



*Grace Community Church Biblical Counseling*  
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*FACTS ABOUT BIBLICAL COUNSELING*

***THE CONCEPT OF BIBLICAL COUNSELING:*** Biblical counseling is committed to the position that scripture provides the only authoritative guide for what we are to believe and how we are to live (2 Timothy 3:16-17). The Biblical Counselor is trained in the use of scripture and the principles of biblical counseling. He or she does not base his or her counsel on man's wisdom, opinions, experience, or concepts of behavior, (Isaiah 55:8-11) but seeks to bring the full range of Biblical truth to focus on the counselee's need (Hebrews 4:12). At the Grace Community Church Counseling Center we emphasize the importance of change at the heart level.

***THE SCOPE OF BIBLICAL COUNSELING:*** Biblical counseling deals with the entire range of problems confronting mankind including: broken marriages, parent child relationships, fear, depression, alcohol and drug abuse, tension, anxiety, worry and other problems that may result in mental and/or physical immobility. In short the Biblical Counselor is equipped to deal with any problem dealing with ourselves as Christians and our relationship to God or our fellow man (2 Peter 1:3).

***MEDICAL NEEDS:*** Biblical counselors believe in the total health needs of the counselee. Your counselor may recommend that you have a full or specified medical examination. If medical assistance is required, counseling will continue in conjunction with medical advice.

- 1) The Grace Community Church Counseling Center is a ministry of Grace Community Church. The purpose of GCC Counseling Center is the equipping of the by the administration of the Word of God to their particular problem. GCC Counseling Center is not staffed by licensed psychologists or psychiatrists nor does it prescribe medications. Grace Community Church Counseling Center should be considered a faith-based healing and teaching ministry rather than anything associated with the medical professions.
- 2) As a person using the services of GCC Counseling Center you must understand that if taking prescription anti-depressants or psychotropic medications you are to remain on them unless you consult with your prescribing doctor and he or she is in agreement that you terminate them.
- 3) If you have persistent thoughts of suicide the GCC Counseling Center urges you to seek medical help and in addition to our counseling and if you talk of suicide during a session you will be referred to the proper authorities.

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**GRACE COMMUNITY CHURCH BIBLICAL COUNSELING CENTER  
A MINISTRY OF GRACE COMMUNITY CHURCH**

Therefore if any man is in Christ Jesus, he is a new creature;  
the old things are passed away; behold new things have come  
2 Corinthians 5:17

*ELEMENTS OF BIBLICAL COUNSELING:* Your counselor will use all of his/her skill in applying Biblical principles to enable you to glorify God in your life and to enable you to gain victory over the problems that are depriving you of the peace and joy that God has promised to you in His Word. Your counselor will concentrate in three areas that are necessary for Biblical change to take place.

**Hope** – In Jesus Christ we have a great High Priest who has suffered and been tempted in all things, yet he never sinned. Because of Christ, even though you may be facing every sin common to man, you can have victory. God has promised that He will never let you be tempted beyond your endurance and that He will provide a way for you to have victory in the midst of your temptation (1 Cor. 10:13; Heb. 4:14-16).

**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 Jesus Christ. We can learn to please God in every area of our lives. We can learn to live a godly life and to live in such a way that we will be increasing our knowledge of God and our ability to relate to others. Biblical Counseling will enable you to make practical changes. (Eph. 4:20-24; Col.1:10).

**Practice** – We need to prove ourselves to be doers of God's Word and not merely hearers of the Word. It is only in the actual practice of the Scriptures shall we be blessed in what we do, and only then will we please the Lord (James 1:22-25; Proverbs 28:13).

*LENGTH OF COUNSELING:* Normally, counseling sessions will last one hour per week and will continue for eight to twelve sessions. If you respond quickly to Biblical counsel the number of counseling sessions may be lessened. However, if the counselor does not observe definite change in the first few weeks, he or she will seek to identify the cause of the failure, discuss it with you and help you to correct it.

*APPOINTMENTS & WAITING PERIOD:* Your appointments will be scheduled with the counselor through the GCC office at 414-771-3020. GCC does biblical counseling with no charge as an outreach on Mondays. We have a limited number of appointments available for this purpose and frequently there is a waiting list. It is important, therefore, that once you make an appointment you keep it. If you have to cancel please do so by the preceding Friday.

*LOCAL CHURCH INVOLVEMENT:* In order to achieve lasting victory over the problems of life, it is vital that each person become established in a consistent Christian walk. The Lord has provided the local church as the discipleship center (Hebrews 10:24-25). Therefore, it is important that counseling sessions be accompanied by church attendance, participation in a group Bible study and other discipleship activities in your local church. If you are not associated with a local church, we invite you to attend Grace Community Church.

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*ACCOUNTABILITY PARTNER:* It is our desire to return the care of hurting people to the church which is why the GCC Biblical Counseling Center is invested in community outreach and why we are willing to disciple people from outside our own fellowship. Through our education classes we equip others in the body of Christ to disciple those in their own circle of influence.

- Our ministry experience has shown it is beneficial and in some cases essential to involve a concerned friend or family member in the time that our counselees spend in an intensive discipleship or Biblical counseling relationship with us. Because of our commitment to the local church as the long term care provider of each individual believer, as well as the multiple benefits we have seen listed below, we strongly recommend that each individual or couple coming to GCC Biblical Counseling Center for help come with an accountability partner (or accountability partners for a couple). These accountability partners must be Christian.
- The purpose of this is to expose others to the principles of biblical counseling and provide an extra resource of friendship to those in need.
- If you are coming from another church please inform your church's leadership about your intent to seek biblical counsel. We would appreciate the opportunity to work with your leadership for your benefit and God's glory.

*MATERIALS NEEDED AND EXPECTATIONS:* **You will need a notebook and your Bible at all your sessions, including the first session.** The biblical counselor counsels from their theology, not psychology, so we also recommend that you obtain a good study Bible to assist you in your studies of the Word. Be sure to bring the Bible with you each time. Come with high expectations. You will find hope and encouragement even during your first session. We are confident that the Word of God has solutions to all of life's problems (2 Timothy 3:16-17; 2 Peter 1:3), and that includes an answer to the difficulty that prompted you to come.

*COST:* GCC Biblical Counseling Center offers biblical counseling to 1) our own church members and 2) as an outreach to those outside of our fellowship with no charge. Grace Community Church provides its pastors, counselors, secretaries and building needs to provide this service. **If you are pleased with the counseling you receive, and are outside of our fellowship and would like to have a part in meeting these needs, we would encourage your gifts to Grace Community Church.**

*CONTACT POLICY:* Our desire is to help you in the process of biblical growth and change. We understand that there are times you may have a question or situation that arises between your scheduled appointments. We welcome your questions in these cases. However, our counselors have been inundated with email and phone calls from people wanting our counselors to counsel via email or over the phone. It has become necessary to request that our counselees reserve phone calls and emails for emergency issues or short clarifications about your counseling. Thank you for your cooperation in this area!

*CONSENT TO COUNSEL:* We ask all individuals to read and sign our Consent to Counsel Form that is found in the information packet. This form must be returned before you begin your counseling sessions. This form enables the counselee to affirm that he or she understands that all of our counseling is entirely based on the Word of God.

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I have read the above Facts on Biblical Counseling and I acknowledge my understanding of those facts as explained in this document. I also understand that the counseling I receive at GCC Biblical Counseling Center will be based on the counselor's understanding of the Bible.

Dated \_\_\_\_\_ Signed \_\_\_\_\_

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