**Basics of Biblical Counseling Pt. 1**

**The Uniqueness and Purpose of Biblical Counseling**

Pacific Northwest Biblical Counseling Conference

Andrew Rogers

**What Biblical Counseling is Not**

1. It is not an autonomous ministry.
2. It is not an activity reserved for the experts.
3. It is not an optional ministry. (Acts 20:31; Rom 15:14; Col 1:28)
4. It is not an activity that is insensitive or uncaring.
5. It is not a canned methodology but is a life-on-life activity.
6. It is not merely giving biblical principles to apply but is focused on a person to follow.

**What Biblical Counseling Is**

1. It entwines every ministry of the church.
2. It discerns desires, thinking, and behavior that God wants to change.
3. It uses God’s Word, by the Holy Spirit, to change desires, thinking, and behavior.
4. It seeks the sanctification of the Christian (into Christ-likeness) for the glory of God.
5. Biblical counseling is committed to:
	* **The inerrancy of the Scriptures (2 Pet 1:20-21; 2 Tim 3:16a)**
	* **The gospel of Jesus Christ (Matt 11:28-29; 1 Cor 15:3-4; Eph 2:1-10)**
	* **A commitment to the sufficiency of Christ and Scriptures (Deut 8:3; Is 40:8; Ps 1:1-4; 19:7-11; Matt 4:4; John 17:17; Acts 20:32; 2 Cor 3:5-6; Col 3:16; 2 Tim 3:16-17; Heb 4:12; 2 Pet 1:3-4)**
	* **A commitment to the change spoken of in the Scriptures (Rom 6:1-4; 1 Cor 6:9-11; Eph 4:22-24)**
	* **A commitment to the obedience of the Scriptures (Matt 7:24-27; Luke 9:23-24; 1 John 1:6)**
	* **A commitment to the kind of church described in the Scriptures (Matt 16:18; 18:15-17; Acts 20:28; Rom 15:14; Eph 4:1-16; 5:18; Col 1:28-29; 3:16; 1 Tim 3:15)**

**We all need biblical counseling**

1. The need began when God created man.
2. The need continued when wrong choices were made in the Garden of Eden. (Gen 3)
3. The cumulative result (2 Tim 3):
4. The Apostle Paul had an answer to these problems. (2 Tim 3:15-4:2)

**The Goal of Biblical Counseling**

1. True biblical counseling will have the clearly defined and communicated goal of helping a person become God’s kind of a person. (Col 1:28)
2. The circumstances of a person’s life will be used as a springboard to teach them how to think and act in a way that would please the Lord Jesus Christ. (2 Cor 5:9; Gal 1:10)
3. Becoming God’s kind of person is an on-going process of putting off wrong thinking and behavior and replacing them with biblical thinking and acting.
4. This will happen as the individual’s mind is renewed by salvation and progressive sanctification. (Rom 12:1-2; Eph 4:22-24; Col 3:1-17)
5. Solving the problems that motivate people to seek help will be secondary to the goal of helping them to please Christ, whether their circumstances change or not. (Rom 8:28-29)

**Qualifications of a Biblical Counselor**

1. A biblical counselor should be:
2. A biblical counselor should be committed to:
3. A biblical counselor should be committed to being like Robert Murray McCheyne, who was known as one who had **faithfulness to the Word and tenderness for the souls of men.**