



**GROW  
IN  
GRACE**  
NEWSLETTER

**Volume 41, No. 21, May 26 , 2015** / Southside Baptist Church & Christian School / P.O. Box 1594 / 1028 South Water Avenue, Gallatin, TN 37066 (615) 452-5951 / The Grow in Grace Newsletter is **a weekly Bible Study**, plus local church news notes— designed first and foremost for members and those attending services at Southside Church. It is sent forth with the desire to aid one and all, (including friends far and wide), in the experience of 2 Peter 3:18. ***“But grow in grace, and in the knowledge of our LORD and Saviour JESUS CHRIST. To Him be glory both now and forever. Amen.”***

## **WHAT IS BIBLICAL COUNSELING?**

**A definition of Biblical counseling, by John Babler, of Southwestern Baptist Theological Seminary:**

**Biblical Counseling is** a ministry of the local church whereby **transformed believers in Christ** ([John 3:3-8](#)) who are indwelled, empowered, and led by the Holy Spirit ([Jn. 14:26](#)) **minister** the living and active Word of God ([He. 4:12](#)) **to others** with the goals of evangelizing the lost and teaching the saved ([Mt. 28:18-20](#)). [Teaching so that the LIKENESS of Christ develops, grows!] **Biblical counseling is** based on the conviction that **the Bible is sufficient** for the counseling task and superior to anything the world has to offer ([2 Ti. 3:16-17](#), [He. 4:12](#), [2 Pe. 1:3-4](#), [Ps. 119](#), [Jas. 4:4](#)).

**Biblical counselors** realize the significance of sin ([Ro. 3:23](#), [6:23](#)) and after self-confrontation ([Mt. 7:5](#)) lovingly confront those who are in sin ([Lk. 17:3-4](#)) and call them to repentance ([2 Ti. 2:24-26](#)). **Biblical counselors also realize** that in a fallen world people can face significant crises **that are not a direct result of** their own personal sin (Job 1-2). **Biblical**

**counselors** purposefully and patiently walk with, serve, love, encourage, and help people in these cases ([1 Th. 5:14](#)) and also call upon others in the Body to assist based on their gifts and roles ([1 Cor. 12](#)). **Biblical counseling can be** informal (accomplished over coffee, in the hallways of the church, and in the work place and community) and formal (accomplished through scheduled appointments in an office setting).

**All Christians should be taught to minister God's Word and encouraged to boldly do so in the official ministries of the church and as they are living life.** (Ephesians 4:11-16) **Biblical counselors** are motivated by the compassion of Christ ([Mt. 9:36](#), [2 Cor. 5:14-15](#)) and by obeying His commands ([Jn. 14:21](#)) seek to be salt and light in such a way that others see their good works and glorify their Father in heaven ([Mt. 5:16](#)). **[Reality: Biblical Counseling = Biblical Discipleship... and is the responsibility of all Christians!]**

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**WHAT IS BIBLICAL COUNSELING?** by Karl Heitman, Pastor-Teacher, Carnation Bible Church in Carnation, WA.

There is much confusion about the church's relationship to counseling today. Unbeknownst to most honest Christians, **there is an all-out war going on between Biblical counseling and various forms of integrationism**— a philosophy of counseling which asserts that secular psychology can and should be "integrated" with the Bible.

**[As a result, many** Christians have turned away from the Gospel, the Holy Spirit, and the Word of God; and [instead, they have] started drinking at the wells of the world so far as finding solutions to a variety of BEHAVIOR ISSUES in daily living. Ancient is the cry that there is NO HELP in God! (Psalm 3:2) **IT IS NOT** that the Gospel, the Holy Spirit and the Word of God have been fully embraced, experienced, and found LACKING.

The problem is NEVER with God and His provisions— the disconnect is in me, in us... **And/or**— we are in a TEST no different than JOB'S! **REGARDLESS:** Will I 'curse' God... and/or deny the sufficiency of His provisions— or will I trust God and praise God... knowing that when He is

through, I will come forth as purified Gold? In [Romans 15:14](#), Paul wrote, “*And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge and **able also to admonish** [give advice, instruct, competent to counsel] one another.*”

**The word “admonish”** comes from the Greek word *nouthetéo* which means to “put into the mind.” **It carries the idea of warning and exhorting. In other words, counseling is often times synonymous with discipleship**— something we’re all commanded to be constantly engaged in ([Matt 28:19-20](#)). We need to get back to the basics. **One of the very basic, core things the church of Jesus Christ must be committed to is Biblical counseling /discipleship.**

Since there are several misconceptions regarding what biblical counseling actually is, I have provided some facts that help us know precisely how to define, explain, and *practice* biblical counseling. I trust this post will clarify what I see as the best way to handle spiritual problems within the church. Please take the time to read and consider carefully.

