

GOOD Mental Health

Exodus 18:13-19 # 4 Principals for seeking counsel

Not all issues need to be urgent before seeking help

Not all issues need to be in dire straights before getting help. This should not be seen as a last resort. Here are some very common issues people can get good pastoral and other professional help.

- Financial stability
- Healthy living
- Major life decisions
- Parenting
- Marriage strength
- Encouragement and grief

Not all help and advise needs to be professional

The body of christ should counsel itself - Titus Chapter 2 is an example where the local body of believers are commanded to grow and teach each other.

Learning from role models - People whom you respect and trust in life. We all have that person and if not ask God to bring someone along your path.

Growing with your peers - learning, and overcoming challenges is just easier and less of a burden if someone is doing it with you. Surround yourself with like-minded people for help.

Be willing to change

Change does not happen automatically - Many times we want a quick fix, but usually it takes work and time. In Proverbs 29, 19, and 3 we find examples that teach us that hard truth is better than sugar coated lies.

Solutions are not always what you expected - We usually have to take more extreme measures in serious situations to change. Getting help to keep you accountable and on track can go along way

Having realistic expectations

No professional is perfect - they are human too with sins, and problems. We appreciate professional help but our hope should always rest in God

Not all professional help is good - sometimes we need counsel to find out where to get counsel. Not all professional advice is good.

Scripture reference:

And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the LORD, but to the physicians.
(2Ch 16:12)

The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise.
(Pro 12:15)

Hear counsel, and receive instruction, that thou mayest be wise in thy latter end. There are many devices in a man's heart; nevertheless the counsel of the LORD, that shall stand.
(Pro 19:20-21)

Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.
(1Jn 4:1)

Open rebuke is better than secret love. Faithful are the wounds of a friend; but the kisses of an enemy are deceitful. The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet.
(Pro 27:5-7)

The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; That they may teach the young women to be sober, to love their husbands, to love their children,
(Tit 2:3-4)

Young men likewise exhort to be sober minded. In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity,
(Tit 2:6-7)

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.
(Ecc 4:9-10)

Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.

(Gal 6:1-2)

And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

(Mat 5:29)

And when Saul enquired of the LORD, the LORD answered him not, neither by dreams, nor by Urim, nor by prophets. Then said Saul unto his servants, Seek me a woman that hath a familiar spirit, that I may go to her, and enquire of her. And his servants said to him, Behold, there is a woman that hath a familiar spirit at Endor.

(1Sa 28:6-7)

Quote from Jay Adams

Counseling Principles: 1. When seeking to bring about change, never attempt to do so in the abstract; people change only in concrete ways.

2. Always give hope. People will not persevere during the often-difficult process of change without hope.

3. Never minimize the severity of problems; instead always maximize Christ and His power to solve problems.

4. If a person has a life-dominating problem, aim at total restructuring. 5. Always approach the seemingly hopeless situations with emphatic disagreement. Empathy alone removes all possibility of help. Disagree when the counselee says, "It's hopeless." Say, "It is difficult, but not too difficult for God."

6. Don't become oriented toward people's problems, but toward God's solutions.

7. Gauge how much change is now feasible; too little is boring, too much is discouraging. 8. Don't let people settle for less than the scriptural solution.

9. Use biblical, or biblically derived, language when analyzing and labeling problems, and when planning solutions to them.

10. Be command-oriented rather than feeling-oriented.

Reference: Preaching with a Purpose, Zondervan, 1982, p. 125-126.