

### Final Note

Grace Fellowship Church is committed to equipping believers to do the work of ministry (Eph. 4:11-12), rather than just watching the pastoral staff do it for them. We believe that other godly, gifted believers who know their Bibles, and how to apply biblical truth to specific life issues, can effectively counsel others ("I am satisfied that you yourselves are rich in goodness, filled with all spiritual knowledge and competent to admonish and counsel and instruct one another also." **Rom. 15:14**). For this reason we are continually working towards training others to be effective counselors. Part of that training includes the opportunity to observe the pastors or another counselor in actual counseling sessions. Because of this ministry model we ask that you agree to allow a person or couple who is in training to sit in on your counseling sessions, for the purpose of prayer, training and observation.

We are also committed to allowing our pastors adequate time to prepare for preaching and teaching, as well as leading the many additional responsibilities that each of them carries in providing overall leadership and direction for the church. For this reason, each pastor is permitted to carry a maximum of 4 counseling cases at any one time. Counselors are determined and assigned by the Associate Pastor responsible for the Counseling ministry and in consultation with the Senior Pastor.

**Grace Fellowship  
Evangelical Free Church**  
**Brad Bigney, Sr Pastor**  
**Steve Freeburne, Assoc.  
Pastor**  
**John Dostal, Youth Pastor**

**Church Office Phone**  
**(859) 371-7880**

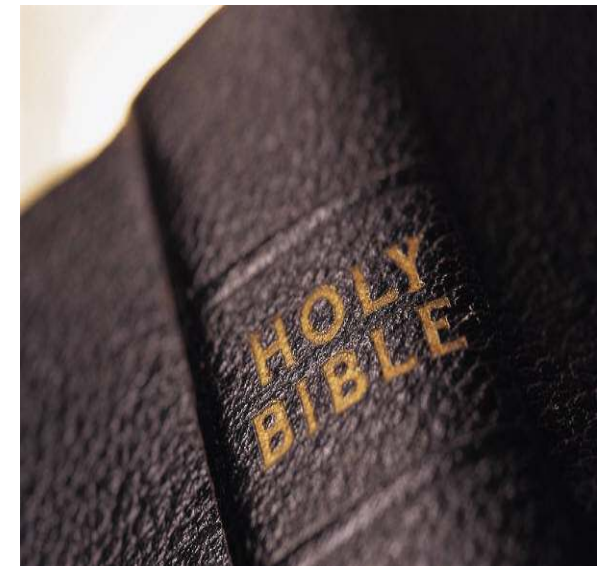
**Church Office Fax**  
**(859) 372-8094**

**Church web site**  
**[www.graceky.org](http://www.graceky.org)**

**Worship Services**  
**9:00 A.M. and 10:45 A.M.**

**Small Groups**  
**throughout the week**

# Grace Fellowship Evangelical Free Church



## Biblical Counseling Policy



## What Type Of Counseling Is This?

The counseling at Grace Fellowship Church is biblical or nouthetic counseling, based on the principles of God's Word. Bible-based counseling differs a great deal from other popular or secular counseling (heavenly wisdom vs. human wisdom James 3:13-18). Its paramount goal is to search God's Word for the principles and methods He has already provided. Its premise is that God's instruction is always needed immediately, consistently, and without contradiction in the counseling process. God's Word is needed to guide individuals through their problems (and "blocks") in a God-honoring manner and on to a healthy walk with the Lord Jesus Christ (John 17:17; Rom. 8:28-29; 12:1-2; Eph. 4:17- 5:20). Biblical counseling acknowledges that people may become confused, ill-adjusted, defeated, and hopeless, relative to the issues of life. This may result from a crisis situation, the sin of others, lack of biblical understanding, their own personal sin, and/or, sometimes, an organic (medically proven) illness.

## What is the Goal of Biblical Counseling?

Biblical counseling has as its primary goal to help a person or family become "God's kind of person." The goal in biblical counseling is not necessarily to make the person feel better or simply to remove the problem. This will hopefully take place, but the goal is bigger than that. **2 Cor. 5:9 says "So we make it our goal to please Him, whether we are at home in the body or away from it."** The goal in Biblical counseling is to come along side a person who is struggling and seek to apply the principles in God's Word in such a way that the person responds in an obedient and godly manner to the problems they are facing.

## What Are The Tools Used In The Process?

Biblical counseling utilizes: thorough data gathering (Prov. 18:13), health considerations (James 5:13-16), biblical instruction with application (2 Tim. 3:16-17), independent counselee Bible study and application (2 Tim. 2:15; 1 Pet. 2:1-3), accountability with and help from other believers in the church (Phil. 4:2-3; Heb. 10:24-25), prayer, and practical homework (Mt. 19:21; Mk. 5:19).

## What Makes Biblical Counseling Effective?

Biblical counseling relies upon: the power of the principles that God has provided in His Word (Heb. 4:12; Psalm 19), the work of the Holy Spirit (Phil. 2:13), the faithfulness of God to answer prayer (Mt. 7:7-12; James 5:17-18), the mutual encouragement and exhortation of the Body of Christ (Heb. 10:24-25), and the disciplined effort of the counselee (1 Tim. 4:7).

## Who Can Make An Appointment?

First priority will be given to members of Grace Fellowship Church who desire biblical counseling. Second priority will be given to people who are regular attendees of Grace Fellowship. Finally as openings are available people from churches other than Grace Fellowship will be considered providing you agree to attend a Grace Fellowship small group during the week in addition to your own church's Sunday services.

## What Is Expected Of The Counselee?

The counselee must demonstrate a willingness to:

- Sign the Consent to Biblical Counseling form provided in your initial session.
- Agree to place yourself under the authority of the Elders of Grace Fellowship Church
- Agree to the presence of counselors in training that will be present during your sessions.
- Regularly attend Sunday services and a Grace Fellowship Church sponsored small group during the week.
- Complete any assigned homework prior to the counseling appointment (Assignments may include reading materials, listening cassettes, worksheets, and Scripture memory/ meditation). The counselor reserves the right to discontinue any counseling if the counselee consistently refuses to complete homework assignments.
- Arrive on time for each appointment and call ahead to reschedule when necessary.
- Also, as a safe-guard, it is our desire that the pastor and other male counselors not meet alone with women for counseling. For this reason, female counsees who make an appointment with our pastors or other male counselors must be accompanied by one other person willing to sit in during the counseling sessions (a spouse, parent, friend, etc.).

## What Is The Cost?

There is no cost for the counseling, but each counselee is expected to pay for any materials such as books, tapes, etc.

## How Can An Appointment Be Made?

Appointments can be made by calling the church office at **371-7880**. An initial session with the Associate Pastor responsible for Biblical Counseling will meet with you, explain the process, provide you with the various forms to sign and offer you some initial thoughts about what the Word of God says about your situation. After you have returned the necessary documents a counselor will be assigned to you

## When Are Appointments Available?

Counseling is presently available Tuesday evenings between 5pm and 9 pm at the church. Several of our counselors also provide help in their homes during the week. In addition a limited number of openings are available at the church during normal church working hours. No counseling appointments with our pastors are scheduled for Friday through Sunday.

## How Often Will Appointments Be Scheduled?

Counselors will meet with a counselee once a week to allow the counselee adequate time to complete the homework assignments.

## What Will Be The Length Of Each Counseling Session?

Each counseling session is 60 minutes in length.

## How Long Does The Counseling Process Usually Last?

Typically the counselor will meet with someone for 10-12 sessions that will be spread out over a period of months.