

The Role of the Word in Counseling

Psalm 119:1 - How blessed are those whose way is blameless, Who walk in the law of the Lord.

Since this is so, what could we do to help people more than to help them walk in the Word of God?

Psalm 119:9-11 - How can a young man keep his way pure? By keeping it according to Your word. With all my heart I have sought You; Do not let me wander from Your commandments. Your word I have treasured in my heart, That I may not sin against You.

When the problem is sin, the true answer comes from God's Word. Scripture is God's chosen tool to enable change.

Psalm 119:24 - Your testimonies also are my delight; They are my counselors.

God instructs us in His Word to use the Bible as the source of counsel.

Psalm 119:28 - My soul weeps because of grief; Strengthen me according to Your word.

The Word strengthens the soul that is struggling.

Psalm 119:33 - Teach me, O Lord, the way of Your statutes, And I shall observe it to the end.

This purpose of life honors God.

Psalm 119:45 - And I will walk at liberty, For I seek Your precepts.

Freedom comes to the believer who seeks truth in God's Word. Our job is to help get them to that point, then show them the specific truths that apply to their situation.

Psalm 119:56 - This has become mine, That I observe Your precepts.

This is a description of the life of a counselee at the end of biblical counseling.

Psalm 119:93 - I will never forget Your precepts, For by them You have revived me.

God revives souls through His Word. My ministry is being used by God to connect troubled souls to the life-changing Scriptures.

Psalm 119:112 - I have inclined my heart to perform Your statutes forever, even to the end.

Through the Word we persuade counselees, if they will, to adopt this direction of heart.

Psalm 119:140 - Your word is very pure, Therefore Your servant loves it.

For those persuaded per verse 112, this passion is the inevitable result for the counselee who changes by becoming a doer of the Word.

If you are a faithful preacher or teacher of the Word you have this high regard for Scripture. You have seen God change you and strengthen believers through the Bible. Great work, my friend. Your ministry is most important.

Biblical counseling is like personal preaching, although it does include asking heart level questions and dialog. But through questions and dialog you learn your audience. Then, through teaching and homework, you provide the life-changing truths of the Word that address the specific needs of the counselee. The result is the same as a hearer of a well-preached message responding to the Spirit and the Word. Real change in the direction of God occurs.

Do the same good work of teaching the Word in counseling that you do in preaching. View these powerful truths of Psalm 119 as they apply to both settings.