

THE NEEDS AND PURPOSES IN GIVING CARE AND COUNSELING

Written by Dr. Edward Watke Jr.

The need of counseling and caring for others by giving Biblical guidance in many different ways, both in human experience and of course especially in the

The Lord Jesus Christ spent a great amount of His life in counseling or guidance if that is what one may prefer calling it. The examples are seen in the gospels, especially in the gospel of John. In John four He spent a great amount of time with the woman at the well in counseling and facing her with her problems and ended that she came to know Him as Lord and Savior. The best counseling we are engaged in is witnessing to the truth of the gospel, giving the "old, old message of His love", and telling others of the resurrection as the early believers did. The Lord Jesus counseled often with the twelve, as He taught them as the outgrowth of His ministry with the masses. We could note further scriptures in John 5, John 6, 10, 11, 14-17, etc., as we see Christ ministering to the needs of course many others in their needs.

Our duty in counseling and meeting the needs of others is seen in many scriptures: Gal. 6:1,2, 9-10; Heb. 3:13; II Cor. 1:3-7; II Cor. 12:9; I Cor. 1:28; II Tim. 2:1,2; etc. We are "our brother's keeper" for we are accountable to rebuke, exhort, and encourage those who are brothers and sisters in the Lord.

The need of giving counseling or guidance is seen in the need of the body

- ¥ because of environmental problems,
- ¥ sinful habits,
- ¥ during the period of growth into adulthood,
- ¥ in diseases, need of cures,
- ¥ adjustments to aging,
- ¥ in the times of crisis, in times of accidents, etc.

Whatever takes place in the needs of the body is always manifested in the soul as well, for we are complex and whatever effects one part of the being affects the whole. In Psalm 42,43, 32, 73 and other portions we note that what was true of the soul and/or the body effected the total being.

The need also of giving counsel or guidance is seen in mental burdens and anxieties. Highly trained Biblical counselors often note many special problems that present themselves which effect the person mentally. For as a man "thinketh" in his heart, so the mind can be noted in inherited mental responses, weaknesses, abnormalities, and lack of confidence. Mental games in order to reject facing truth about one's self is so often a part of a Christian's lives.

Then the need is witnessed in the conflicts and struggles of the spirit and the flesh. There are the problems before the new birth, and after the new birth in the conflict of the sinful flesh or carnal nature, with the world about us, and with Satan's temptations. There are the worries, the fears, the apprehensions, the testings and trials in the life. There are the times that we face Satan's goal to devour, his methods to control the mind and build strongholds in the life. (I Pet. 5

Meeting Needs Through Counseling

II Cor. 10:3-5) There is the need of discipling the new convert, and of Christian by faithful counseling. All of these three aspects are witnessed God and can especially be found in the gospels.

Also the need for counseling and giving spiritual guidance and care is a experience and evident need. These needs would not be in the life except nature of man. We can only mention the needs for they are numerous. There who have obsessions, fantasies, regression, who practice compensatory defense rationalizations, suspicions, blaming others, withdrawal, ego defense, denial, escaping into a dream world, who practice projectionism, and who live lives of insulation and isolation. There are those who find themselves in prolonged mental strains, and experience total exhaustion.

Also coupled with all of this would be hysteria, paranoid and maniac depression, schizophrenia or withdrawal from reality into extreme fantasy. This list of areas that counselors with much training would endeavor to help and give answers because behind every kind of need almost universally is the sin pattern brought people to the state in which they find themselves.

All the foregoing lists of needs, burdens and problems that people face help us understand that there is a great need to aid others, or at least to be sympathetic understanding of their needs and problems.

Someone has said that there are at least twelve classes of people who need counseling. This includes marital counseling and many other aspects of counseling. This list includes the following: 1) the disturbed person, 2) the spiritually perplexed person, adult, child or youth, 4) those needing vocational guidance, 5) potential divorcee, 6) children and youth in the home, 7) those who are in bondage, 8) the quarreling church member, 9) the aged, 10) the chronically rebellious teen, and 12) the newly married and soon to be married. Many people would fall into one of these categories. We need to be ready to help those who are in need of Biblical answers.

HELPING, CARING BY GIVING GENERAL GUIDANCE

When we lead someone in decisions and in spiritual guidance a number of things are important. Parents, teachers, Christian workers and the saved in general are often called upon to give spiritual guidance and help others in general decision making. The definition is "a conclusion arrived at after consideration." The word guidance is defined as "the act of guiding, or leading." To be a guide one should note that it means, "To act as a guide to, to direct in a way, to regulate or manage; to supervise; to imply more immediate or personal conduct of supervision than to direct." A number of verses that would give us a scriptural basis, namely: (Psa 32:8; John 16:12; James 1:5,6; Prov. 16:9; Psa. 119:105; II Cor. 5:10; Rom 14:1; Col. 4:12)

Then there are a number of reasons why giving guidance (or counseling) is important. There are those with physical afflictions. When a believer is undergoing suffering and is ill, the mind is often affected also. He is apt to become discouraged and has no incentive to even make a decision that should or needs to be made. There are those who are saved people who are carnal in life and action. When a believer is not in a proper relationship to the Holy Spirit and to the Lord in a life of surrender the guiding work of the Spirit to that believer's life. God cannot guide "with the eye" if the believer's eye is not on Him. Guidance requires that the saved person be fully controlled by the Spirit (Eph. 5:18) because the carnal man cannot receive

Meeting Needs Through Counseling

the Spirit. (I Cor. 2:10-3:3) Lastly 3) immaturity often leads to hasty the other hand, when an individual has been "burnt" by making a hasty decision tends to react the other way and be over cautious. This may result in an decisions.

