

Calvary Christian Fellowship of Tucson



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The Fact Sheet about Biblical Counseling for You

These are the facts about Bible Counseling that is offered through Calvary Christian Fellowship. This information will help you to understand what to expect and not to expect and also what will be necessary from you.

1. Biblical counseling is a ministry of our church. All counselors are under supervision of church leaders. Our counseling ministry is not a business nor is it a profit-oriented activity. Each counselor serves without financial compensation.
2. Counseling from the Bible can address a wide range of problems, including anger, worry, fear, depression, anxiety, alcohol and drug abuse, marriage issue, parent-child relationships and problems that result in personal and interpersonal tension, turmoil and distress.
3. The Biblical counselors are trained in the use of the Scriptures and the principles & practices of biblical counseling. They are committed to the belief that the Scriptures provide the only authoritative rule of faith and standard of conduct for living. They do not base their counseling knowledge on their own opinions, experience, or concepts of behavior. They are not trained psychotherapists or licensed professional counselors, nor do they practice psychological therapy.
4. Confidentiality is respected. What occurs during counseling may be discussed with other counselors or the leadership of the church, but only to the degree necessary to find further biblical solutions to the problems presented and/or for training purposes. All such consultation will be conducted in accord with the highest stands of Biblical ethics.
5. Biblical counselors believe in your total health needs. Your counselor may recommend that you have a full or specified medical examination.
6. Your counselor will use all of their ability, relying on the Holy Spirit of God, in applying biblical principles to help you in whatever problem deprives you of the peace and joy that God promises in His Word. Your counselor will concentrate on three basic principles from God's word:
A: **Hope.** We have hope in Jesus Christ, our great High Priest who was tempted in all things, yet without sin. Even though every sin common to man may be tempting

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you, God has promised that He will not allow you to be tempted beyond what you can bear, but will provide for you a way of escape so that you will be able to endure it. I Corinthians 10:13, Hebrews 4:14-16

B. Change. In Christ we can learn how to lay aside the old selfish ways of living and put on the new ways of living in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God. Ephesians 4:20-24, Colossians 1:10

C. Homework. We need to prove ourselves, lest we be merely hearers of the Word, forgetting and deluding ourselves. For only in becoming effectual doers of the Word shall we be blessed in what we do. James 1:22-25

7. Normally, counseling sessions will last about one to one-and-a-half hours each week and will continue for eight to ten weeks. If you respond more quickly to Biblical admonition, the counseling sessions may last no more than four or five weeks. However, if the counselor does not observe definite change in the first few weeks, he or she will seek to identify the cause of this lack of change, discuss it with you, and help you to correct it.

8. Appointments are to be made with the counselors directly or with the church secretary. Your counselor will be your contact person for any questions or matters requiring immediate or emergency help between sessions. Most questions or matters should be recorded and brought to the next counseling session for further discussion. If you are unable to come to the counseling session, please notify your counselor or the secretary at least 24 hours in advance of the session whenever possible.

9. You will need to bring with you to each session: your Bible, your notebook, an open heart & mind and any questions that have come up into your mind since the last session. It is beneficial to write your questions down so that they will not be forgotten. Come with high expectations in the Lord Jesus to work in your life. You will find hope and encouragement even on your first visit if you are open to it. From then on, with your cooperation, we believe you will find a good and acceptable answer to the difficulty that prompted you to contact us.

I have read and understood this Fact Sheet for Biblical Counseling.

Name _____ Date _____

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