



INSTRUCTIONS IN RIGHTEOUSNESS

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Entry 9 - 5

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Wonderful Counsel

Much of modern-day, self-esteem counseling is more Freudian than biblical, and the long-term results are not good. The popular, secular approach to help the wounded is opposite to the counseling pattern of the Bible, yet many Christian counselors follow that course. Some pastors who do not have time or expertise to minister to the flock, send their people to counselors who, unknowing to the pastor, may do more harm than good. Praise God for good Christian counselors, but watch out for ungodly methods. People are scarred and wounded and are looking for help; they need godly advice. Jesus is called 'Wonderful Counselor,' Isa.9:6. May our Christian counselors be wonderful as well. They will be if they follow the Bible and employ the patterns that Jesus and the Holy Spirit give us.

When a person suffers from loss due to death or natural disaster, a good counselor will help them talk about their loss and pray for them. That is biblical and beneficial. Also, if an abuse crime was committed, authorities should always be informed. That is also biblical.

Those subjects are not the focus of this article. We are addressing non-criminal abuse and self-esteem counseling. This is the reason for most counseling visits. A modern counselor may delve into one's past to uncover sin, abuse and family dysfunction. They press their clients to confront the past, the abuse, and their abusers. They prompt them to visualize the horrors and verbalize their anger toward it. Then, they look for justice and revenge in an attempt to bring closure. Following that, they teach the person to compartmentalize their past and move on with their lives. I have seen many take this path and the results were less than desirable. Some were scarred for life, many lost their passion for Christ, and others fell away from God.

Reliving one's negative past, reestablishes the horrors and calcifies the pains into permanent scares. After that, the only way forward is to be numb to that area of life. One does not rise above the abuse, but learns to cope by avoiding situations that remind them of the problem. That is not a healing, but a prison that limits one's life. From then on, they restrict their activities, but the horrors still resurface in times of stress. During their counseling, a person may feel better. That is a typical response when someone is paying a counselor, but that does not mean they received what they needed. Gossip or self-pity can also make one feel better momentarily, but they are damaging to the soul.

Praise God for Biblical counselors! The biblical pattern leaves the past behind, leads one to serve the Lord and puts justice and vengeance in the hands of God. That pattern results in true freedom. The Bible tells us that the path of the just gets brighter until the full brightness at noon day. Biblical counseling

involves a path that gets better. The counselor must be a minister who comes to set the captive free.

Here are 20 markers that God may use to counsel you from a dark hole to the blessings of God's abundant life. You must let go of your pride and submit to the Lord fully if you want victory, but this is God's way.

Godly counsel will focus on:

1. The wisdom from above.
2. A humble recognition of one's past, but not an intense study of a dark tunnel.
3. Absolute forgiveness.
4. Blessing our enemies.
5. Praying good over our enemies.
6. Loving our enemies.
7. Repentance.
8. Rededication of our lives to God and His kingdom.
9. **Aggressive serving in ministry.**
10. Restoration of relationships, where possible.
11. Breaking Curses.
12. Healing the inner wounds by binding up the wounded-hearted.
13. Pulling out the arrows of abuse and judgments.
14. Deliverance from demonic interference.
15. Healing of the physical body.
16. Teaching one to speak with a good confession.
17. Giving approbation.
18. Prophesying destiny.
19. Proclaiming God's favor.
20. Finding a good church for covering and the joining of the Lord.

I know we need more teaching to properly understand biblical counseling. This letter does not allow for an in-depth teaching on the subject, so I will do 2 things.

1. I encourage you to read my book, 'Blessings or Curses for the Next Generation.' The last section of the book is a ministry manual that will help you.

2. We will highlight some Bible individuals who needed counseling. Look at the pattern of counseling used in the Bible. See if you can see pieces of the biblical pattern in these stories. All of these people are in serious need of counseling. Your follow-up and study of the scriptures provided is required to validate what I am teaching you.

A. The Woman taken in Adultery: Jesus did not counsel her on the deeper reasons for her sin. That was obvious. He acknowledged her sin, accepted her, forgave her, and set her on the path of righteousness. Jn. 8:3

B. The Woman at the Well: Jesus told her she had 5 husbands and was now living with someone else. That was enough to uncover her past. He then began to teach her about worship, the heart of the Father and the filling of the Holy Spirit. She became an instant minister and served the Lord. Jn. 4:7

C. Onesimus: He was suffering from fear and depression. Paul counseled him in a prison in Rome. Paul accepted him, gave him approbation and sent him to Philemon for restoration and ministry service. Phm.1

D. Peter: Peter was in depression and self-pity; he felt disqualified from the ministry. Jesus had warned him of his folly and told him to serve in the

ministry, when he was restored. Peter did not listen, so Christ went after him. He asked Peter if he loved Him, then recommissioned him to serve. Lk. 22:60, Jn. 21:15

E. Elijah: He was sulking in the cave, suffering from depression, self-pity and fear. God told him to get up and serve Him. 1Kgs. 19:13

F. Moses: After 40 years in the wilderness, he felt disqualified from ministry. He lost his confidence and began to stutter. In the burning bush experience he was told to serve God and get back in the ministry. Ex. 3:1

G. Poor Widow and Son: They were in poverty and depression. They had enough food for one meal but Elijah said they should prepare it for him. They served, and when they did, they were blessed with an endless supply of oil and flour. 1Kgs. 17:12

The Bible gives many more examples. In every case, God did not rehearse a person's pain but pointed them toward service. Biblical counseling is wonderful because it works. It is a lesson in **overcoming evil with good.** Here is a picture of Jesus and his counseling method. He said, "The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor." Lk. 4:18-19 AΩ



Christians for Messiah Ministries

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