

Biblical Counseling

Biblical counseling is doing what the Bible charges Christians to do. Carry one another's burdens. The Apostle Paul wrote to the Galatians that we should restore others in love if anyone is taken in a fault. Jesus was the ideal counselor. He met people where they were without judging them. But after Jesus listened to people, He then confronted them in love with the truth about themselves and what God has to say about where they were in life. Biblical counseling is the process of guiding individuals to examine life's issues in light of God's word. This simple method of using the Bible to address problems is truly remarkable and is extremely effective in restoring individuals to spiritual wellness. Biblical Counseling is not psychology and does not use psychological methods.

Can the Bible give guidance on my problems?

Often life's problems seem so complicated that there is no scripture to give guidance. But the Bible is a book that deals in principles and clearly states a way for its followers to live. This is what the Bible says this about itself.

*³ For His divine power has given us everything required for life and godliness, through the knowledge of Him who called us by His own glory and goodness.
⁴ By these He has given us very great and precious promises, so that through them you may share in the divine nature, escaping the corruption that is in the world because of evil desires.
2 Peter 1:3-4 (HCSB)*

My problem is not spiritual it is something else?

A believer in Jesus Christ cannot separate or compartmentalize their life to say that if a problem exist that God does not need to concern Himself with it. Biblical counseling is the most effective way to find an answer to any problem that a Christian may have whether it seems spiritual or not.

I need help not preaching?

Biblical Counseling is like all counseling it is interactive with dialog. The main difference is that the Biblical counselor will seek solutions that line up according to the precepts of God's word. Individuals will be given guidelines to make decisions by and applications to live by in order to facilitate change toward godliness in them and those who are around them.