

## **Counseling Issues: Discipleship**

Along with effective biblical problem solving, discipleship is an important part of counseling. Discipleship involves becoming proficient in the basic support systems God has planned for Christians. The counselee who has been disciplined properly is prepared to handle future trials with the resources the Lord has furnished.

A proper understanding of the role of the Word and a daily working relationship with God through the effective use of the Scriptures is the foundation of discipleship (John 17.17). The counselee who is consistent in the Word is one who is being strengthened and challenged by God (2 Timothy 3.16-17). This person sees life under the light of the Scriptures (Psalm 119. 105). They see false teaching clearly because they read the truth every day (1 Timothy 6.3-5). This soul is changing in ways not even addressed in counseling sessions (1 Peter 2.1-3). They gain wisdom. They are corrected and reproved by the Lord. They repent and change. They have hope. They regularly interact with God at the deepest level of the motives and will. They are trained to obey Him. Such a one is equipped for the rest of life.

Developing a strong prayer life is another part of discipleship. The counselor can help each counselee to establish habits of biblical prayer during the weeks of meeting together (Colossians 4.2). This too will be a source of strength for the balance of time on earth (Psalm 62.8).

We can benefit counsees by directing them to become involved at church (Hebrews 10.25). Good Bible teaching churches typically offer sound preaching, fellowship opportunities and a variety of ministries for serving or being served (1 Timothy 4.12-16, Colossians 3.12-16, Philemon 1.7, 20). Along with this involvement comes the building of relationships with other Christians (Proverbs 27.17, John 13.34-35, Colossians 1.28-29). God speaks of the value of each of these things in His Word.

Discipleship helps counsees today and for the rest of their lives. This is an essential aspect of biblical counseling.