

Ten important truths I have learned about Biblical Counselling!

By Ian Ridpath

Over the course of several years that I have been Biblical counselling, I have identified several fundamental aspects that perhaps need pondering. Biblical counselling is, by the design of God, a ministry of discipleship, healing, and restoration. It is not a 'fix-it' exercise that many counselees would like, but a relationship-restoring experience that God desires of all His children – young and old. The following ten 'principles' that I have listed have stood the test of time and I would hope, will continue to be core aspects of discipling saints on their journey home, through Biblical counselling. The main characteristic of Biblical counselling is love. Here are ten other truths about Biblical counselling.

1. **Biblical Counselling is BIBLICAL:** James 5:16 says, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." Biblical counselling involves praying for, sharing with, and caring for fellow believers.
2. **Biblical Counselling is BLESSED:** Matthew 5:6 says, "Blessed are those who hunger and thirst for righteousness, for they will be filled." Biblical counselling seeks the contrite heart of those who hunger and thirst after a deeper relationship with God through Jesus Christ.
3. **Biblical Counselling is BENEFICIAL:** 1 Timothy 4:8b says, but godliness is beneficial in every way since it holds promise for the present life and also for the life to come". Wise counsel is always a good and beneficial thing and Biblical counselling wisdom must come from above.
4. **Biblical Counselling is UNIQUE:** 2 Timothy 3:16 says, "All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness. The Bible is the sole source of truth for Biblical counselling. No other counselling can claim this.
5. **Biblical Counselling is HONOURING TO GOD:** James 3:17 tells us that wisdom comes from above, from God. He often uses Bible-wise counsellors for this very purpose when they rely on His wisdom in their counselling. Relying on God, honours God.
6. **Biblical Counselling is HEART CENTRED:** Proverbs 4:23 says, "Keep your heart with all vigilance, for from it flow the springs of life." The heart is the center of our desires, emotions, and will and these always determine our behaviours, good or bad.
7. **Biblical Counselling is a DISCIPLESHIP MINISTRY:** Matthew 11:28 reminds us that we, who are burdened, are to come to Jesus, and He will give us rest. Biblical counselling is, at its heart, a discipleship ministry drawing people closer to Jesus.
8. **Biblical Counselling is PARTICIPATORY:** 1 Corinthians 3:9 says, "For we are partners working together for God, and you are God's field..." The Biblical counsellor and counselee work together under the authority of Scripture. The counselee is expected to fully participate in the counselling process.
9. **Biblical Counselling is TRUTH FOCUSED:** John 14:6 says, "Jesus answered, "I am the way, the TRUTH and the life."" Jesus continually communicates this truth to us through His Word by His Spirit.
10. **Biblical Counselling is SPIRIT LED:** John 16:13 says, "When the Spirit comes, He will guide you into all truth." The good results of Biblical counselling are dependent upon God and His Holy Spirit, not on man's efforts. Thus the vertical (faith or Spirit-driven) relationship with God must always precede the horizontal (sight-driven) relationship to the world. [2 Corinthians 5:7]