



## **Biblical Counseling Description**

*What should I expect?*

### **I. The Distinctiveness of Biblical Counseling**

1. We are called to minister to the whole person within the Body of Christ.
2. We believe that a personal, vital saving knowledge of Jesus Christ is essential to salvation and is the foundation of all true biblical counseling. As such, we are committed to a wise and winsome confrontation of those who seek counseling and are not believers in the Person of Christ.
3. Our thrust in counseling involves:
  - a. Creating a spiritual mindset with the Bible.
  - b. Diagnosing and dealing with the problem(s) presented.
  - c. Discipleship and spiritual growth.
  - d. Encouraging those who have been helped to be part of a Bible-believing fellowship for accountability and spiritual well-being.
4. The Word of God and its practical application functions as the counselor's primary tool. As such, God instructs us that the Bible is the final and absolute authority in our lives today.
5. The Word of God is a therapeutic tool as well as a theological one, thus it can be used to address emotional problems, as well as psychological and spiritual ones.
6. The work of the Person of the Holy Spirit is an integral part of the methodology and philosophy of biblical counseling. Even though He may not be seen, He is alive and active in the life of the counseling process. The Holy Spirit works to effect change, first in the life of the counselee and the counselor, and then in the situation or circumstances we face.
7. The Scriptures provide the basic standard for every area of life (2 Peter 1:3-5). As such, its system of ethics pertains to any culture and any contemporary situation. Biblical counselors, therefore, possess an ethic for both right and wrong thinking and behavior.

### **II. The Philosophy of Biblical Counseling (Eph. 5:10)**

1. **Defined as:** Christ-centered and biblically sound counseling that will assist you in solving problems biblically, grow in your faith spiritually, and realize the peace of God in a blessed relationship with Him and others. This methodology is in contrast to typical professional counseling that is man-centered and problem-focused.
2. **You will ultimately have...**
  - The peace of God
  - The mind of Christ
  - The hope of eternal life


3. **You will learn to...**

- Love God and others
- Develop a life of prayer and trust
- Solve your own future problems biblically
- Not completely trust your feelings in making decisions, but live by the Truth
- Understand God’s plan for your life as revealed in His Holy Word


III. **The Methodology of Biblical Counseling** (Eph. 4:22-24)

1. **Defined as:** A biblical model of counseling with supernatural problem-solving results, spiritual mentorship, and biblical encouragement to assist you to think differently and to live differently for Jesus Christ. This requires a systematic learning process of God’s Word that will produce godly living and ultimate reconciliation with both man and God in the midst of your trials.
2. Biblical Counseling Illustrated: (Illustration to be explained by the counselor)

**A picture of your initial situation:**

The scope of the problem presented... 

@ The counselee

The depth of faith and spiritual preparedness realized... 

**A picture of your ultimate situation:**

The scope of continued problems realized... 

@ The counselee

The depth of faith and spiritual readiness developed... 

**Proven method:** We will biblically address faith-developing and problem-solving issues every session.

*I have read and understand the above described distinctiveness, philosophy, and methodology of Biblical counseling which will be used by the historic biblical counselors at Timberlake Biblical Counseling and Training Center.*

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Counselee’s Signature

\_\_\_\_\_  
Date