In all of this the counselor must be careful that they are not making the counselee, that may be exactly what the client wants so they are relieved responsibility. The counselor must determine what may be the factor(s) the ability to make decisions. We must give aid to this person we are seeking can make their own decisions.

In this general introductory section on giving help and guidance we would number of suggestions to the counselor (or parent, teacher, etc.) that would helping others.

1. Help the counselee to realize that God is able, and willing to guide decisions. (Psa. 37:23; Eph. 5:10; 6:6; 5:17)
2. Help the counselee to recognize that God gives peace when one is in His (Col. 3:15, 4:12)
3. One must help the client or counselee to understand himself; his basic insecurities, and inferior feelings which tend to make him hesitant to anything. These must be traced to the source, and overcome so that a can be made.
4. The person must seek to be subject to the Word of God. For he must accept God's will therein as it speaks directly to his problem or lays down to it.
5. You might need to help the person write down the problem and issues if necessary, writing down every alternative, listing the advantages and disadvantages for each aspect, being objective while doing it. Decisions made on the basis of accurate facts rather than emotional experiences
6. The counselee must be encouraged to take a long range view into all be involved in the future by his decision, the right one cannot be so easy one.
7. The person should be encouraged to never look for some special sign or revelation; or make a hasty decision, but to remember that guidance is Rom. 12:1,2, Heb. 12:1,2; Col. 2:6,7 and I Cor. 10:31.

We must remember that God is sovereign. The concept of the sovereignty Biblical orientation that we need. It means that He not only has a broad plan universe through all the ages, but also a detailed plan or blue-print for His children. God's will for each believer is good, acceptable, and also perfect

As we give guidance and counseling the counselee must also know and embrace fact of God's sovereign will. There must be a submission to God's Word and submit to His direction and plan for the life. So many Christians are caught of aimlessness, senselessness, negativeness, and self-willed living.

We must be sure that they are truly saved, and are seeking to live by truth through faith in daily life. We must be positive as we work with them, know and embrace the mighty power of God that is available for daily life

BASICS IN THE ART OF COUNSELING

What is counseling? It is helping the person to see himself; to give direction to the person to see himself and then to succeed in finding Biblical answers

There are a number of things that we must succeed in doing: namely, the things we give these things in a brief form:

1. Help the counselee to get insight into his problem.
2. Help the person to get a wide range of information about himself; we do not project our own ideas but to lead them to Biblical truth, and to answer why they find themselves in their present problem.
3. We must help the counselee to develop judgment in finding the solution to their problems.
4. The counselor must develop rapport, removing any barrier to a common ground in confidence, making identification with the person and their problems with much empathy.
5. There must be a greater willingness to listen with the heart than an eagerness to hear for the sake of knowing facts about the person.
6. There must be an emphasis upon objectivity, looking for facts without emotional reaction or overdue emotional involvement ourselves. In all situations there must be frankness without bluntness, trust-worthiness and confidence.
7. The counselor must know the person's interests and understand his background.
8. The counselor must thoroughly understand the basic principles of counseling, putting the problem in the center of the interview and keeping it there until toward a solution with that person.
9. The counselor must learn to keep an open mind on all questions and not to have all the answers because you don't. And whatever you do be human and above those you serve, but be sympathetic and understanding. You cannot be preoccupied, for you must give full attention to the need at hand.
10. Don't expect perfection from yourself or from anybody else, you must to fully face responsibility yourself, and help the person with whom you are to face personal accountability and learn to make decisions.
11. Some general qualifications in counseling would include the following: spiritual mindedness; sincerity in action; understanding spirit; love; patient in actions; empathy in action; interest in others; care for others; emotions; prayer warrior for many things will be won by prayer; and a good listener.

In dealing briefly with basics, how does a person seek to help others. This is based on the condition that you have their respect and confidence to the point where they want your help. All parents, teachers, pastors and workers in a church have such opportunities, as well as the person who is preparing for such "full-time" ministry endeavor. We must make good accounting of such opportunities that are God's will have rendered lost all those that could have been ours to help because of our actions, our hardness, our unrelenting attitudes, or maybe because of our inaction, neglect, our negativism or harshness.

Meeting Needs Through Counseling

To help them you might consider this brief listing, as we give these as the foregoing and following materials that go into far greater detail.

