

Instructions for New Counselees

Timberlake Biblical Counseling & Training Center

Welcome my new counseling friend!

I understand that because you are reading this instruction form, life's challenges may be very difficult for you because of the various trials and tribulations you face. We genuinely care about your pain and helping you through this! In saying that, please remember that God is faithful in helping you as He uses us to sort out the details of your situation that will bring you the most freedom and Him the most glory. The list below will help you stay on track in getting the most out of your counseling relationship at Timberlake Biblical Counseling & Training Center.

- 1) **Don't trust your feelings** about the success that biblical counseling is making in your counseling process or progress. In many cases, it was our feelings that we were trusting in that brought us to this point. Stay faithful in trusting God's Word and the counseling process for this season of your life and you will soon understand what the Lord is doing in you and for you.
- 2) **Be faithful in completing your homework on time.** This may seem like busyness, but it is not. The homework portion of your counseling is critical in helping you see God's perspective in your current situation. Also, homework is the part of your important investment in counseling that the Spirit of God uses to help you personally - in your journey to healing and restoration! Be serious about it.
- 3) **Make the proper investments in your counseling.** If it takes numerous weeks or months to help you, then be faithful in making those appointments as investments. *If your doctor required you to purchase your own Chemotherapy to fight your cancer, would you refuse on the basis of the cost of the investment? Of course not! Your life is at stake and you would just make the temporary adjustments in your life and make it happen.* My dear friend, your spiritual life is important to your eternal life where cancer and troubles can't touch you! Counseling with the Word of God is the spiritual Chemo that you need right now. Don't forget that! We are truly God's spiritual people living in a temporary human world. Don't view your expenses in counseling as a high cost to you, but see it as an investment in your eternal life. God made a way for you to make spiritual changes and adjustments that should carry you all of the way to Him. You're investments now will ultimately produce the promise of peace to come, but you have to make the deposits (of those hours of counseling) now to reap the spiritual rewards and renewal later. Our counseling is not about money, but God's glory and your spiritual life in Christ!
- 4) **Memorize your first Scripture passages for counseling.** Ephesians 5:10; 1 Corinthians 10:13 is the focus Truths that we should hide in our hearts to maximize the impact of this counseling process. It is simple but divinely profound and fruitful. It is a powerful reminder of what we will do and believe every time we meet together.
- 5) **We will not be using secular therapy or unbiblical terminology.** This is biblical counseling and it means that we will be identifying the problems and issues in your situation and calling them what God's Word says about them in the Holy Scriptures. **NO SECULAR LABELING HERE!** *You can expect that if we call your problems what God calls them, by faith, we can expect to receive from God what He promises them – all of the time!* This will maximize your restoration time and spiritual success in counseling dramatically.
- 6) **Ask your counselor about the Ministry Cycle Agreement discount and Advocate help!**

May the Lord reward your sacrifice, diligence and faithfulness in your counseling time with us -we are praying for you!

Your biblical counselor

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