

# Biblical Counseling

## *Foundations & Distinctives*

- 1. Biblical Counseling Rests on the Sufficiency of the Word of God** (Psalm 1:1-3; Psalm 19; Psalm 119; 2 Timothy 3:15-17\*; Hebrews 4:12; 2 Peter 1:3-4).
- 2. Biblical Counseling Exists in Every Church Ministry** (Acts 20:31; Colossians 1:28; 1 Thessalonians 5:14).
- 3. Biblical Counseling Is Something Every Christian Can Do at Some Level** (Romans 15:14; Colossians 3:16-17; Hebrews 3:12-15; 1 Thessalonians 5:14)

*This means that counseling matters are not reserved for the professionals.*

- 4. Biblical Counseling Cannot Be Separated from Biblical Discipleship** (Matthew 28:18-20)
- 5. Biblical Counseling Gets at the Real, Fundamental Issues — Sourced in the Heart** (Hebrews 4:12; Mark 7:20-22\*; Matthew 12:34; Romans 12:1-2).
- 6. Biblical Counseling Presupposes that the Gospel of Jesus Christ Is the Glorious Antidote to Sin.**
- 7. Biblical Counseling Has a Specific Goal — Biblical Heart Change which Transforms Thinking & then Behavior; Thus, Conformity to Jesus Christ** (Romans 8:28-29; 1 John 2:6; Ephesians 5:1-2).

### **Presuppositions:**

*If* a person is regenerated (saved)

*If* that person has the power of the Holy Spirit

*If* the Word of God is powerfully, directly, & specifically brought to bear

*If* the power of prayer is daily relied upon

*If* the counselee will work hard & putting off old sins & putting on new habits

**THEN** biblical *heart* change resulting in a transformed life can occur!

### **Summary of Biblical Counseling Presuppositions...**

- 1. Biblical Counseling is for *believers only*.**
- 2. Biblical Counseling examines, applies & utilizes the sufficiency of Scripture.**
- 3. Biblical Counseling relies upon the power of prayer.**
- 4. Biblical Counseling demands time, effort, diligence, & commitment.**

### **NOTE:**

1. Biblical counseling is concerned fundamentally with the heart (*not* behavior alone).
2. Biblical counseling desires to see life change occur to the glory of God & the joy of the saint.