



For many,  
the local church is the first place  
they think of when needing to  
navigate life's many challenges.

In response, the **Biblical Counseling**  
ministry was created with two goals in mind.

-  train lay counselors to extend the ministry of pastoral care to the church body and beyond
-  provide biblical guidance to those in need.

As Paul wrote to the Galatians...

*Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted. Bear one another's burdens, and thereby fulfill the law of Christ."*



**Central Peninsula Church**  
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biblicalcounseling



biblical guidance,  
insight  
and encouragement  
for men and women  
during times of  
crisis,  
change,  
or personal and family difficulties



## Do you want counseling?

Are you overwhelmed by needs you cannot satisfy or problems you cannot solve? Do you lack a sense of inner peace? Perhaps you have been trying to find answers apart from God's plan and purposes for your life.

Acknowledging God's goodness, the authority of Scripture, the sufficiency of Christ and the sanctifying work of the Holy Spirit, our counselors seek to help those who are hurting to develop a more satisfying relationship with Jesus Christ.

Through short-term, focused, and personally relevant sessions, we'll work with you to identify the God-given needs that shape and drive you.

Our desire is to equip you to find biblically-based solutions for dealing with current conflicts while aiming to prevent future problems.

Individual counseling is offered for:

- Anger
- Anxiety
- Dependencies
- Depression
- Grief and Loss
- Identity Issues
- Interpersonal Conflicts
- Unresolved Pain

- » *Counseling is provided free of charge*
- » *Day & evening appointments available Monday–Saturday*
- » *Call the church office to get started*



## Do you want to learn to counsel?

Learn how to extend hands of compassion to bring lasting Christ-centered help to someone God has placed in your life who is facing difficult issues.

In the 10-week Biblical Counseling course we will explore ways to skillfully and lovingly minister God's Word as the source of hope and help for all of life's issues.

**Biblical Counselor training is relevant**—even if you don't want to be a lay counselor...

### topics covered

- 1 What is Biblical Counseling?  
What is a Biblical Counselor?
- 2 What is man? / Why did God create man?
- 3 What is wrong with man?
- 4 What is the new man?
- 5 Why is it such a struggle?
- 6 Making better choices
- 7 Feelings: what good are they?
- 8 Developing a biblical treatment plan
- 9 A treatment plan for anger
- 10 A treatment plan for depression

## biblicalcounselor training



is offered each year..

The annual training begins every September - on the first Monday night after Labor Day. This training provides both the doctrinal framework for Biblical Counseling and a strategy for applying that framework to individual needs. Our hope is that by the time you are finished you will be, at least academically, prepared to offer biblical counsel to others. Additionally, we will be offering a 10 week internship on the heels of the training for those who are called to be used of God within the counseling ministry. This mandatory internship helps prospective counselors learn to apply healthy counseling skills and to reinforce the biblical framework to various issues in a hands on kind of way. If you want to sign up for the next training or desire more information please contact Steve Aurell at the church office.