



Why Biblical Counseling and Discipleship

“To enlarge and reinforce the confidence of God’s people in the sufficiency, superiority, and practicality of Scripture for dealing with all of the issues of life, and to convince Christians that the resources we have in Christ and His Word are not only sufficient for handling and solving all of personal and interpersonal problems in life but are superior to the resources that are found in the world (1 Cor. 3:19).”¹

To develop consistency between theological convictions and counseling methods. This involves fostering “an approach to Scripture that is both exegetically correct and extremely practical... How should we study and apply the Scriptures?”²

“Counseling – particularly counseling that skillfully employs and applies God’s Word – is a necessary duty of Christian life and fellowship. It is also the expected result of true spiritual maturity.”³

- “Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God’ (Col. 3:16).”
- “And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge, and able also to admonish one another.” Rom. 15:14
- “But encourage one another day after day, as long as it is still called “Today,” lest any one of you be hardened by the deceitfulness of sin.” Heb. 3:13
- “Therefore comfort one another with these words.” 1Th. 4:18
- “Therefore encourage one another, and build up one another...” 1Th. 5:11
- “Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.” Matthew 28:19

“Scripture is superior to human wisdom (1 Cor. 3:19); the Word of God is a more effective discernor of the human heart than any earthly means (Heb. 4:12); the Spirit of God is the only effective agent of recovery and regeneration (Eph. 5:18-19); and all treasures of wisdom and knowledge are found in Christ Himself (Col. 2:3).”⁴

God’s Word is central to His plan and purpose for the church (John 6:68).

Ministering God’s Word to individual situations may not occur through other ministries (Acts 20:20).

To develop Biblical view of man and sin (Rom 3:10-23, Eph 2:1-5).

To provide Biblical guidelines to effectively counsel people struggling with life issues (Col 3:12).

To equip God’s people to be competent to counsel (Eph 4:11-12).

To help Christians think Biblically by developing a consistent Biblical worldview (Col 3).

¹ John MacArthur & Wayne Mack, “Introduction to Biblical Counseling,” p. ix.

² John MacArthur & Wayne Mack, “Introduction to Biblical Counseling,” p. x.

³ John MacArthur & Wayne Mack, “Introduction to Biblical Counseling,” p. 3.

⁴ John MacArthur & Wayne Mack, “Introduction to Biblical Counseling,” p. 5.

To help others embrace God as the source of hope (Romans 15:13).

Call to repentance those caught in sin (Gal 6:1, 2 Tim 3:16).

To help others seek God's will more so than relief from some problem (Rom 8:28-29, Rom 12:1-2).

Evangelize those needing personal help by pointing them to the sufficiency of God's Word and the hope found in Christ Jesus (Phil 2:15-16, Col 1:27).

Equipping church leadership to minister the Word of God with confidence and compassion. Pastors, elders, deacons, care group leaders, teachers, missionaries, and laypeople can all benefit from this personal discipleship and formal counseling training. Each person will be challenged to interact with the Bible to become a more faithful disciple and disciple-maker. Bible-centered instruction will help make sharing God's Word more clear, compassionate, Christ-centered, and practical (Matt 28:19).

Protect God's children from destructive teachings (Acts 20:28).

Exposes the reality and consequences of sin (James 1:13-15).

All of us live in a psychologized world and are in danger of being influenced by it (James 1:27).

Help analyze needs through Biblical terminology (Romans 9:19).

Better understanding of how to do what the things God instructs from His Word (Matthew 6:1-6).

Better able to minister God's Word with confidence and conviction (1 Peter 3:15).

Helps make theology central and practical to conversations and daily living (Col 3:16-17).

Practical application of God's Word (James 1:22-27).

Because not all that proposes to be Biblical counseling is truly Biblical (1 Thes 5:21-22).

Called to accurately handle God's Word. "Present yourselves approved to God as a workman who does not need to be ashamed, handling accurately the word of truth" (2 Timothy 2:15).

Increases your effectiveness in ministering God's Word to hurting people (Col. 3:16).

Increases your effectiveness and faithfulness in admonishing others (Gal. 6:1).

Grow spiritually through reading, studying, and thinking that probably would not get done without some structure and accountability (Prov 27:17, 2 Tim. 2:15).

God created man to both need and receive counsel (Gen. 1:26-30, 2:7-8, 15-17, 24, 3:1-7).

