

WOULD YOU BE A GOOD BIBLICAL COUNSELOR?

Checklist of 5 Character Traits

Intro:

Colossians 3:12–17 gives a summary of the DNA of effective counselors. In order to know if you'd be a good Biblical Counselor, review the five character traits and honestly evaluate yourself. Nobody's perfect! Whether you feel like you're strong in these areas or could use some work, this checklist will help you know important areas to grow as a counselor and Christian.

1. People are a priority to you (Col 3:12–14).

Paul reminds us that those who come to Christ should reflect a new way of life. Those in Christ show a new love for God and others, a gracious and patient heart for those around them. They build others up and are eager to forgive and reconcile. Effective biblical counselors have learned to manage their own relationships with grace and know the importance of healthy relationships in the body. They put people before projects.

2. You experience peace with God through the gospel (Col 3:15).

Counselors cannot share hope if they do not live with hope themselves. Lasting hope comes through the gospel of peace, and biblical counselors have this hope. Not everyone who desires to counsel has embraced the gospel, because many who are drawn to counseling have unknowingly embraced secular counseling philosophies that actually undermine and contradict the gospel. Though they may desire to help others, if they lack understanding of the only true hope for lasting change, then their counsel will be self-help rather than the gospel.

The grace of God changes those who struggle, first by redemption through the gospel and then through progressive sanctification producing changes in lifestyle. The gospel is the treasure that changes lives, and it needs to be proclaimed effectively and cherished unreservedly through the lifestyle of biblical counselors who extend the gospel of grace to the hurting. Then the peace brought by the gospel is evidenced in changed lives.

3. You have a passion for the Word (Col 3:16).

Notice two important aspects about God's Word in the phrase, "Let the Word of Christ dwell in you richly." First, effective counselors remember that the Word of Christ is the wonderful story of redemption through faith in Christ. It is not a moralizing gospel but rather points always to Christ and his Word. Then, how does the Word dwell in us richly? Rich flavors have a potency that permeates. God's powerful Word acts the same in those who allow it to be their nourishment and mirror. Those who have been trained to counsel effectively savor the rich Word of God and have placed their hope in the Savior it reveals and the wisdom it exemplifies. This passion is then passed on to others.

4. You demonstrate practical wisdom (Col 3:16).

Biblical counseling could be aptly defined by the phrase "teaching and admonishing one another in all wisdom." Effective counselors wisely teach about the practical way life works as we aim to relate biblically to God and others. They warn about pitfalls using the vast wisdom in God's Word. They demonstrate relational skills and life experiences that minister God's Word effectively, continuing to grow themselves as they guide others in growth.

5. You live out a passionate praise for God (Col 3:16b–17).

Effective counselors have a new song in their heart that reflects excitement and joy found in the gospel. The Good News is still alive and burning brightly in them. They naturally point others to Christ as the answer because they whole-heartedly believe and live out that reality. Oftentimes the best counselors were first the counselee who was restored from sin or suffering. They now minister with authentic gratitude toward God and those who helped, having great confidence in the power of God to change lives because they experienced this transformation personally.

FOUNDATIONS of BIBLICAL COUNSELING

Are you considering becoming a biblical counselor? Maybe you haven't given yourself that title before, but you are a caring friend and neighbor who has a heart for helping others. That's the heart of biblical counseling. I believe you may be interested in learning more and growing so that you can better help those who are hurting around you.

We have an online course called Foundations of Biblical Counseling that would be a great place for you to start. Thousands of people have taken this course and seen the benefits of it. Imagine the impact that you could have after this training! Learn more here: https://biblicalcounselingcenter.org/foundations.