

The Christian Counselor



"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jer. 29:11)

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dedicated to excellence in Christian counseling

The purpose of *The Christian Counselor* newsletter is three-fold: First of all, I love written communication. It is one of the most spiritually fulfilling activities of which I am aware. It is a pleasure and blessing for me to share with you my thoughts about counseling- specifically Christian counseling. Second, I do realize that it is you who tell Christians, as well as non-Christians, about me and my work. Without you, the referral agent, this ministry cannot exist. This newsletter is a means by which we can keep you updated and reminded about our practice. And lastly, this newsletter will be informative. It will teach and instruct about various counseling-related issues and what the Bible says about them. Comments and questions regarding anything in our newsletter are accepted and most appreciated. I hope you find these brief newsletters informative, edifying, and enjoyable.

IS COUNSELING A BIBLICAL CONCEPT?

An emphatic yes. Though there is much debate in the Christian community about whether or not it is Biblical to seek counseling for our personal and emotional difficulties, the Bible strongly endorses it. Jesus spent many hours talking to needy people in groups and in face to face contact, and He did only what He saw the Father doing (John 5:19). We as Christians are called to model the life of Jesus. Additionally, the apostle Paul, who was very sensitive to hurting individuals, wrote that we are to bear the weaknesses and help carry the burdens of those who are struggling (Rom 15:1, Gal 6:2). Paul was most likely writing about those who had doubts, fears, anxieties, and sinful lifestyles. His compassionate concern extended to almost every problem that might be encountered by counselors today. And Solomon, said to be perhaps the wisest man who ever lived, tells us to listen to counsel... that you may be wise. Where there is no guidance, the people fall, but in abundance of counselors, there is victory (Proverbs 19:20, 11:14).

DID YOU KNOW...

Medical science claims that nearly 90% of all physical illness has its roots in psychological and emotional difficulties which were not dealt with appropriately.

Mental Health Care (the prevention approach to wellness) costs on average about 30% of what Medical Care (the intervention approach to wellness) costs.

Ninety percent of all health insurance provides coverage for mental health services- usually at a rate of 60 to 90 percent of accrued costs.

OKLAHOMA CITY: WHERE WAS GOD?

How could such a good God make such an evil world? Why should we do good? What reward is there for living right? Why do some righteous people suffer and why does sin sometimes go unpunished? How does this square with the concept of a fair, holy, loving God? Does God really care for and protect His people who revere Him? Are adversity and affliction a sign that a sufferer is wicked? If God is good, why does He allow the suffering of the innocent?

Join me as I will be starting a class which will address the almost intolerable intellectual problems of human suffering and God's role. This eight session course, based on a case study of the book of Job, will be held at First Christian and will begin in a month or so. An announcement will be forthcoming.

NEXT ISSUE...

The difference between Christian and secular counseling.