

# How Do I Know if I Need Christian Counseling?

Christian counselors know that many people see counseling as a last resort. By the time they actually come for counseling, they have already decided that their problem is completely hopeless. While this is often not the case, the very fact that they have waited too long to get started compounds the problem. So, rather than deal with facts and scenarios related to waiting too long, we will address the important question, "How do I know if I need Christian counseling?"

To start, everyone needs Christian counseling at some point in their life. The Bible puts a high emphasis on the matter. Paul said, "And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish one another" (Romans 15:14). We all need this admonition (counseling) at one time or another.

For most of us, however, it requires us to overcome pride to admit that our problem is bigger than we can handle alone. Don't let pride stand in your way. Admitting that you have a problem and need help does not make you less of a person. In reality, this very act of humility makes you more like the person God wants you to be. "Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble" (1 Peter 5:5).

Now that we understand that Christian counseling is for everyone, let's look at a few scenarios that serve as clear indications that Christian counseling is necessary right now. These are only examples to help you get the right idea.

You can know that you need Christian counseling right now if:

- Your marriage seems stale or lifeless
- You are thinking of leaving your spouse
- Your children are repeatedly getting in trouble at school
- You have recently lost a loved one
- You lost a loved one long ago but still hurt like it was yesterday
- You recently went through a divorce or separation
- You are having suicidal thoughts
- You have a life controlling problem like anger, drunkenness, or pornography
- You are thinking about getting married
- You are often express depression, anxiety, or jealousy
- You have ever been counseled by a mental health professional, psychologist, or psychiatrist

In reality, if you have even thought about needing Christian counseling, you probably do. Here are some tips.

1. Don't go to a mental health counselor for help. To go for counseling in a worldly system is to violate a very clear principle of the Bible. Psalm 1:1 says, "Blessed is the man that walketh not in the counsel of the ungodly." The teachings and practices of the mental health system are most definitely classified as ungodly by the Bible. Don't go. Your problem will only be bigger if you do because you will be going against the clear teaching of Scripture.
2. Don't talk about your problem with ungodly friends and coworkers. Often people vent their problems in this way, but in most circumstances it leads to faulty advice that isn't in alignment with God's Word. Don't share your problem with anyone who is not a Bible-

believing, born again Christian.

3. Tell your pastor. Many times we learn that people have not taken the time to share their problems with their pastor. This is sad because it is your pastor's job to watch over your soul (Hebrews 13:17). How can he do that if you don't open up and share what is going on? You may come up with all kinds of reasonable answers as to why this is not important, but be assured, it is important. Take courage and give him a call. You may very well be surprised how God can work in your situation just by inviting your own pastor to be involved in it.
4. Make an appointment to see a Bible-based Christian counselor who does not operate under the authority of mental health. We would be happy to help you with this part.

If you have any questions, or would like to schedule an appointment with us, we would love to hear from you.

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