

## **Biblical Counseling Expectations**

Change does not occur by chance but by choice. Many people talk about wanting to solve their problems and change for the better, but only some are willing to make a commitment necessary to accomplish those things.

Proverbs 14:23 says, “In all labor there is profit, but mere talk leads only to poverty.”

### **Defining Your Roles**

#### **1. Accept personal responsibility for your desires, motivations, thoughts, attitudes, feelings, words, and actions.**

Participants need to stop blaming circumstances and people for their problems. They need to realize that through the resources available in Christ, they can change.

#### **2. Biblical change involves personal choice.**

People will never change until they decide they want to change. God has provided the resources for change. In fact, the reason people fail to change, is often because they have decided to remain in the defeated state. When they say I can't, they really mean I won't.

#### **3. Develop a concern about the heart, as well as behavior.**

Godly, biblical change in behavior must always begin with a change in the heart. God calls us to purify our hearts, as well as to cleanse our hands; and to honor and seek him with all our heart not just our lips. He wants us to repent about hearts sins (thoughts, attitudes, desires, motives, intentions) and not just be sorry for unbiblical actions or reactions. Nothing less than heart repentance and heart change will please God and produced change that is genuine and lasting.

#### **4. Commit to put off the desires, thoughts and actions that hinder biblical change and to replace them with ones that promote biblical change.**

What is your “sticking point” or “hang up” that is preventing you from going after God’s will in your life and in your particular situation? You will need to answer this question: If your biblical counselor can show you what the Bible says you should do in this situation, will you commit to do whatever he or she asks you to do?

**5. Are counseling sessions kept confidential?**

The counselors at the Harvest Bible Chapel Peoria will not release any information about particular participants, except in a few situations where required by the Bible or the laws of the state of Illinois. These situations are: 1. When someone is in physical danger of being harmed. 2. When a child is: physically or sexually abused. 3. When someone refuses to stop a sinful pattern and it becomes necessary to seek assistance from his/her church to encourage proper change (see Matt 18:15-20 and Romans 13:1-7). 4. When a counselor is uncertain of how to address a situation and needs to seek advice from another counselor, pastor, or elder at Harvest Bible Chapel Peoria (Pr. 11:14; 15:22).

**6. As a part of our ongoing training we may have one or two of our lay counselors sit in on sessions to further their knowledge and experience in the counseling arena.**

**7. Understanding these roles, we ask that you agree to four things:**

- 1. Have a Learner’s Spirit** – be teachable, allow us to speak truth from God’s Word to you and your situation.
- 2. Do Homework** – Change doesn’t take place in the counseling session, but as you apply God’s truth in very practical ways throughout the week.
- 3. Allow Time** – It has taken time to get to the place that you are at. Please allow some time for us to unwind the problem and learn, grow, and change.
- 4. Be desperate and broken enough to change** – when we are hurting we like to talk about it, but change takes place when we are hurting enough to actual start to do something about it.

**Please sign and return if you agree:**

Participant \_\_\_\_\_

Participant \_\_\_\_\_

Biblical Counselor \_\_\_\_\_

