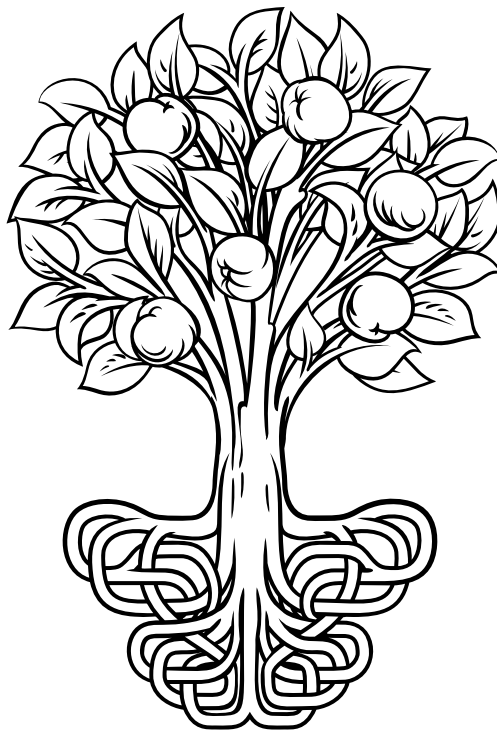


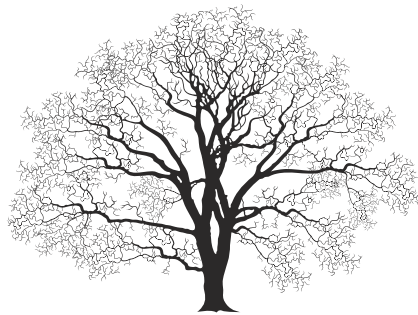


BIBLICAL COUNSELLING

A GFC DISTINCTIVE



**“BIBLICAL COUNSELLING” REFERS TO
COUNSELLING THAT FOLLOWS THE
PRINCIPLES OF THE BIBLE.
BECAUSE WE BELIEVE THE BIBLE TO BE
THE WORD OF GOD, THIS
DISTINCTIVE IS VERY IMPORTANT TO
US AND WE PRACTICE IT EVERY WEEK
FOR THE FOLLOWING REASONS:**



1. THE BIBLE IS SUFFICIENT

This means that the Bible is all we need to deal with the spiritual issues of life. Every problem of the soul has been addressed within its pages. Christians for hundreds of years have been turning to it for help, and they have not come away disappointed, which is why we turn to it today.

As John MacArthur writes, “Scripture is comprehensive, embodying all that is necessary to one’s spiritual life.”^[1]

The Bible makes this claim for itself. Second Peter 1:3 says that “His divine power has granted to us everything pertaining to life and godliness.” The word “everything” means everything. God’s power has given us all we need to live a Godly life. Second Timothy 3:16-17 says, “All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.”

The logical conclusion to this is that we do not need to find spiritual help outside of Scripture. We do not need to go to secular psychology, philosophy, or self-help books for counsel. We do not need to turn to the latest trends and fashions of the world, because the Bible is all we need. It is a sufficient book, which is why we use it for counselling as a church.

1. John MacArthur, Truth Matters (Nashville, Tenn.: Thomas Nelson Publishers, 2004) 5.

2. THE BIBLE IS TRUSTWORTHY

Not only is the Bible sufficient, but it is also trustworthy. We can believe everything that it says. It will never lead us astray and, if properly interpreted, it will always point us in the right direction. Our world today is full of charlatans who are taking advantage of hurting people. Some use the counselling room as a place to make money, offering little in return, but the Bible never does that. It is a trustworthy book.

It makes this claim for itself as well in Psalm 19:7 when it says: "The law of the Lord is perfect, restoring the soul; the testimony of the Lord is sure, making wise the simple."

The word "perfect" in Hebrew means whole or complete. It means God's Word gives us complete information for our souls. It gives us all we need to be restored in a difficult time. Verse 7 also says "the testimony of the Lord is sure" which means unwavering, immovable, and reliable. In other words, the Bible is a sure guide. It is so sure that it can give wisdom to those who lack it. Suffering requires a great deal of wisdom. It takes a great deal of understanding to know how to deal with the temptations and trials of life. The Bible says that it can help us with that, which is another reason why we turn to it for spiritual guidance. We use it in counselling because it is trustworthy.

3. THE BIBLE IS POWERFUL

Since the Bible is sufficient and trustworthy, it is also powerful. It can do things that no other book can do. It can say things that no other book can say. It has the ability to reach into the deepest corners of the human heart and help us there.

As an old preacher once said: "I have read a lot of books before, but no book has read me like the Bible." First Thessalonians 1:5 says, "For our Gospel did not come to you in word only, but also in power." In Greek, "power" is where we get the word dynamite from. In other words, Paul says that the Gospel has dynamite in it. It has the explosive force of TNT. When we read our Bibles, we should expect an explosion to take place within our soul because we are not reading an ordinary book.

Hebrews 4:12 also says, "For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit. . . and able to judge the thoughts and intentions of the heart." It is common to hear people say today that they feel helpless with their problems. They feel as if they cannot get over them, because they do not have the strength, but God says that they do.

They can have strength, if they open up the Word of God, because it is living and active. It is like a sword, which is another reason why we turn to it as a church. The Bible is a weapon of truth. It is a powerful book.

4. THE BIBLE IS AUTHORITATIVE

It goes without saying that, if the Bible is sufficient, trustworthy and powerful, it is also authoritative. It should be the final word for all that we say and do. It is not one spiritual guide among many, but it is the only spiritual guide. It is not one source of instruction for counselling among others, but it is the only one. Many passages in the Bible teach this, but one that we have already referred to is Second Timothy 3:16 which says, "All Scripture is inspired by God." The Greek word for "inspired" means "God-breathed" and it means that Scripture comes directly from the mouth of God. He is the author of it. He gives it breath, so that, by definition, the Bible is authoritative for every Christian. We submit to its teaching because we ultimately submit to its Author.

CONCLUSION

While the world looks to many places for spiritual guidance, there is only one place that a Christian should look to, and that is the Bible. It is sufficient, it is trustworthy, it is powerful, and it is authoritative. First Thessalonians 2:13 says "For this reason we also constantly thank God that when you received the word of God which you heard from us, you accepted it not as the word of men, but for what it really is, the word of God, which also performs its work in you who believe"

We believe along with Paul that the bible can bring real change and hope into the life of the Christian: it performs its work in us. There is no problem that has not been addressed within its pages, and there is no problem that has not found a solution. In the words of Jay Adams, "The Christian counselor has a Book that is the very Word of the living God . . . If the reader could hear God speak, he would find that God said nothing more, nothing less, nothing different from what is written [in its pages]." [1]

If you would like to learn more about Biblical Counselling, or anything else mentioned in this document, we would love to hear from you.

CONTACT US

Join us Sundays @ 9:30 AM

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[1] Jay Adams, A Theology of Christian Counseling (Grand Rapids: Zondervan, 1979) 17.