



Characteristics of Biblical Counselors and Counseling

Loving — We say at New Vision "Love is the Brand". Love is a central theme in the New Testament and is expressed through kindness, compassion, grace, and empathy. Counselors approach counselees with love, aiming to guide them toward God's desired path, using truth-speaking, admonishing, rebuking, and discipline when necessary, all within the framework of love. This love builds trust and deepens the counselor-counselee relationship, providing counselees with a sense of value and understanding. Many of our counselees have never experienced biblical love, through a counseling relationship God give us the opportunity to demonstrate it.

Compassionate — Biblical counselors are to be empathic and sensitive towards both sinners and sufferers while assisting counselees in addressing life's challenges. Compassion discourages counselors from primarily seeking out sin or idolatry in a person's life but encourages them to be known for caring for individuals as Jesus would. This compassionate approach involves being genuinely moved by the counselee's struggles, and if compassion is lacking, counselors are encouraged to seek the Lord's guidance in examining their hearts and removing any barriers preventing them from "weeping with those who weep."

Evangelistic — Counselees come with many needs, yet their greatest need is eternal life in Christ Jesus. Counselors are to be evangelistically minded and skilled in guiding individuals to trust in Christ for salvation. This approach ensures that counselees leave counseling with a clear understanding of the true gospel and whether they are exhibiting evidence of genuine saving faith. This commitment to sharing the Gospel aligns with the biblical mandate found in Mark 16:15 (ESV): "And he said to them, 'Go into all the world and proclaim the gospel to the whole creation. We certainly embrace the opportunity to provide counseling to non-believers because each session presents an opportunity to share the Gospel, which is seen as their ultimate source of hope and salvation.

Thoroughly Biblical — Biblical counselors foundationally hold to a strong theological foundation rooted in the belief that all Scripture is divinely inspired, and therefore authoritative and sufficient. Counselors recognize that the scriptures are likewise beneficial for teaching, reproof, correction, and righteousness training, as stated in 2 Timothy 3:16-17. Accordingly, biblical counselors are dedicated to offering counsel deeply rooted in the Holy Spirit's guidance and the authority of God's Word, which is the primary tool and ultimate source in counseling. They recognize that Scripture provides comprehensive solutions to nonphysical life struggles, including relational conflicts, guilt, shame, anxiety, and fear. Ultimately, it's the transformative power of God's Word that enables counselees to achieve lasting change and personal growth.

Prayer Focused — Being "prayer focused" underscores the importance of a deep and continuous connection with God through prayer. Biblical counselors rely on prayer for daily wisdom in guiding others and seek the Holy Spirit's guidance as they navigate challenging circumstances with their counselees. Prayer permeates counseling sessions, starting and ending with prayer, and ongoing prayers are offered for the well-being of the counselees. This emphasis on prayer reflects trust in God's guidance in their work and illustrates to counselees their dependence on God as the ultimate counselor.

Highly Professional — Certainly counselors are to be well-versed in relevant laws, standardized counseling procedures, and protocols. As we they are expected to maintain the highest level of professionalism by upholding confidentiality standards while understanding limits related to issues like child abuse or imminent danger. Additionally, professional counselors should exhibit a neat appearance, punctuality, and exceptional organizational skills, efficiently managing scheduling, cancellations, session notes, and follow-ups. Ultimately, counselees should be able to attest that their counselor was thoroughly prepared and conducted themselves with utmost professionalism in delivering their care.

Good Teachers — Counselors are to be skills oriented in applying biblical principles. For example, we must not just teach scriptural principles of communication and conflict resolution, but need to be able to actually teach practical communication skills and conflict resolution techniques in our sessions. Counselors serve as both teachers of God's Word and guides in applying it to real-life situations. The goal is not merely to provide more biblical content but to ensure that counselees learn how to apply these truths in their lives, fostering personal growth and spiritual maturity. The aim is to help counselees avoid stagnation and the need for repeated counseling by becoming more mature disciples.

Always Growing — The principle of "Always Growing" underscores the dedication of biblical counselors to ongoing learning and improvement in their counseling practice. They actively pursue opportunities for certifications and certificates, engage in courses and seminars, and maintain relationships with fellow counselors to enhance their skills. This commitment extends to reading and deepening their understanding of applying biblical truths to address the diverse ways in which humans are affected by the consequences of Genesis 3, encompassing both suffering and sin. In essence, biblical counselors prioritize continuous growth and development to better serve those they counsel.