

## ***What is Biblical Counseling?***

- Counseling is helping another person go beyond his own perspective and see a problem or circumstance from God's point of view.
- Counseling is guiding a person to be able to distinguish between his natural inclinations and the non-optional principles of God's Word.
- Counseling is helping another person trace his surface problems to root problems and causes.
- Counseling is explaining Biblical disciplines which God promises to reward and urging believers to accept them as a part of their lives.
- Counseling is helping a person resolve fear, depression, anger, lust, and other destructive emotions by relating them to "strongholds" which can be torn down with Biblical truth.

## ***Do you have the credentials necessary for counseling?***

- ✓ Based on these factors, you should give the following response when asked about your credentials: "It is my responsibility to assist people in tracing surface problems to root causes and then to guide them to finding lasting answers. My credentials are God's command to 'exhort one another' and the people whom I have had the privilege of helping."