

Biblical Counseling and You

Change does not occur by chance but by choice. Many people talk about wanting to solve their problems and change for the better, but only some are willing to make a commitment necessary to accomplish those things.

***Proverbs 14:23* says, “In all labor there is profit, but mere talk leads only to poverty.”**

Defining Your Roles

1. You must learn to accept personal responsibility for your desires, motivations, thoughts, attitudes, feelings, words, and actions.

Participants need to stop blaming circumstances and people for their problems. They need to realize that through the resources available in Christ, they can change.

2. You must come to the realization that biblical change involves personal choice.

People will never change until they decide they want to change. In fact, the reason people fail to change, when God has provided the resources for change, is often because they had decided to remain in the defeated state. When they say I can't, they really mean I won't.

3. You must develop a concern about sins of the heart, as well as behavioral sins.

Godly, biblical change in behavior must always begin with a change in the heart.

God calls us to render our hearts not merely our garments; to purify our hearts, as well as to cleanse our hands; and to honor and seek him with our hearts not our lips. He wants us to repent about hearts sins (thoughts, attitudes, desires, motives, intentions) and not just be sorry for unbiblical actions or reactions. Nothing less than heart repentance and heart change will please God and produced change that is genuine and lasting.

4. You must commit to put off the desires, thoughts and actions that hinder biblical change and to replace them with ones that promote biblical change.

To a great degree, counseling is truly successful only when this goal is achieved.

You will need to answer this question: If your biblical counselor can show you what the Bible says you should do in this situation, will you commit to do whatever he or she asks you to do?

5. Are counseling sessions kept confidential?

The counselors at the Harvest Counseling Ministry will not release any information about particular participants, except in a few situations where required by the Bible or the laws of our province. These situations are; 1. When someone is in physical danger of being harmed. 2. When a child is; physically or sexually abused. 3. When someone refuses to stop a sinful pattern and it becomes necessary to seek assistance from his/her church to encourage proper change (see Matt 18:15-20 and Romans 13:1-7).

6. As a part of our ongoing training we will have on occasion one of our lay counselors sit in on sessions to further their knowledge and experience in the counseling arena.

Please sign and return with your PDI if you agree:

Participant _____

Participant _____

Biblical Counselor _____