

F A Qs

(Frequently Asked Questions)

about BIBLICAL COUNSELING

1. How is biblical counseling different from

other counseling? Biblical counseling is really in-depth discipleship. All believers within the body of Christ are called to be both a disciple and discipler (based on *Matthew 28:18-20*, *Romans 15:14*, *Galatians 6:1-5*, // *Timothy 2:2*). Biblical counseling is based on the Scriptures as the only authoritative standard for faith and conduct (*1 Timothy 3:16-17*). Community Church of Greensburg Biblical counselors are committed not only to helping you overcome your current problem but to training you to live all your life in a manner that leads to increasing maturity in the Lord (*Psalms 119:165*, *Proverbs 2:612a*; *Galatians 6:1-5*, *1 Timothy 4:7-8*; / *John 5:1-5*). The goal of biblical counseling is that you walk in God's way even in the midst of the most serious problems.

2. How is a biblical counselor going to help me more than some other form of counseling?

Rather than focusing on your problem, a biblical counselor will focus on finding solutions from God's Word. By making a biblical inquiry into your problem, we will help you *see your situation from God's perspective*. We will then show you through God's promises how *there is hope* and how God can use any situation for your good if you are willing to do things His way. Next, we help you *identify specific patterns of living that you can change* which will bear fruit in your life and please the Lord. Finally, biblical counselors will show you how to *develop a plan of action to make these significant changes*. God has designed this discipleship process to bring you into conformity to His will for your life and to give you His blessing and peace despite the difficulty of your circumstances.

3. What training does a biblical counselor have?

Biblical counselors are trained in the use of the scriptures and the principles of biblical counseling. We do not base our counseling knowledge on our own or other's opinions, experience, or concepts of behavior (*Isaiah 55:8-11*). Instead, we seek to marshal the full range of biblical truth to bear on a counselee's problem (*Hebrew 4:12*). In counseling sessions, we will bring to bear the essential truths of Scripture without particular theological emphasis on any practice not specifically advocated in the Scriptures (*Titus 2:1*).

4. What problems can a biblical counselor help me work through?

Biblical counselors deal with a comprehensive range of problems. Biblical counseling is applicable to nearly any problem resulting in spiritual, mental, emotional and physical distress.

5. What about confidentiality - will anyone know I am getting counseling?

A commitment to trustworthiness is an important quality of biblical counselors. Although your counselor may consult with other counselors about a particular situation, you may be confident that the discussions will be restricted to what is necessary to help you biblically overcome your problems (based on *Proverbs 10:18-21*, *15:28*, *18:8*, *25:11*, / *Corinthians 4:2*).

OVER*

6. Is there a fee for biblical counseling?

Community Church of Greensburg Counselors provide their time, energy, and spiritual gifts as a service to God and a labor of love (based on *Thessalonians 2:7-8*, / *Timothy 1:5*). Therefore, we do not **charge a fee**, actual or implied for counseling.

7. **Who will be the counselor for my particular case?** You may have an individual counselor or a counseling team assigned to your case (*Proverbs 11:14, 15:22, 18:17, 20:18, 24:5, Matthew 18:16*). You are also a vital member of the team as you seek to overcome the problems in your life. The most important member of the team, however, is the Lord Himself, in the Person of the Holy Spirit. It is He who will provide hope, power, and wisdom (through God's Word) for you to handle your problems (*John 14:26, Romans 5:3-5 ' 8:26-27, Ephesians 3:16*). In addition, your pastor, deacon, or elder from your church are welcome if you desire.

8. What am I agreeing to when I schedule a counseling appointment?

Effective counseling requires consistency and faithfulness in your applying God's principles. Thus it is important that you make your counseling appointments a priority. Counseling is a commitment you are making to Lord and as such should be the highest of priorities (based on *Luke 14:27-33, Matthew 22:37-40*). When we reserve an appointment for you, we are unable to schedule others. **If you have a conflict and must miss a scheduled appointment, please notify our offices as soon as you become aware of the conflict or at least 24 hours beforehand.** In the event of a true last moment emergency such as an accident or illness, please call office before 4:00 PM the day of your appointment. If a pattern of missed / *cancelled appointments develops or you simply do not show up for an appointment, we reserve the right to discontinue counseling.*

9. How long does the counseling usually last?

Normally, people have eight to ten sessions which last approximately one hour. If you respond quickly to biblical counseling, the number of sessions may be shortened. However, if the counselor does not observe definite change in the first few sessions, they will seek to identify the cause of failure, discuss it with you and help you correct it.

10. Do you counsel children?

For children 17 years old and younger, counselors meet with the parent(s) for the first 2-3 sessions, then if needed, counseling with the child may begin but parents may be asked to be present.

11. What should I bring to my counseling sessions?

Be sure to bring your Bible and a notebook to all sessions, including the first. Come with high expectations. You will find hope and encouragement even during your first session. From then on, with your cooperation, we are confident that you will find trustworthy answers for the difficulty that prompted you to contact us.