

# The Need For Biblical Counseling

## Dr. Nicolas Ellen

## I. We need biblical counseling because:

it is a means by which the issues of life can be addressed at the their core level resulting in using the Scripture to lead individuals into life transformation according to stages of spiritual development. As God is working inside of individuals (Philippians 2:12), they are to respond accordingly (Philippians 2:13). Here is an example of how it works (2Timothy 3:16-17):



## A. Teaching Stage:

The Holy Spirit enlightens one's mind through the Word of God bringing one into awareness of truth in various aspects of life through the teaching of God's Word.

“All Scripture is inspired by God and profitable for teaching”

Biblical counseling uses Scripture to teach one the right way to think, desire, feel, communicate, behave, relate and serve.

For the Unbeliever, Biblical counseling uses this as an opportunity to show him the reality of God's word in light of his unbiblical Worldview within the context of the issue he has brought before you.

## B. Conviction Stage:

God begins to focus one's attention into particular areas of life convincing one that change is necessary resulting in conviction, honesty, and godly sorrow through the teaching of God's Word.

“ All Scripture is inspired by God and profitable for reproof”

Biblical counseling uses the Scripture to lead one to awareness, conviction, honesty and brokenness about the sinful thoughts, desires, feelings, communication, behavior, relationship patterns and serving patterns or lack thereof one tends to have.

For the Unbeliever, Biblical counseling uses this is an opportunity to show him the detriment of sin and his need for our Lord and Savior Jesus Christ within the context of the issues he has brought before you.



## C. Correction Stage:

As a result of the teaching and conviction from the Word of God, one makes a decision to abandon a sin issue in his/her life.

“All Scripture is inspired by God and profitable correction”

Biblical counseling uses the Scripture to guide one into putting off sinful thoughts, desires, feelings, communication, behavior, relationship patterns and serving patterns or lack thereof one tends to have.

For the Unbeliever, Biblical counseling uses this is an opportunity to guide them through process of repenting and receiving in genuine faith the Person and Work of Jesus Christ our Lord to deliver them out of their sin condition unto a right standing and right relationship with God.

## D. Training Stage:

As a result of the teaching and conviction from the Word of God one puts to practice what God has commanded in His Word.

“All Scripture is inspired by God and profitable for training in righteousness”

Biblical counseling uses the Scripture to guide one into developing godly thoughts, desires, feelings, communication, behavior, relationship patterns and serving patterns.

For the Unbeliever who now has become a Christian Biblical counseling uses this as an opportunity to guide him into the basic principles of living out his new life accordingly within the context of the issues he has brought to you and beyond.



## II. Biblical Counseling also guides people into:

How to live life accordingly in relation to the pursuit of wisdom for the best course of action. (Proverbs 1:5, 13:10, 19:20, 27:9)

When the Unbeliever comes for wisdom, Biblical counseling will use the wisdom of God to lead the person back to the Gospel of Jesus Christ accordingly. (1 Corinthians 1:21, 25; 2:2-5, 3:18-20)

## II. Biblical Counseling also guides people into:

- A. Biblical counseling guides people to direct their minds toward a full understanding of human life and toward its moral fulfillment.
- B. Biblical counseling guides people into the development of the mind, an expansion of knowledge, and an understanding of both the meaning of life and how that life must be lived.
- C. Biblical counseling guides people into the art of being successful, of forming the correct plan to gain the desired God-honoring results.



## II. Biblical Counseling also guides people into:

- D. Biblical counseling guides people into the practical skills associated with living a successful life. These skills range from the ability to create highly skilled works to the intellectual capability required to make choices that result in favorable outcomes and avoid troubles.
- E. Biblical counseling guides people into factual knowledge, the situational insight, and the necessary resolve that together have the greatest likelihood of success in achieving the intended, righteous goal.

### III. Biblical counseling also provides:

support, encouragement, and guidance through those difficulties of life not created by the person focusing on the support and sanctification of Christians and the support and salvation of Unbelievers. (1 Thessalonians 5:14)



### III. Biblical counseling also provides:

- A. If people are suffering from *soil evil* and *situational evil* counseling guides people to worship God as they grieve over suffering accepting the Sovereignty of God over their lives while working through the matter with endurance; pursuing wisdom to fix, resolve, or work through the matter. (Job 1:19-20, Ecclesiastes 7:13-14, 9:1, James 1:1-5, Romans 12:15) (Presenting support and the Gospel to Unbelievers)
- B. If people are suffering from *sickness* counseling guides people to pray for help, repent of sin if there be any tied to the sickness, trust in the Lord and function in obedience in spite of their sickness. (James 5:13-15, Proverbs 3:5-8) (Presenting support and the Gospel to Unbelievers)

### III. Biblical counseling also provides:

- C. If people are suffering from the *sin of others* counseling guides people to embrace the reality that what others meant for evil, God will use to bring good to their lives while obeying God in spite of the sin of others; Where appropriate, counseling will guide people to confront them about the sin accordingly. (Genesis 50:12, Romans 8:28, Romans 12:17-21, Luke 17:3, Galatians 6:1) (Presenting support and the Gospel to Unbelievers)
- D. If people are suffering from *Satan* counseling guides people to submit to God and resist the devil with the spiritual armor given to them by God which will cause the devil to flee from them. (James 4:7, Ephesians 6:13-17) (Presenting support and the Gospel to Unbelievers)



### III. Biblical counseling also provides:

- E. If people are suffering from *serving* counseling guides people to embrace the fact that God will provide comfort in the midst of their affliction while continuing to serve which will result in developing in endurance leading to Christ-like character being developed. (2 Corinthians 1:1-7, James 1:1-4) (Presenting support and the Gospel to Unbelievers)

## Quote from David Powlison:

“The revelation of Jesus Christ creates a distinctive conception of the relationship between counselor and counselee, a distinctive understanding of methodology, a distinctive social location for counseling practice to flourish. This care and cure for the soul systematically differs from how other psychotherapies deal with the same problems in living. Nothing comes ready-made. Biblical counseling wisdom is an ongoing construction project, like all practical theological work. It is one outworking of biblical faith into the particulars of our time, place, problems and persons.”



# The Need For Biblical Counseling Part 3

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