

BIBLICAL COUNSELING AFFIRMATIONS

Sunday, October 25, 2026 | CFBC

A STATEMENT OF SCRIPTURAL SUFFICIENCY:

Biblical counseling is the personal discipleship ministry of applying God's Word (the Bible) to a person's life, problems, suffering, and sin under the authority of Jesus Christ and the local church.

Biblical counseling is committed to the fact that in order to engage in psychology, one must be committed to the authority of God's Word to articulate the nature of the soul and human behavior! This is where the psychology of biblical counseling differs from secular psychology.

Biblical counseling sees the Scripture as being the final authority of truth and how we know truth (John 17:17). Scripture is the lens through which we view the world — including human behavior. This means that we are committed to God's articulation of the soul, human motivation, and human behavior as being authoritative over any form of competing truth claims about these issues. We cannot espouse to another seemingly authoritative truth over human behavior and believe that in so doing, we elevate the wisdom of man to the truth of God (1 Cor. 1:20–21). Indeed, the Scripture is the authoritative truth over the soul, human motivation, and behavior.

Further, we affirm biblical counseling because we affirm the centrality, glory, and supremacy of Jesus Christ in any authentic change in human motivation or human behavior. Real, heart-sourced, transforming change happens by the power of Christ, for the glory of Christ, and into the likeness of Christ.

Secular psychologies have encroached upon the jurisdictional domain of the church by offering counter philosophies to that of the gospel (Col. 2:8–9) and usurping pastoral authority (Heb. 13:17). The true domain of counseling will always be within the context of and the jurisdiction of the church, despite the encroachment of other theories and methodologies upon this jurisdiction.

We affirm that the Scripture defines and speaks to the gamut of problems in living for all people in all situations. AND: We affirm that the Bible teaches, invites, warns, commands, and tells the solution for what troubles humankind. In the good news of Jesus Christ, God acts personally. In word and deed, He redeems us from sin and misery through the various operations of His past, present, and future grace. God uses many means of grace, including the face-to-face conversations of wise, biblical counseling.

We affirm that the personality theories are essentially false theologies, and the psychotherapies are essentially false forms of the cure of souls. Even the more descriptive and empirical psychologies are significantly skewed by secular presuppositions, and their findings must be reinterpreted by the biblical worldview. Second Timothy 3:15–17 is the greatest single New Testament testimony to the sufficiency of Scripture. Paul says to Timothy, "From childhood you have known the sacred writings which are able to make you wise unto salvation through faith which is in Christ Jesus." They are sufficient to save. Further, "All Scripture is given by inspiration of God, and is profitable for doctrine, reproof, correction, instruction in righteousness." It can turn people around to the right path. But how sufficient is it? Look at the last verse: "That the man of God may be equipped" — this means: totally, thoroughly complete — "having been thoroughly equipped for every good work." What a comprehensive statement. The Bible is sufficient to make you wise unto salvation. Further, it is sufficient to give you the doctrine, the reproof, the correction, and the instruction needed for righteousness. And, it is sufficient to make a man of God perfect, thoroughly furnished unto all good works, lacking nothing. Let us heartily and confidently stand upon the absolute authority and total sufficiency of God's Word for all matters of life, godliness, counseling, and wisdom. All of this for the honor of our triune and wise and powerful God!

Pastor Geoff Kirkland

**adapted, edited, revised, expanded and enlarged by Pastor Geoff and other biblical counselors*