

What is Biblical Counselling?

Biblical Counselling is the process where the Bible, God's Word, is related individually to a person or persons who are struggling under the weight of personal sin and/or the difficulties with suffering, so that he or she might genuinely change in the inner person to be pleasing to God.

The Bible, given by God, is sufficient for life in that, when properly interpreted, it reveals to the believer all the data necessary for one to understand his need for Christ, how he can please the Lord, and how to live in a God-honoring way regardless of the circumstances whether comfortable or oppressive.

The Bible is also the authoritative source with which all truth claims—including claims made by science and history—must be evaluated. As a result, Biblical Counsellors reject all counselling theories that use presuppositions, principles, and/or methodologies that are inconsistent with the proper interpretation of the Biblical text.

Genuine heart change is dependent on the ministry of the Holy Spirit. Biblical counselling practice includes the importance of prayer, dependence on God, a thorough knowledge of the Word of God, and an understanding of ministering to people.

Biblical counselling is the personal ministry of God's people to others under the oversight of God's church, dependent upon the authority and sufficiency of God's Word through the work of the Holy Spirit.

Biblical counselling seeks to reorient disordered desires, affections, behaviors, thinking and worship towards a God-designed anthropology in an effort to restore people to a right fellowship with God and others.

This is accomplished by speaking the truth in love and applying Scripture to the need of the moment, by comforting the sufferer and calling sinners to repentance thus working to make them mature as they abide in Jesus Christ.

Overview by the Association of Biblical Counselors (ABC)

ABC exists to encourage, equip, and enrich all believers everywhere to live and counsel the Word, applying the Gospel to the whole experience of life.

- ABC seeks to encourage a robust biblical worldview of people and their problems while promoting Scripture as the supreme source wherein healing truth may be found.
- ABC seeks to equip members by offering training and certification that will enhance their knowledge of Scripture as it practically applies to the myriad of issues related to counselling.
- ABC seeks to enrich members by providing ongoing resources designed to complement their work as biblical counsellors.
- ABC seeks to provide wisdom to help members apply the here and now relevance of the Gospel as it applies to all things counselling.