

What is Biblical Counseling

All too often, people, experiencing hardships and difficulties in life seek help from their pastors, ministers, elders, or church leaders, and they are often referred to secular counseling. Once there, they are told how spiritual counseling could help in simple matters, but for difficult and complex problems, they are referred to mental health professionals. They say that spiritual counseling is helpful at times, but it is too simplistic to deal with cases of abuse, addiction, or even infidelity ... much too simplified, they say.

I ask you to consider what the first century Christians did to resolve life's problem with only the Bible as a resource? Or those who lived in Old Testament times when they were depressed or troubled. What did Christians do just 100 years ago to resolve difficult issues in their lives if the Scriptures are not equipped to help in all matters of life. How foolish is the assumption of those who say that the Bible does not offer help to God's people in their times of need and that it cannot help under any circumstance.

There are times when professional medical help should be sought; when a psychological condition is the result of a physiological abnormality (a physical cause for the condition), but when the cause is a result of the choices we make, or the choices made by others that affect us, God's word can take away the hurt through Christian Counseling.

Biblical Counseling has been around from the time God first spoke to man. It is counseling that utilizes the inerrant, infallible Word of God as its source to heal, comfort and renew. It is the form of counseling that has been used not only in the Old Testament, but the New Testament as well. It was well said by Peter concerning God's Word (1 Peter 1:3-9),

*"...according to His divine power has given unto us **all things** that pertain unto life and godliness, through the knowledge of Him that has called us to glory and virtue:"*

It is through God's Word that you are set free from that which enslaves you. If you have become a slave to addiction, abuse, or infidelity, do not add to this the slavery by getting involved in things that can never renew your spirit. Through Christ, you can become a new creation. Through Christ, Biblical counseling can help you with whatever hurts.