

The Need For Biblical Counseling (Part 1)

Definition of Biblical Counseling: Biblical counseling can be defined as using the Word of God (the Bible) within the context it was written to provide solutions and the application of those solutions to non-organic, immaterial, spiritual, and what the world calls “psychological” or “mental disorder” problems. The Word of God is used in a precise and efficient manner to address these matters. The Word of God is used anticipating the salvation of sinners and the sanctification of Saints as a result. Biblical counseling can also be defined as using the Word of God to give comprehensive answers to non-physical problems on a small group level or one on one interpersonal level. In essence, biblical counseling is applied biblical systematic theology. It is the practical ministry that comes out of knowing and understanding the Bible and the theology of the Bible. Biblical Counseling is the practical, comprehensive ministry of soul care that comes out of knowing, understanding, and applying biblical systematic theology to life issues.

I. God has an agenda for Saints that includes *biblical counseling*.

- A. God is saving souls from the power, penalty, and soon the presence of sin.
(Ephesians 2:1-10, Colossians 1:12-14).
- B. God is maturing Saints into the image of Jesus Christ.
(2Corinthians 3:18, Romans 8:29-30)
- C. God is using the Church through evangelism to save souls.
(2Corinthians 5:18-20, Colossians 1:3-6).
- D. God is using the Church through discipleship to mature saints into the image of Christ. (Matthew 28:18-20, Ephesians 4:11-15)
- E. Biblical Counseling is an avenue whereby evangelism and discipleship can take place resulting in God using it to save a soul from the power, penalty and soon presence of sin and maturing saints into the image of Jesus Christ. Every Christian should be involved in evangelism and discipleship. Therefore, every Christian should be a counselor!
- F. Let us consider these quotes from Dr. Heath Lambert:
 - 1. “The information unbelievers come to know by God’s common grace is simply not as important for counseling as the truth God reveals in the Bible about how Jesus changes people. Troubled people can know much information about counseling through common grace, but what they most deeply need is the Bible to reveal Jesus and his special grace in salvation.” (Lambert, Heath. A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry (p. 101). Zondervan. Kindle Edition.)

2. “When biblical counselors do their work, they are engaging in a conversation about the questions, problems, and troubles of their counselee and seeking to offer answers, solutions, and help. All manner of information may be true and available to a counselor that is not relevant for the answers, solutions, and help offered in counseling.....The issue is not the existence and importance of extra-biblical information made possible by the means of God’s common grace. The issue concerns the nature of central information vital to a task, such as counseling, versus peripheral information.” (Lambert, Heath. *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (p. 96-97). Zondervan. Kindle Edition.)

3. “When biblical counselors emphasize the use of Scripture to the exclusion of other resources, it is not a denial that accurate information is available in other places. It is a statement that no other source of information, no matter how true, offers the kind of help for counseling that God does in his Word.” (Lambert, Heath. *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (p. 84). Zondervan. Kindle Edition.)