



DISCIPLESHIP COUNSELING

Real solutions for real problems.

Our God-centered, Gospel-saturated ministry offers help for those seeking healing, wisdom and God's answers to the questions and problems in life. If you are going through difficulty individually, in a relationship, or in life in general, God's Word provides guidance, strength and hope. We believe that the Church should be both the center and the sender of Gospel-centered counseling (Romans 15:14) and we believe that the Word of God is able to change people (2 Timothy 3:16–17).

WHAT TYPE OF COUNSELING IS THIS?

Counseling is made available to help with any problems you may be facing—marriage, parenting, addictions, disordered families, personal disorders, fear, anger, grief, anxiety, etc. Our counseling approach is based upon the truth of the Bible. Since God in His Word has fully provided His answers for the multifaceted issues of life, it is our primary source of counsel. Our goal is to skillfully and practically bring God's answers to bear upon the difficulties you are facing.

WHAT IS THE GOAL OF DISCIPLESHIP COUNSELING?

Discipleship counseling is unique in that the ultimate goal is to help a person become more like Jesus Christ through the biblical process of progressive sanctification. God calls us to live a life that honors Him in all circumstances or in any relationship, but we know there are times when obedience to this command is difficult and encouragement, support, or admonishment of another Christ follower may be needed to help identify the root cause and God's solutions. God calls us to seek godly counsel in times of need (Proverbs 1:5,7; 9:9; 10:17).

WHAT HOPE IS THERE FOR MY PROBLEMS AND QUESTIONS?

In today's complex society God's practical counsel is desperately needed. There is tremendous hope in the fact that God has provided His Word, the Bible, for answers to life's problems. God says that He has provided everything necessary for a person to know Him and to live in a way that pleases Him. God promises to help and bless those who obey His Word. Therefore, the one who seeks after and follows God's answers for life can have great hope and find help leading to contentment in the midst of the pressures of life. There are answers for dealing with whatever you might be facing.

EXPECT TO RECEIVE ANSWERS FROM GOD'S WORD.

- *Our counseling is committed to the position that Scripture provides the only authoritative guide for what we are to believe and how we are to live (2 Timothy 3:17).*
- *Our counseling is built on the principle that God has revealed to us everything we need to know about Him, about ourselves, and about the world around us (2 Peter 1:3). God's Word is the ultimate source of truth and restoration for the believer in Christ.*
- *Our counseling is shaped by a Christ-centered view of human life as found in the Scriptures, which takes seriously the physical, social, and developmental nature of our difficult areas.*
- *Our counseling goal is not just to help you but to help you move toward greater Christ-likeness through the Holy Spirit's power, all for the glory of God.*
- *Our counseling offers hope and help anchored in the truths of God's Word and rooted in the love of others in the name of Jesus.*
- *Our counseling believes that genuine heart change is totally dependent on the ministry of the Holy Spirit.*



What are my next steps?

First priority will be given to members and attenders of First Free and as openings are available, individuals from other churches will be considered.

To schedule counseling complete the PDI (Personal Data Inventory) form online www.firstefc.org located under "Resources" and "Counseling." You may also request a form by calling 651.777.5180 or stop in the office to request a PDI counseling form.

Your first appointment will be approximately 90 minutes long with subsequent sessions running 60–75 minutes. Under normal circumstances we meet once a week which allows adequate time to complete the homework assignments (this may change depending on the situation).

Counseling is provided free of charge as a ministry of First Free. However there may be nominal fees for any materials such as books and CDs. As a ministry of the church we do welcome donations to this ministry which go toward God's work in the Discipleship Counseling ministry.

*I am satisfied about you,
my brothers, that you
yourselves are full of
goodness, filled with all
knowledge and able to
instruct one another.*

Romans 15:4

WHO ARE THE COUNSELORS?

Our counselors are experienced staff counselors, pastors, and lay counselors. The Director of Discipleship Counseling is certified through the Association of Certified Biblical Counselors (ACBC) and holds two advanced degrees in theology and biblical counseling (completing). We have other trained and experienced lay counselors who are effective in helping solve problems biblically under the accountability of our church.

Our counselors must please God first and foremost by upholding and honoring His infallible Word of Truth. Our counselors are not “professionals” by the world’s standards nor do they strive to please the world. We offer ‘pastoral’ counseling intended to bring life change through heart change.

It is our policy that female counselors will not meet alone with a male counselee and marriage counseling usually consists of a male and a female to provide a balanced approach to every counseling situation.



FIRST EVANGELICAL FREE CHURCH

2696 HAZELWOOD STREET
MAPLEWOOD, MN 55109

P 651-777-5180 F 651-777-1945
WWW.FIRSTEFC.ORG

DISCIPLESHIP
COUNSELING