

HOPE MINISTRIES: A BIBLICAL COUNSELING MINISTRY

(By Pastor Paul)

All believers are to be growing and changing – that should be the ‘normal flow’ of being a follower of Jesus. As we do life together, we should be encouraging and admonishing each other with grace and truth in our pursuit of Christlikeness.

Yet, sometimes believers can find themselves in a turbulent place; when the ‘normal flow’ of growing and changing becomes hard to navigate; it is almost as if they are caught in an eddy, a whirlpool of sorts that leaves them swirling in the wrong direction. It could be a traumatic event, a heart-breaking loss or a poor decision that causes him/her to weaken in faith and stop listening to God. It is in these crises of life that biblical counseling can help bring clarity and insight to an individual.

What is biblical counseling?

You may be one who is feeling that you are drowning in anxious thoughts, past or present abuses and/or poor choices. You need wisdom and direction as to how to make sense of it all.

Biblical counseling is when another believer comes alongside you and with the Spirit’s power uses the Word of God to help shine light on what God says about your difficulty.

Biblical counseling recognizes the Bible as the *trustworthy* and *sufficient* source for addressing all of life’s problems. It is trustworthy because it speaks to us God’s truth (2 Timothy 3:16). And it is sufficient because it accurately teaches, reproves, corrects and trains us (2 Timothy 3:16).

Why is biblical counseling effective?

Biblical counseling addresses the *heart* of the problem. The writer of Hebrews tells us “*the Word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart*” (Hebrews 4:12). Scripture is like a knife that is able to cut right through our inner thoughts, our insecurities, our fears, our idols and even our pride.

Biblical counseling offers *hope*. One of the great needs of a person who is struggling to navigate a difficult situation is hope. A fragile marriage needs hope. A depressed person needs hope. An abused person needs hope. A person who struggles with an addiction needs hope. Hope that the problem can be solved ... that the addiction can be broken ... that life can be joyful again.

Biblical counseling offers hope – and it offers hope only because it points you to Christ. In Christ there is redemption and renewal and reconciliation. As you see more and more of Christ in the Word, the light of hope will brighten in you.

Offering hope to people who may be hurting, perplexed or discouraged is the very reason **Hope Ministries** here at Grace exists. Our desire is to come alongside you using the Word as our guide to listen and love and support you during the difficulties of life - so that you will be filled with the comforting hope of the Gospel.