



Biblical Counseling FAQ

What is Biblical Counseling?

Biblical Counseling is a relationship in which a counselor walks alongside and points you to Christ as you navigate the complexities of life, both small and great.

There are various distinctives of Biblical Counseling, including:

- Recognition that true change is found in vital relationship with Jesus Christ.
- Belief in Scripture and its application as sufficient for life and godliness.
- A view of the person as an embodied soul, influenced but not determined by physical and external factors.
- A desire to know and understand the heart/soul of each person as a before-God image-bearer.
- Acceptance of the life-long nature of sanctification and the process of change.

What is the goal of Biblical Counseling?

The aim of Biblical Counseling is to submit all of life – the joys, suffering, sorrows, and struggles – to the loving and gracious authority of our heavenly Father. We seek to learn to walk wisely through this world, trusting in the redeeming work of Christ, the transforming power of the Holy Spirit, and the sufficiency of God’s Word as the source of Truth. Through any and every situation we face, our aim is to rest upon Christ and to grow in intimacy with the Triune God.

How is Biblical Counseling different from secular counseling?

From Bob Kelleman, founder of RPM Ministries:

“While there are hundreds of different secular approaches to counseling, they all have two central features in common. First, secular counseling depends upon **human** reason and research to answer life questions about **people, problems, and solutions**. Biblical counseling depends upon **scriptural revelation** to build a Christ-centered, comprehensive, compassionate, culturally-informed approach to who we are, what went wrong, and how to solve the issues of the soul.

“Second, secular counseling, especially in our post-modern age, assumes that there is **no final answer**, no all-encompassing story that explains the meaning of life. Biblical counseling, while appreciating our human limitations and understanding our cultural diversity, believes that in the Bible God has given us all that we need for life and godliness. The Bible provides real answers for real people with real problems.”¹

What can I expect during counseling?

Once you decide you would like to receive biblical counseling, you can request care (see below) and complete the required paperwork. Each counseling session will last roughly an hour (up to 1.5 hours), during which time you will sit with your counselor and possibly a counseling trainee either in-person at church or over Zoom. You will be expected to attend all scheduled sessions and

¹ Kelleman, Bob. (2008, December 3). Biblical Counseling FAQs, Part I. <https://rpmministries.org/2008/12/biblical-counseling-faqs-part-i/>

complete any homework assignments given by your counselor. You will also be expected to regularly attend Sunday service and be active in the community of New Life Pres.

How long does Biblical Counseling last?

There is no set timeframe for Biblical Counseling, though we anticipate 2-3 months at minimum, and possibly up to 6-8 months. Determining when to end counseling can be done in conversation with your counselor.

How do I request counseling?

Visit newlifepres.org/counseling and click on the link to request care. Once you do so, you will then create an account on the Biblicare platform and sign the informed consent form. You will then be asked for a summary of your reason for requesting care.

Due to limited counselor availability, there may be an extended wait to receive regular counseling. However, once your information has been received, we will reach out to you to let you know of the current availability and/or potential wait time. We will also provide resources if you require more immediate care.

If you have additional questions, please contact info@newlifepres.org.