



## ***Biblical Truth, Heart Change.***

### **What is biblical counseling?**

Biblical counseling is just another name for intensive discipleship. At AGC we believe that the Bible, God's all-sufficient Word, holds the answers to both the normal and complex problems of everyday life. Therefore, the truth of God's Word lies at the center of all of our counseling. We are committed to taking the Scriptures seriously and to helping God's people apply His truth to their personal lives in practical ways that help them grow in Christ-like maturity.

Biblical counseling is different from psychological counseling because it relies on the wisdom of God. We truly believe that God "has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness" (2 Peter 1:5).

We do not simply diagnose problems and prescribe a couple of verses with the promise of instant healing. Rather than mere behavior modification or symptom alleviation, our counseling is concerned with leading the counselee into a growing relationship with Jesus Christ, where their thoughts, desires, and actions increasingly reflect the thoughts, desires, and actions of Christ. Therefore, all of our counseling is biblical in scope, and the Bible is the final authority in all cases.

Our desire, in each counseling session, is to help connect our brothers and sisters to Christ through the Bible's grace-centered message to bring hope and help find biblical solutions to their unique problems.

### **What is the goal of biblical counseling?**

The goal of all biblical counseling is to help an individual grow to be more like Christ in every way. Unlike secular counseling, which is based on a "disease model" that relies on the necessity of life-long treatment and counseling, biblical counseling is for "a season" and has, as its goal, an ending. Together, with your counselor, you will know that you are headed to ending counseling when you have been adequately equipped to respond in faith to your troubles and are showing a consistent pattern of doing so. You will begin to see that the symptoms have lightened: the depression isn't as bad as it was, and the pressure of the original problem is no longer wreaking havoc on your life. You and your counselor will recognize that you have become equipped to "counsel yourself" and wisely address issues as they arise. That doesn't mean that you will never need to seek out formal counsel again, or that you won't ever need to check back in for some insight and direction when needed, but it should mean that you will no longer need to run to counseling every time you encounter a bump in the road of life.

We believe that for change to be lasting, people need more than the help they receive in formal counseling. They also need to total ministry of a church in which the preaching, teaching, and fellowship are providing the same kinds of help that are given in the counseling sessions. Therefore, the goal will always be to have the counselee become engaged in the total ministry of a church where they will continue to receive the same kind of teaching and support that they receive from our counseling.

***“We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ.” - Colossians 1:28***