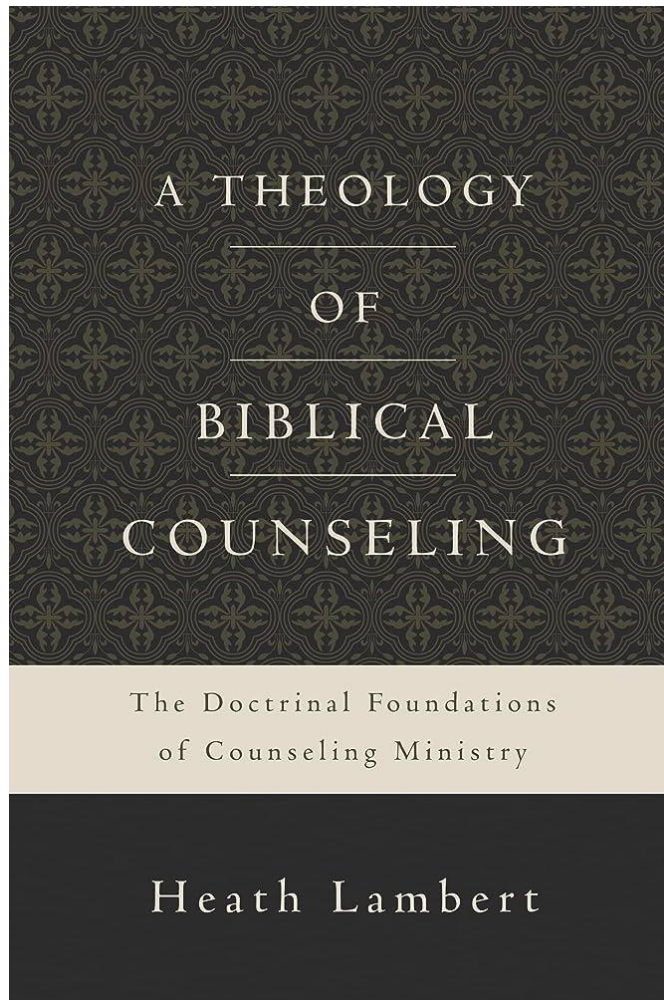


COUNSELING & WHAT WE BELIEVE ABOUT THE BIBLE

September 3rd, 2023



What is counseling?

“Counseling is a conversation where one party with questions, problems, and trouble seeks assistance from someone they believe has answers, solutions, and help.” – Heath Lambert

Counseling is a conversation where one party with questions (Who am I? What is wrong with me? How do I fix it?) problems (sin struggles, relational difficulties, trials, and hardships), and trouble (past hurts and traumas, doubts, fears, and anxieties) seeks assistance from someone they believe has answers, solutions, and help.

“God has spoken about these realities because He created them, forming them out of nothing. They are not subject to debate. We are who God says we are. What is wrong with us is what God says is wrong with us. There is no solution to our problem and no process of change other than the one God has provided.” - Heath Lambert

Working Definition: Biblical Counseling is taking the truths from God’s Word and applying it to life’s questions, difficulties, sin struggles, trials, hardships, hurts, fears, and anxieties.

Who should be counseling?

Romans 15:14: “I myself am satisfied about you, my brothers, that you yourselves are full of goodness, filled with all knowledge and **able to instruct one another.**”

Galatians 6:1-2: “Brothers, if anyone is caught in any transgression, you who are spiritual should **restore him in a spirit of gentleness.** Keep watch on yourself, lest you too be tempted. **Bear one another's burdens,** and so fulfill the law of Christ.”

Hebrews 3:13: “But **exhort one another every day,** as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.”

Hebrews 10:24-25: “And **let us consider how to stir up one another to love and good works,** not neglecting to meet together, as is the habit of some, but **encouraging one another,** and all the more as you see the Day drawing near.”

What is the goal of the counselor?

Colossians 1:28: “Him we proclaim, warning everyone and teaching everyone with all wisdom, **that we may present everyone mature in Christ.**”

- My goal as a counselor is not to “fix” someone’s problems.
- My goal as a counselor is not to help someone “feel” better.
- My goal is to present them mature in Christ.
- My goal is to help them apply truth from God’s Word to their trial or difficulty.
- My goal is to point them to the Savior.
- My goal is to help them grow in their worship.

“Everyone who comes for counseling has a worship deficit. Counseling is about restoring troubled people to proper worship. Biblical counseling exists because worship does not. The job of counselors is to work themselves out of a job by restoring worship in the hearts of hurting people.” - Heath Lambert

What is the counselor's source and authority?

If biblical counseling is the application of truth from God's Word, then the counselor's source of wisdom and counsel will be God's Word.

- Authority of Scripture: The Bible is our supreme standard for what we should believe and how we should behave because it comes from God, who cannot lie.
- Sufficiency of Scripture: The Bible contains all that we need to know God's will and live a life pleasing to Him.

What is the counselor's source and authority?

Psalms 19:7-8: "The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;"

Proverbs 30:5: "Every word of God proves true; he is a shield to those who take refuge in him."

John 17:17: "Sanctify them in the truth; your word is truth."

2 Timothy 3:16-17: "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work."

Two questions often come up when speaking of the sufficiency of Scripture:

If Scripture is sufficient and all we need, what about all the Christian books written, training such as ACBC, and other resources?

2 Timothy 3:16-17: *“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”*

God has provided in His Word everything I need to know Him, be sanctified, and completely equipped to live life in a way that honors Him. I don't need any additional special revelation or truths not already revealed in Scripture. Books, commentaries, training, podcasts... all of these things are resources that can help me better understand, interpret, and apply the truths that Scripture has already revealed. None of them are providing new revelation or truth to me that was lacking in the Bible.

Two questions often come up when speaking of the sufficiency of Scripture:

What about issues the Bible doesn't speak directly to? Like medical problems or marijuana?

God's Word is still sufficient to tell me how to respond rightly to things it doesn't specifically address.

God's Word has given me principles I can apply to things it doesn't clearly address.

What are some ways the counselor uses the Word of God?

To guard from sin

Psalms 119:9: “How can a young man keep his way pure? By guarding it according to your word.”

Psalms 119:11: “I have stored up your word in my heart, that I might not sin against you.”

Psalms 119:37: “Turn my eyes from looking at worthless things; and give me life in your ways.”

Psalms 119:104: “Through your precepts I get understanding; therefore I hate every false way.”

What are some ways the counselor uses the Word of God?

To provide comfort and strength during heartache

Psalms 119:28: “My soul melts away for sorrow; strengthen me according to your word!”

Psalms 119:50: “This is my comfort in my affliction, that your promise gives me life.”

Psalms 119:52: “When I think of your rules from of old, I take comfort, O LORD.”

Psalms 119:76: “Let your steadfast love comfort me according to your promise to your servant.”

Psalms 119:92: “If your law had not been my delight, I would have perished in my affliction.”

What are some ways the counselor uses the Word of God?

To provide wisdom and guidance in life

Psalms 119:24: “Your testimonies are my delight; they are my counselors.”

Psalms 119:66: “Teach me good judgment and knowledge, for I believe in your commandments.”

Psalms 119:105: “Your word is a lamp to my feet and a light to my path.”

Psalms 119:130: “The unfolding of your words gives light; it imparts understanding to the simple.”