

# HOW TO FIND A COUNSELOR

## Steps to Take <sup>1</sup>

1. **Pray.** Ask God for wisdom to make the right decisions as you seek a Christian counselor. God promises to give you wisdom if you ask for it in faith (James 1:5-8). As you step out in faith, He will direct your steps to the right counselor (See also Psalm 23, Proverbs 16:3 and Philippians 4:6-9).
2. **Seek counsel from your church.** If you belong to a church, it is important to seek the counsel of your pastor (Hebrews 13:17), then other church leaders, as well as wise, trustworthy friends with whom you fellowship. Will they help you? Can they recommend someone else who can? The Bible teaches that there is wisdom in a multitude of counselors (Proverbs 11:14, 15:22, and 24:6). If you do not belong to a church, seek the counsel of godly, Bible believing Christians. They may also have recommendations of godly, Bible believing pastors who can help shepherd you.
3. **Seek outside counsel, if necessary.** In some cases, wise, biblically sound counsel might not be found in the current leadership of a church. Or, if you do not belong to a church, you may be in a position where you're trying to find biblical counsel outside the context of a local body of believers. *In these cases*, we have developed 'Questions to Ask' in the following section to help you in making a wise decision.

It is important to ask a counselor questions up front. This provides an opportunity to determine the qualifications and philosophy of the counselor and gives you a first impression as to whether you "click" with this person.

Here are some questions you may ask a counselor that should provide important information in deciding on which counselor to choose:

- **Are you a Christian? How does your faith affect your view and practice of counseling?**
- **Do you bring Christian truth into your counseling practice? How? What role does the Scripture play? Do you believe the Bible is the Word of God and relevant for today?**
- **Do you go to a church? If so, where and how long have you been a member?**
- **Do you pray with those you counsel?**
- **Describe your experience working with people with my kind of issues? How do people change?**
- **What would be your approach in working with me?**
- **How many years have you been a counselor?**
- **What is your educational and professional background?**

Too many counselors call themselves "Christian" yet do not follow scriptural principles. If the responses to these questions fail to align with biblical teaching, you should seriously consider looking for a counselor who is more biblically sound.

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<sup>1</sup> From "How to Choose a Christian Counselor", FamilyLife.com website