

BIBLICAL COUNSELING AT LCC

The gathering, growing, and going of disciples generally takes place through a variety of meaningful relationships in our lives. At times though, life does bring extreme situations of sin and suffering that require extra attention and a more intentional approach. At LCC, we provide biblical counseling to help with these types of situations.

Our approach to biblical counseling includes:

- **Sufficiency of Scripture:** The bible is superior to man's wisdom and provides the necessary instruction that we need to worship God in every area of our lives.
- **Role of the Local Church:** God gives the local church the authority and the responsibility to equip, counsel, encourage, disciple, and discipline the body.
- **Community:** Since healthy discipleship happens in community where we grow through meaningful relationships, biblical counseling should utilize a combination of church gatherings, small group life, friendships, and formal counseling teams from start to finish.
- **Shepherding the Heart:** Life situations may not change, but we can always find comfort in our gospel identity and having our hearts turned to God in worship.
- **Repentance:** When sin is an issue, repentance is central to the biblical counseling process. Necessary elements of biblical repentance include acknowledging and confessing sin before God, resting in his forgiveness, and praying for renewed hearts that are turning from sin toward God in worship.
- **Homework:** Homework is regularly included as part of the shepherding process. Homework provides opportunities throughout the week to build on the things discussed in a counseling session.
- **Outside Resources:** We recognize that God has blessed us with a variety of resources in addition to biblical counseling that can provide help with different life situations. These resources require wisdom to use well, and they are always subject to the authority and sufficiency of Scripture.
- **Counseling for a Season:** Biblical counseling is designed to be a temporary measure for specific seasons of life. We aim to establish a theme for each counselee, and we aim to identify what progress will look like. While these can be adjusted throughout the counseling season, they ensure that we are working towards the same goals together.