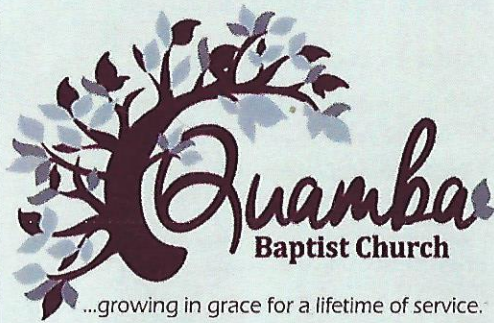


BIBLICAL COUNSELING

*A biblical counselor
comes alongside those
who are struggling and
seeks to apply principles
in God's Word in such a
way that people respond
joyfully in an obedient
and godly manner to the
issues with which they
are struggling.*

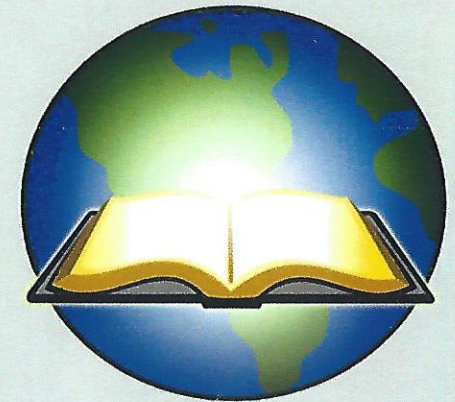


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Association of Certified
Biblical Counselors

Biblical Counseling At Quamba Baptist Church





What is Biblical Counseling?

Biblical counseling is based on principles in God's Word and differs dramatically from secular counseling (James 3:13-18). Biblical counselors search God's Word for the truths and methods He has already provided, with the premise that God's instruction is always needed to guide people through problems in a God-honoring way that leads to a healthy and joyful walk with Jesus Christ (John 17:17; Romans 8:28-29, 12:1-2; and Ephesians 4:17-5:20).

Biblical counseling acknowledges that individuals may become confused, defeated, and hopeless in response to the troubles in life. This condition may result from a crisis situation, the sin of others, personal sin, and/or a medical illness.

What is the goal of Biblical counseling?

The aim of our counseling is that people trust and treasure the Lord Jesus Christ more fully and more deeply. We are focused on encouraging counselees to walk in joyful obedience to God's Word and to respond to trouble in a godly manner.

Biblical Counseling Involves:

- * Gathering Data (Proverbs 18:13)
- * Biblical Instruction and application (2 Timothy 3:16-17)
- * Independent counselee Bible study and application (2 Timothy 2:15; 1 Peter 2:1-3)
- * Accountability and help from other believers in the church (Philippians 4:2-3; Hebrews 10:24-25)
- * Prayer and practical homework (Matthew 19:21; Mark 5:19)

Biblical counseling relies upon the following:

- * The power of God's Word (Hebrews 4:12 ; Psalm 19)
- * The work of the Holy Spirit (Philippians 2:13)
- * The faithfulness of God to answer prayer (Matthew 7:7-12; James 5:17-18)
- * Encouragement from the Body of Christ (Hebrews 10:24-25)
- * The disciplined effort of the counselee (1 Timothy 4:7)

Biblical Counseling at Quamba Baptist Church:

- * At present, counseling sessions are arranged between the counselor and counselee. In the near future, specific days and times will be established.
- * Counseling sessions are about 60 minutes long.
- * Counselors will meet with counselees generally once a week.
- * Occasionally a counseling issue can be resolved in 3-4 weeks. Usually, however, counselor and counselee will meet for 15-20 sessions.
- * Counseling sessions are offered at no cost, however, counselees may donate toward the cost of materials such as books and CDs.

What Is Expected of the Counselee?

- * Sign the QBC Agreement for Participation in Non-Professional Biblical Counseling; and the form titled: About QBC's Biblical Counseling.
- * Agree to complete a Personal Data Inventory.
- * Agree to the presence of counselors-in-training during sessions.
- * Willing to take advantage of common graces offered in weekly worship services (at QBC or another Christ-centered church).
- * Complete assigned homework prior to the counseling appointment, which may include reading materials, worksheets, listening to CDs, and Bible memory. Counselors reserve the right to discontinue sessions if the homework is consistently incomplete.
- * Arrive on time for each appointment and call ahead to reschedule when necessary.

Counseling Appointments and Inquiries:

Quamba Church Office: 320-679-5365

Email: qbchurch@q.com

Location: All appointments will be held at QBC.

QBC Certified Counselors:

Gayle Barka

Vicki Lindquist

Pastor Ivan Fiske

Note: Our counselors are certified with the Association of Certified Biblical Counselors. (www.biblicalcounseling.org)