1. There must be recognition of problem, with the client giving fully a factually that the need really is that has brought them.
2. You need to make an observation and recall of all significant facts on the problem.
3. The counselor must know the Word of God thoroughly, sensing Biblical answers as well as helping the person to understand the background of problem, and how to deal with it.
4. There must a thorough diagnosis of the problem, assisting the individual think for himself, and helping the client to see the solutions and how Biblical principles. Home work (or whatever it is called) must be given person to overcome the problem at hand.
5. Lastly there must be follow-up to help them in the application of the answers, and the understanding of the personal changes they are willing determined to bring about. This may necessitate many meetings to help through a difficult problem, and apply answers consistently so that change can be effected.

GENERAL COUNSELING PRINCIPLES

- ¥ A counselor is a detective looking for clues which will reveal the nature of the problem that the counselee or client has.
 - ¥ A counselor is a teacher who teaches principles from the Word of God followed, will help the person to take the steps necessary to eliminate solve his problems.
 - ¥ A counselor is one who will keep the following principles in mind as he about working with the people in need.
1. Sin is at the root of most problems. The problem presented (the present problem) is not usually the problem. Look for the cause which is the problem. The physical condition of a person may be a cause, like: hypotension, anemia, etc. But most of the time it is basically a sin problem. Depressed example, if not physical, usually is caused by guilt feelings, bitterness in other words unresolved conflicts, which has brought further sinful
 2. The Word of God is sharp and powerful and when presented properly through preaching, teaching, or counseling, and applied to one's life by meditation assure success and a well adjusted life. (Heb. 3:12; Psa. 1:1-3; Josiah Psa. 119:165; John 7:17)
 3. A right self-concept is essential to a well adjusted life. (Psa. 139, 1:6) Every Christian has certain gifts and talents given of God. (I Finding one's gift through which God will use the person to glorify Himself essential to knowing God's will and having a good self concept.

Meeting Needs Through Counseling

- 4.A Spirit-filled Christian is a well adjusted person. (Gal. 5:22,23; Eph. 5:18-21) A carnal Christian is a poorly adjusted Christian with psychological problems, and will continue to have them until they are surrendered to the Holy Spirit. (Gal. 5:17-24; Eph. 4:30-32)
- 5.A servant attitude is basic to a well adjusted life and service for the Lord. (Phi. 2:5-8) There is no limit to what you can do for the Lord if you get the credit for it.
- 6.A well disciplined life (acting on principles rather than on feelings) is the foundation of character in every area of life. (Pro. 25:28; 16:32)
- 7.Rebellion against authority, coupled with discontent, is one of the keys to many psychological problems. (I Tim. 6:1-6)
- 8.Envy and strife in the heart causes confusion in the mind which results in destructive actions. (James 3:14-16) The Devil is always trying to disrupt Christian gospel work.
- 9.Sex sins have the most devastating psychological effects as indicated in 1 Cor. 6:18. Learning how to possess one's vessel in honor, sanctification, and holiness prevents corruption and improves your potential for a happy married life. (I Thess. 4:1-7)
- 10The basic love relationship of children to parents is fundamental to all other love relationships. Meditate on I John every day for 30 days.
- 11A double mindedness causes instability, indecisiveness and confusion. (James 1:8) Some steps for decision making are:
 - 1) What choices do I have?
 - 2) How much time do I have?
 - 3) What further information do I need? What does the Bible say about it?
 - 4) Pray for wisdom.
 - 5) Decide, then act, on the decision.
- 12Dreams, some feel, are God's means of channeling off corruption and cleaning out our minds. Don't try to remember and don't analyze your dreams, but instead, thank God that your mind is being cleared of the corrupt.
- 13Work at building new habits. Sinful habits can be broken. You will need many materials about this very important aspect elsewhere in this handbook. Confess, forsaken, and we must set goals for victory over sin.
14. Christians must learn how to resist the devil. Confess sin. (I Jh 1:9) In the name of Christ stand against the devil. (Luke 10:17; Eph. 6) Stand in the blood. (Rev. 12:11) (Is. 51:19; James. 4:7; I Peter 5:7-9)

THE COUNSELING INTERVIEW BRIEFLY VIEWED

- 1.Proper timing can produce a wealth of information. Don't drag information out. Let them tell the story.
- 2.Don't be shocked or show shocked surprise at any story.
3. Don't overreact or make a federal case out of a situation.

Meeting Needs Through Counseling

4. Watch for emotional clues, tears, quivering lips, wringing of the hands, other evidences of evident emotional stress in the problem.
5. Learn to keep confidences at all costs.
6. Maintain a supportive role as a counselor.
7. The counselee or client must accept responsibility for his actions.
8. Counseling demands your undivided attention.
9. Help the counselee to organize the Scriptures to focus on the need.
10. Have them write down steps to act upon.
11. Don't use psychological jargon or pin psychological labels on counselee in any situation.
12. Always give them the hope of complete solution to their problems if they follow God's way as they apply His Word.