## **I. What Biblical Counseling is NOT:**

**1. Biblical Counseling is *not* divorced from the local church.** By church, I mean God’s people, not merely a building. “Clinical” counseling results in no accountability (see [Gal 6:1](#)), high cost, financial compromise (most keep counseling longer than needed), and doctrinal compromise (sometimes without realizing it). **Most counseling clinics, claiming to be “Christian based” mix psychology with the Bible.** Again, as mentioned above, this practice is what’s commonly referred to as “integrationism” because it integrates the Bible with a pseudo-science called psychology...

**2. Biblical Counseling is not an activity reserved for a select group of “qualified” people with secular credentials.** Biblical counselors need to be ready and trained in the knowledge of the Scriptures. They also must be spiritually strong enough to “help the weak” ([1 Thess 5:14](#)). **However, this does *not* mean** that one must have an

advanced degree or a license issued by the government to be able and qualified to counsel their brother and sister in a season of sin and/or suffering ([Rom 15:14](#)).

**[NOTE]** Far too many have given counseling a **Gnostic flavor** (1<sup>st</sup> century heresy that taught only a select few had special knowledge of God).

**We are advocating a model for any believer to follow** ([1 Thess 5:14](#)). This kind of thinking, [the secular model], has resulted in hurting people looking for answers outside of God’s Word and His church, which were given to us as a gift from God for our benefit.



**3. Biblical Counseling is *not* an activity that is insensitive, harsh, or uncaring.** The disciple needs to see the discipler as a friend ([Proverbs 27:6](#), [9](#)). Compassion influences how people receive instruction. Until we are moved with compassion, we are not ready to minister ([Luke 13:34](#), [19:41](#); [Mark 3:1-5](#); [John 11:33-35](#); [1 Thess 2:13-14](#)). This includes being patient ([Gal 6:1](#); [2 Tim 2:24-26](#)).

**The biblical counselor** receives the disciple’s disagreements without being defensive ([Rom 12:10](#), [1 Pet 2:17](#)). **The biblical counselor** models the fruit of the Spirit—“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires” ([Gal 5:22-24](#)).

**4. Biblical Counseling *does NOT* reject the use of prescribed medication for organic (physical) problems (e.g., Alzheimer’s**

**disease**). People suffering from *physiological* diseases should and must seek professional medical treatment by qualified physicians.

**5. Additionally,** though rare, Biblical counseling **DOES NOT necessarily** reject or deny that anti-depressants can temporarily help a case of *extreme* depression or anxiety. **Rule of thumb:** Scripture is totally sufficient to address any issue of which it speaks and for which it claims to be sufficient ([2 Pet 1:2-3](#); [Isa 8:19-20](#); [Heb 4:12](#)). **[NOTE:** The Bible especially addresses BEHAVIOR issues.]

**[INSERT to this article: QUESTION: Can psychotropic drugs change feelings, emotions, various body chemical levels, and give RELIEF? YES! Sometimes, helpfully so.** However, others are worsened and/or become addicted to prescription drugs. **IMPORTANT NOTE: If you or someone you know** is having ‘positive relief’ from a drug being taken **to help with behaviors like those listed in Galatians 5:19-21— I am glad.** HOWEVER:

1. BY ALL MEANS **simultaneously** FLEE to Christ and his cross! Hide God’s Word in your heart! Put on the whole Armor of God! REFUSE all attitudes of condemnation. Accept Holy Spirit convictions brought on by the Word of God.

2. **BE WISE: DO RESEARCH** on both the possible benefits and on the possible DANGERS from psychiatric drugs you are taking or considering. **Many antidepressants are proven to be suicide-inducing and/or can cause brain dysfunctions.** CHECK OUT: <http://www.breggin.com/>

## **II. WHAT BIBLICAL COUNSELING IS:**

**Biblical counseling** is, well, *Biblical*, it is theological and rooted in sound interpretation ([2 Tim 2:15](#)). What we think about God and His Word drives our thinking and actions.

**1. What Biblical Counseling is: Biblical Counseling is ministering to people by using the *sufficient* Scriptures to reveal the person’s desires, thinking, and behavior.** In other words, the counselor helps the disciple discern what’s in the heart. ([Matt 6:21](#), [12:34](#), [15:18-19](#));

[Luke 6:34](#); Acts 16:14; [Rom 6:17](#), [10:9-10](#); [2 Tim 2:2](#)). **Unless there is an organic or physiological cause of the person's problem**, the issue is a spiritual problem, not a "mental" problem.

