

## What is Biblical Counseling?

### 1. Defining Biblical Counseling (BC)

BC is reaching the heart of people as they suffer (sin, ignorance, suffering) through the Word (with the spirits blessing) to evangelize or to disciple them in the walk of sanctification by way of conversation (encouragement and admonition).

We all receive and give counsel in some form or other. From above or from below.

Rom. 15:14

David Powlison observes, “What most people think of as “counseling” is controlled by the enculturated habits of the modern mental health system. A designated professional comes with credentials: an advanced degree and state licensure. This professional claims to offer expertise in supposedly objective, non-religious ideas and techniques, the substance of modern psychologies or psychiatries. A designated and diagnosed patient/client suffers from a syndrome with a medical-sounding label and seeks help. The two parties enter into a formal, consultative relationship. Together they explore the world of the patient: experiences, thoughts, feelings, behaviors, motives, relationships. In some fashion, the professional mediates interpretations and solutions that claim the authority of science and/or medicine. This fee-for-service exchange occurs in a time-out from real-life social relationships. There is a fundamental asymmetry between doctor and patient, expert and client, healthy and sick.”

### 2. How is it different than other counseling

Development of psychology/sociology

Mouwens/Adams/Carnegie

### 3. BC is based on the Word of God

Mud puddle analogy

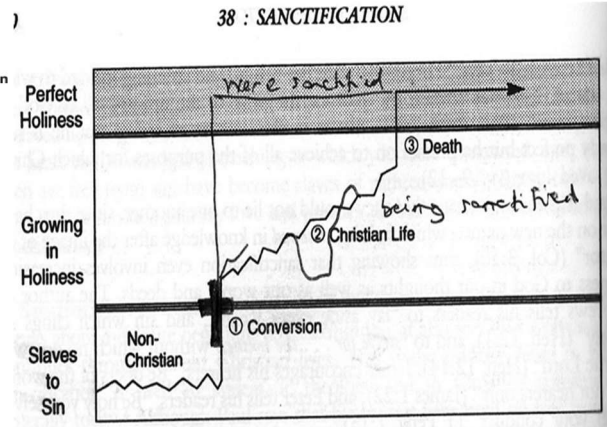
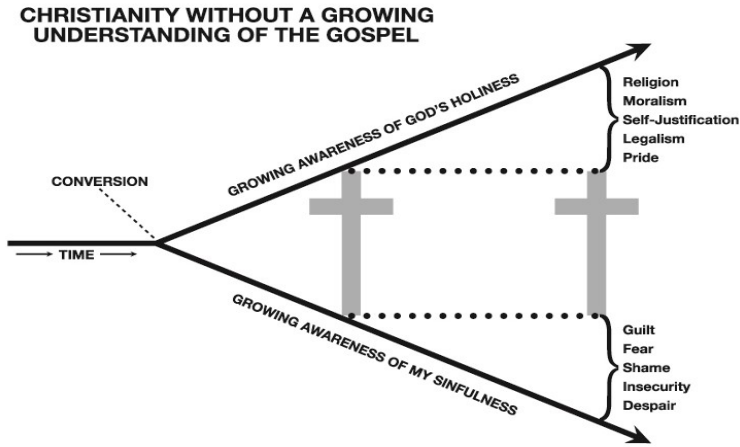
Three things to keep in mind as we think about our spiritual condition.

Bible's focus is on the heart- Prov. 4:23, Matt. 15:18-19, Rom. 12:1-2, 2 Pet 1:3

4. A focus on progressive sanctification

Need for repentance/faith

Proper view of Christian life



5. How do we do BC?

- Involvement
- Investigation
- Inspiration
- Inventory
- Interpretation
- Instruction
- Inducement
- Implementation
- Integration

6. Suffering, sin and counseling

Connection between sin and suffering

Various ways we suffer

Purpose for suffering