

Why Biblical Counseling?

The Truth of God's Word

The Word is God's chosen tool to facilitate change in His children. God equips believers for every good work through His Word (2 Timothy 3.16-17). Therefore, we should use the Bible as our source of truth to facilitate change in the lives of counselees (James 1.25). The effective biblical counseling case results in a believer who has come to understand his or her problem in biblical terms, has seen what the Word says about the problem and the solution, and who has, by the grace of God, become obedient to the Word in that area. There is great joy for counselee and counselor as each has observed God doing what only He can (1 John 5.3-5).

The Scriptures have unique capabilities essential in counseling. The Word of God judges the thoughts and intentions of the heart (Hebrews 4.12). What information could be more useful than that in determining the nature of a problem? (We read Scripture together and ask questions about it. If the counselee answers openly, we have the opportunity to hear first-hand his or her interactions with the living and active truths of God.) The Word enables real change (1 Peter 2.1-3). Change is the goal of any counseling, but the specific change sought in biblical counseling is sanctification, change toward holiness and change toward being an effective doer of the Word. When this occurs not only is the problem solved, but the counselee has a closer walk with God than before (2 Corinthians 12.9-10).

The truths of theology oppose other counseling models. The Bible teaches man is a sinner in need of forgiveness (Romans 3.10-26), yet many psychology models seek to find truth to cause change within the person (John 17.17). In most psychology models the source of strength to change is also from within (1 Corinthians 15.10). The trend in psychiatry these days is to label many things the Bible regards as sin "disease" (lack of self control in children, uncontrolled anger, even life dominating lust or overeating). The method of change is prescription medicine. If there were no God, no Bible and no Holy Spirit perhaps these options would seem logical. However, these counseling models are taught not only in secular venues but by some calling themselves "Christian counselors" as well. Find out what counselors believe and teach about God, man, change and sin. Choose counselors who believe what you think the Bible says about these topics.