**"Mental illness"** was a term coined by Sigmund Freud, the father of psychoanalysis, who was harshly critical towards Christianity. He wrote, "Religion is patently infantile, so foreign to reality. It is painful to think that the great majority of men will never be able to rise above this view of life." It is undeniable that the whole psychological framework is rooted in an atheistic worldview. How can we, who have God's infallible Word at our fingertips, rely on God-hating men for *spiritual* help?

**2. Biblical Counseling addresses the heart of the matter.** As opposed to secular counseling, discipleship counseling, works like a heart surgeon attempting to fix the problem from the inside. A man with a fatal, physical heart condition cannot be helped with mere medication that functions like a bandage. Sooner or later he will need [By-pass surgery, or] a heart transplant. So does the hurting sinner. So does the depressed Christian who cannot find satisfaction in the sufficiency of Christ the Savior. When a disciple sees the *idol* of the heart, it begins change.

**3. God changes people, through the illumination of Word, not the counselor via some kind of man-made methodology.** Our responsibility as Christians is to minister the Word, like a waiter serves his patrons. **Non-Christians** need the Gospel of Christ. They can't obey from the heart because they are spiritually dead (i.e., unable) ([Eph 2:1](#); [Col 2:13](#)). **A true Christian** can and will obey Christ from the beginning and "hold fast" ([1 John 3:4-10](#), [5:4](#); [Heb 3:14](#)). Worldly wisdom and methodologies can't regenerate the heart ([1 Cor 1:18-31](#); [1 Cor 2:14](#)).

**4. The goal of Biblical counseling seeks the transformation of the Christian into Christ-likeness.** The goal is *not* to get people out of troubles, but to teach them to be God's kind of people in the midst of troubles because God's will for the Christian is sanctification ([1 Thess 4:3-7](#)). Sanctification is very hard work, which is why many do not grow up in their salvation ([Phil 2:12](#)) and are not prepared to persevere through trials.

**One thing that draws so many Christians to secular counselors** is the false promise of providing an immediate solution that merely entails consuming prescription drugs. **Additionally, most psychologies treat the “patients” as victims.** The truth of the matter is that often times the uncontrolled and irrational behavior that is said to be the result of a mental illness is really the manifestation of a sin nature or spiritual weakness. **The solution:** Christ alone! One may need correction. One may need encouragement. If one is truly born again ([John 3:3](#)), then Christ lives in them and He is sufficient. Paul put it best when he wrote, “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me” ([Gal 2:20](#)).

**[ADDITIONALLY, it is true that many folk have deep scars/wounds from all manner of abuse from others.** However, the solution is not found in being ‘tagged’ as a victim. Healing is found at the Cross, beholding JESUS, the true VICTIM of the most extreme evil treatment; but **who is now the ‘WOUNDED HEALER’ who still bears the SCARS but reigns in TOTAL victory; and who stands ready to empower with DELIVERANCE those who need, IN REALITY, the GREAT Physician!]**

As a pastor, my goal is to see people be “not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect” ([Rom 12:2](#)).

**As a committed Christian, may this be your desire also for the glory of God alone.** [Article edited from: <http://www.parkingspace23.com/back-basics-counselingdiscipleship/>]

Grace to one and all in Christ! James Bell

## **SOUTHSIDE NEWS NOTES:**

**TUESDAYS:** Come and sing every Tuesday night at Gallatin Health Care nursing home. Meet at the front door at 5:30PM. Questions call Bradley Pennington at 615-804-3054.

**\*\* WEDNESDAYS: PRAYER SERVICE at 7:00PM; Come in side entrance, iron steps... meet in Ladies Sunday School Room \*\***

**NOTE:** Jody Allen is ministering to **Children**, during Prayer Service.

**WEDNESDAY YOUTH MEETING, 6:30pm led by Chris and Rachel Beth Estep.**

**LADIES BIBLE STUDY— RESUMES, June 4**

**\* EVERY SATURDAY MORNING @ 8am: Men’s Fellowship/Bible Study!** {Study in 2 Thessalonians}... Come to back of Church building... Come in under the drive-thru awning... walk forward... till you smell the coffee!

**SUNDAY SERVICES, THIS Sunday May 31—**

**9:30am-** Sunday School;

**10:45am-** Worship Service; No Noon meal or afternoon service.

**6:00pm- CHURCH-WIDE PRAISE/SINGING/TESTIMONY MEETING**

**SUNDAY SERVICES, JUNE 7**

**9:30AM, Sunday School; 10:45am Morning Worship**

**FELLOWSHIP ‘covered dish’ Lunch @ Noon**

**1pm— Special Church Family ‘Open Forum’ / Church Conversation**

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SUMMER CAMP ☐ JULY 6-10 // PRAY and PLAN!

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**SOUTHSIDE CHRISTIAN SCHOOL! Call— 616-452-5951**