

Biblical Counseling Interest Meeting

I. What is Biblical Counseling?

a. We are all counseling and under counsel

- Each time we open our mouth and provide any measure of interpretation and prescription for *anything* is a form of counsel (medical, personal, vocational, etc.)
- The question is not whether we counsel one another in life, but of *what quality* is our counsel? Along the lines of the world, or from the Word? PSALM 1.
- Our passion and priority must be to engage in giving/receiving *biblical* counsel in accord with holy Scripture.

b. A definition of Biblical Counseling (from ACBC¹):

- **Nature:** Biblical counseling is the personal discipleship ministry of God's people to others under the oversight of God's church, dependent upon the authority and sufficiency of God's Word through the work of the Holy Spirit.
- **Goal:** Biblical counseling seeks to reorient disordered desires, affections, thoughts, behaviors, and worship toward a God-designed anthropology in an effort to restore people to a right fellowship with God and others.
- **Method:** This is accomplished by speaking the truth in love and applying Scripture to the need of the moment by comforting the suffering and calling sinners to repentance, thus working to make them mature as they abide in Jesus Christ.

c. *Biblical counseling is "helping people see what a right response to God's word looks like in their time and place, and calling them to that response. Since the Bible is persuasive speech, we know it makes definable claims on us, claims that we should help people feel the weight of and call them to respond to. So, application is connecting God's word to our specific congregations in the context of the lives they are living and the issues they are facing."*²

¹ <https://biblicalcounseling.com/about/our-mission/>

² Mike Bullmore, *The Heart of Preaching: The Functional Centrality of the Gospel in the Life and Work of the Preacher* (Wheaton, IL: Crossway, 2026), 105.

II. Why receive training and seek certification?

- Believers need training to handle rightly the word of truth, to become skilled counselors (2 Tim. 2:15).

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. (2 Tim. 3:16-17).

- Certification process provides structure, accountability and testing for the development and deployment of counselors.
- Certification will open further opportunities for training and deployment.
- We partner with the Association of Certified Biblical Counselors (ACBC) for training and certification. They have been biblical, complementarian and to this point unbending to the fierce cultural winds and progressive trends (examples: women counseling men, mental illness/disorder, psychotropic drugs).

III. Should everyone get certified?

- No. The *Fundamentals Course* can be "audited", and you can join this course for personal growth without pursuing ACBC certification.
- Training will help determine whether certification is a good course for you.
- Certification is important for all who desire to participate in regular biblical counseling at Crossway and is essential for counseling team membership.
- Certification is not a "sure thing". All who are certified do not become counselors. Certification will only be as good as the sincerity and effort put into the process.
- Certification is just one of three parts to becoming qualified to serving on counseling team: personal integrity, skill & proven ability (aptitude), training (certification).

IV. What is involved in the training?

a. Fundamentals of Biblical Counseling Course:

Schedule:

- January - March 2027 - Part 1 (8 sessions)
- April - May 2027- Part 2 (8 sessions)
- June - August - watch 7 videos and summer at own pace, potential single summer class to cover content of summer videos.
- September - November 2027 - Part 3 (8 sessions)

What to expect for each part:

- Each part is 8 consecutive Tuesday night classes, 6:45-8:45pm (childcare provided).
- Work-load: approximately 1 hour video to watch before each class, occasional articles.
- Class will include teaching, review, discussion, case studies, questions & answers; taught mostly by Doug, with involvement from Steve and others.

b. ACBC Certification³

o Phase 1 - Training

- Fundamentals of Biblical Counseling course content (above)
- Setting up ACBC membership and certification process launch. You will log all training hours, reading and counseling observations.
- Required reading - approximately 1000 pages of reading, from [ACBC approved reading list](#)⁴
- 10 hours of counseling observation (an ACBC certified counselor, either with me or via video observation - pre-recorded).

³ Overview of training and more information available here: <https://biblicalcounseling.com/training/>

⁴ Reading list available here: <https://biblicalcounseling.com/training/certification/phase-1-learning/#reading>

- Phase 2 - Exams

- Theology Exam (essays dealing with Scripture and theology)
 - 44 questions, mix between essay and short answer
 - You are given multiple chances to work through this and counseling exams, generally most people must re-do one or more of the questions (me included!)
- Counseling Exam (application of Bible to situations, essays)
- Church will cover cost of exams.

- Phase 3 - Supervised counseling

- 50 logged hours of supervision provided by ACBC fellow. I will help you to set things up and it isn't difficult once you get going.
- Church will cover all costs for the supervised counseling.

V. Should I get involved in this course and possibly counseling at Crossway?

- a. "I want to pursue Biblical Counseling certification and want to get involved in biblical counseling at Crossway!"
- b. "I want to learn more about Biblical Counseling, and hope that this course can provide me clarity for the next steps."
- c. "I just want to grow in my understanding of the Bible and how to apply Scripture to my life."

Answer: YES.