



What Biblical Counselling Looks like in a Local Church

Preface: What is Biblical Counselling?

What does it mean to give “counsel” to those who are struggling?

- To give advice or to advise.
- To provide guidance for someone’s situation.
- To speak comfort, hope, or encouragement

Counselling is the act of giving counsel to someone.

Webster’s Dictionary (1979): “professional guidance of the individual using psychological methods.”

Biblical counselling is the opportunity to speak into someone’s life using God’s wisdom, and not your own.

The end goal of all of our counsel is to help people become more like Christ.

Two things to note:

(1) Giving counsel, rooted in God’s Word, with an eye towards helping others become more like Christ---that’s a job description for every single Christian in your local church.

(2) While counselling is often thought of as a 1-on-1 venture, counselling in a local church is a community affair.

What Does Counselling within a Local Church Look like?

1. Training the members is a chief goal.

2. What Do I Teach?

Teach biblical counselling *right out of the Bible*.

We want to teach counselling *right out of a box*.

- CCEF's *How People Change* and *Instruments in the Redeemer's Hands* small group workbooks and chapter books.
- CCEF is now coming out with DVDs on specific topics, which includes 4 to 5 talks, and an accompanying workbook. Example: a class on psychiatric diagnosis from a Christian perspective.

3. How Do I Teach? Crop dusting.

Crop dusting becomes a useful word-picture what we want to do in the congregation. There is not just one way to do training. There are a variety of ways to do this.

8 ways to train in your church

- Small Groups.
- Training class.
- Sunday school.
- Public Teaching.
- In the counselling room – advocates.
- Pastor-Elder-Leadership training.

- On-line training.
- Give Away Good Reading Material.

2 ways to engage your community

As you do biblical counselling in your church, you find that you can begin to step out and engage your community.

- Train Counsellors, Doctors.
- Evangelism.

4. Real Life Stories.

Jesus came to die for Jonathan, Peter, and Harry, so they no longer have to live for themselves, for him who loved them and gave his life up for them. And now, because of Christ, they can live for one another.