

# BIBLICAL COUNSELING FAQ:



## **Common Counseling Issues:**

Anxiety, Worry, Fear, Addiction, Anger Management, Communication, Depression, Eating Disorders, Marriage, Family, Parent-Child Relationship, Stress

## **Our Goal in Counseling is to Teach:**

- **Dependence upon the Bible - 2 Peter 1:3-4**

It provides all the needed principles and guidance for understanding our mental processes, analyzing our emotional responses, and exercising control over our behavior.

- **Developing Biblical Habits - 2 Corinthians 5:9**

Counselees are encouraged to confront the failures and shortcomings of their personal lives from a Biblical view ... turning their focus away from their own desires and determining to live in a manner pleasing to God.

- **Diligent Application of Biblical Principles - John 16:33**

A discouraged or despondent counselee can gain great hope as he learns from Scripture that God's peace and joy can be his as he depends solely on his relationship with God through Jesus Christ.

## **Essential Elements of Biblical Counseling:**

- Counselors do **not** base their counseling on their own opinions, experience, or concepts of behavior (Isaiah 55:8-11.)
- **The Lord Himself, in the Person of the Holy Spirit** will provide the hope, enabling, and wisdom (through God's Word) for you to face and deal with your problems.
- Provide Biblical **Understanding** of the Problem - Gaining God's Perspective (Proverbs 3:5-7)
- Give **Hope** - God will provide ample help and direction in every situation as you deal with the problem His way (1 Corinthians 10:13).
- Show how you may **choose to change** through developing new Biblical patterns of thought and behavior (Ephesians 4:22-24).
- Come alongside you to help you take action and **Practice** God's solutions in your everyday activities (James 1:25).

## **Our Desires are to:**

- Help people face and deal Biblically with life's challenges through understanding and applying God's Word.
- Provide our time and energy as a ministry to the body of Christ, and to the community-at-large, as a labor of love. Therefore, there is no fee for counseling.
- Provide distinctively Biblical, compassionate, certified counseling for people with individual, marriage, family and/or relational challenges.
- Provide training for pastors, leaders, laity, Christian workers, and others toward certification as Biblical counselors.
- Provide confidential and trustworthy Biblical counseling.
- Provide counselors who are trained in the use of Scripture and the principles of biblical counseling.

## **Regarding medical issues:**

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 you require medical assistance, counseling will continue at the same time, whenever possible. A medical doctor will diagnose and treat medical problems.

## **What is the length of the counseling process?**

Normally, counseling sessions are 60 minutes in length and scheduled on a weekly basis. The number of sessions depends on many variables, such as the nature and duration of the problem, the strength of the counselee, and whether or not the counselee is an involved member of a Biblically-active church. Generally, meetings last approximately 9-12 weeks.

## **How to get started?**

Appointments may be made for counseling by obtaining a disciple/counseling packet from Calvary Chapel Sarasota (contact below). Once the completed form is returned to the church you will be contacted to set up an appointment.

Come with high expectations. You will find hope and encouragement even during your first session. From then on, with your cooperation, we are confident that you will find the true, good, and acceptable answer to the difficulty that prompted you to contact us.

CONTACT: [www.ccsrq.cc](http://www.ccsrq.cc) D2S. Calvary Chapel Sarasota, 3800 27<sup>th</sup> Pkwy, Sarasota, FL 34235 [941-365-9673]