

# What to Expect

## The Concept of Biblical Counseling

Biblical Counseling is committed to the position that Scripture provides the only authoritative guide for what we are to believe and how we are to live ([2 Timothy 3:16, 17](#)). The Biblical Counselor is trained in the use of Scripture, theology, and the principles of biblical counseling. He does not base his counsel on man's wisdom, opinions, experience, or concepts of behavior ([Isaiah 55:8-11](#)) but seeks to bring the full range of Biblical truth to focus on the counselee's need ([Hebrews 4:12](#)). Therefore, biblical counseling is not a form of psychotherapy.

## The Scope of Biblical Counseling

Biblical Counseling deals with the entire range of problems confronting mankind including: broken marriages, parent child relationships, fear, depression, alcohol and drug abuse, tension, anxiety, worry and any other problems that may result in mental and/or physical immobility. In short, the Biblical Counselor is equipped to deal with any problem dealing with ourselves, our relationship to God or our fellow man ([2 Peter 1:3](#)).

## Team Counseling and Observation

There may be cases where counseling is done in teams. Normally this would be conducted in situations where the counselor and counselee are opposite genders from each other. These sessions are conducted with a lead counselor and one or two assistant counselors in attendance ([Proverbs 11:14; 15:22; 18:17; 20:18; 24:6; Matthew 18:16](#)). Because we value counseling training, there may be times when a counselor in training will—with your permission—sit in counseling sessions and observe.

## Medical Needs

Biblical counselors believe in the total health needs of the counselee. Your counselor may recommend that you have a full or specified medical examination. If medical assistance is required, counseling will continue in conjunction with medical care.

## Elements of Biblical Counseling

Your counselor will use all of his or her skill in applying Biblical principles to enable you to glorify God in your life and to enable you to gain victory over the problems that are depriving you of the peace and joy that God has promised to you in His Word. Your counselor will concentrate in three areas that are necessary for Biblical change to take place.

**HOPE:** In Jesus Christ we have a great High Priest who has suffered and been tempted in all things, yet He never sinned. Because of Christ, even though you may be facing every sin common to man, you can have victory. God has promised that He will not let you be tempted beyond your endurance and that He will provide a way for you to have victory in the midst of your temptation ([1 Corinthians 10:13; Hebrews 4:14-16](#)).

**CHANGE:** In Christ we can learn how to lay aside the old selfish ways of living and put on the new ways of living in a manner worthy of the Lord Jesus Christ. We can learn to please God in every area of our lives. We can learn to live a godly life and

to live in such a way that we will be increasing in our knowledge of God and our ability to relate to others. Biblical Counseling will enable you to make practical changes ([Ephesians 4:20-24](#); [Colossians 1:10](#)).

**PRACTICE:** We need to prove ourselves to be doers of God's Word and not merely hearers of the Word. Only in the actual practice of the Scriptures over time shall we be blessed in what we do, and only then will we please the Lord ([James 1:22-25](#); [Proverbs 28:13](#)).

### **Length of Counseling**

Normally, counseling sessions will last for one hour, will occur weekly or bi-weekly, and will continue for eight to twelve sessions. If you respond quickly to biblical counsel, the number of counseling sessions may be lessened. However, if the counselor does not observe definite change in the first few weeks, he or she will seek to identify the cause of the failure and discuss it with you in order to help you to correct it.

### **Appointments**

Counseling is available by scheduling an appointment by phone or email (913.268.7953 or [counseling@shawneebiblechurch.org](mailto:counseling@shawneebiblechurch.org)). If you are unable to attend a counseling session, please notify the counseling center by phone or email at least 24 hours in advance.

### **Local Church Involvement**

In order to achieve lasting victory over the problems of life, it is vital that each person become established in a consistent Christian lifestyle. The Lord has provided the local church as the discipleship center for every believer ([Hebrews 10:24, 25](#)). Therefore, it is important that counseling sessions be accompanied by church attendance, participation in a group Bible study, and other discipleship activities in the local church. The counseling team may contact your church and request their assistance in involving you in these activities. One of your elders or deacons may even become part of the counseling team, to provide the most effectual help for you. It is our commitment to do what will best bring about victory over your problems.

### **Materials Needed and Expectations**

You will need your Bible and a notebook at all sessions, including the first session. If you do not own a Bible, we will be happy to give you one. Be sure to bring them each time. Come with high expectations. You will find hope and encouragement even during your first session. We are absolutely confident that the Word of God has solutions to all of life's problems ([2 Timothy 3:16-17](#); [2 Peter 1:3](#)) and that includes an answer to the difficulty that prompted you to come.

### **Cost**

Counseling is a ministry of our local church, and by God's grace counseling is offered free of charge. Donations to the counseling ministry are gratefully accepted. It is likely that you will be assigned homework to immediately begin more in-depth study of God's Word to help understand and solve your problems. We sell many of the counseling homework resources that we expect you to utilize, and we make them available at discounted prices.

### **Canceling Your Appointment**

We appreciate a minimum 24-hour cancellation notice by phone or email: (913) 268-7953 or [counseling@shawneebiblechurch.org](mailto:counseling@shawneebiblechurch.org).

### **Paperwork and Consent to Counsel**

We ask all individuals to fill out a Personal Data Inventory (PDI) and read and sign our Consent to Counsel Form prior to counseling (available for download at the top of this page). This form must be returned before you begin your counseling sessions. It enables the counselor to review basic information about your situation before the first session and enables the counselee to affirm that he or she understands that all of our counseling is based entirely on the Word of God and is not a form of psychotherapy.

## **Philosophy of Counseling**

LampLight Biblical Counseling finds its identity in [Psalm 119:105](#). We truly believe that God's Word is the "light" for the path that we call life. Our counseling approach is based upon the presupposition that the Bible is sufficient to help man address his (non-organic) problems of living. The Holy Scriptures (as found in the Old and New Testaments) offer help and hope to those who are interested in learning how to solve personal and relational problems God's way ([2 Peter 1:2-4](#)). By applying biblical truths to life's problems, followers of Jesus Christ can learn to please God ([Ephesians 5:10](#)), all by the help and enabling of God's Spirit. By interpreting personal problems through the lens of Scripture, biblical counselors, as ambassadors of Christ, seek to ensure that others are "not taken captive through false teaching, philosophy and empty deception according to the elementary principles of the world, rather than according to Christ" ([Colossians 2:8](#)). Biblical counselors seek to lovingly share one another's burdens ([Galatians 6:1-10](#)) and to proclaim Christ, admonishing and teaching with all wisdom, that we may present everyone complete in Christ ([Colossians 1:28](#)). Our goal is to help others solve problems in such a way that they discover and become useful and fruitful "in the true knowledge of our Lord Jesus Christ" ([2 Peter 1:2-11](#)). Our counseling approach is "nouthetic" and is not a form of psychotherapy.