



HARVEST BIBLE CHAPEL - HOUSTON NW
BIBLICAL COUNSELING MINISTRY
9752 Whithorn, Houston, TX 281-345-0419

Welcome to the Harvest Bible Chapel Biblical Counseling Ministry

We are glad you are here and we look forward to guiding you through Scripture to help you with issues you are facing. We wish to communicate clearly regarding the counseling process, so please read the following information carefully.

What is the Harvest Bible Chapel Biblical Counseling Ministry?

We believe in the sufficiency of God's Word to handle issues of life. We follow the Bible's description of man as a fallen creature living in a fallen world. The solution for living in this world is found in God's Word. Here at Harvest Bible Chapel Biblical Counseling Ministry, our counselors are trained to lead you to Scriptures that deal directly with the issues you are facing. We want to show you where the Bible says you are, where the Bible says you should be, and most importantly how to get there. Our biblical counselors are not psychologists or psychiatrists but have received formal training in biblical counseling by The National Association of Nouthetic Counselors, a national organization committed to the quality of counseling offered by its members.

Are counseling sessions kept confidential?

The Bible clearly states gossip is wrong. Therefore the counselors at Harvest Bible Chapel Biblical Counseling Ministry will not release any information about particular participants except in a few situations where required by the Bible or the laws of our state. These situations are: (1) when someone is in physical danger of being harmed. (2) When a child or elderly person (65 or older) is physically or sexually abused. (3) When someone refuses to stop a sinful pattern and it becomes necessary to seek assistance from his/her church to encourage proper change. (See Matt. 18:15-20 and Rom. 13:1-7) Because we respect the confidentiality of the counselees we ask that only individuals who are involved in the counseling process be allowed in the counseling center.

What about my children?

No child care is provided. Only those who are in the counseling process are allowed in the waiting areas of the Counseling Center. Children 16 years old or younger assigned to counseling must be accompanied to counseling by one or both parents (or guardian) who must be present in the Counseling Center during the duration of the child's counseling.

What are the fees for counseling at Harvest Bible Chapel Biblical Counseling Ministry?

Currently there is no charge for this ministry at Harvest Bible Chapel. Our counselors are made up of pastoral staff and lay people committed to positive change in people's lives and this assistance is offered at no charge. Small charges may be necessary for books and materials used in homework assignments. Sessions normally last approximately one hour and currently this ministry is offered several evenings each week.

What about missed appointments?

Because our counselors volunteer their time to this ministry it is important to be respectful of their families and their time. Participants are requested to cancel appointments at least 24 hours prior to the appointment. This gives others the opportunity to use that slot. In the event that an appointment is made and the participant misses the first appointment they will need to contact the Counseling Ministry office to reschedule a new



appointment. After beginning the counseling process only two missed appointments will be allowed before giving that allotted time to another participant. All counseling appointments must be scheduled through the Counseling Office.

What if I have a dispute with my counselor or Harvest Bible Chapel Biblical Counseling Ministry?

If you have a dispute with your counseling, the procedure for addressing your concerns involves (1) contacting the Pastor of Biblical Counseling in writing, explaining your concern, (2) trying to settle the dispute by mediation, and if necessary, (3) reassigning the participant to another guide.

We are a biblical counseling training center!

We believe it is important to train others to be biblical counselors. We take this training very seriously. Because we feel it is so important for counselor trainees to observe the counseling process we will sometimes assign trainees to sit in on counseling sessions. They will adhere to the same policies as the counselor and they will only be observers and will not be taking part in the counseling process. They will take notes so that they will be able to discuss questions with the counselor after the meeting to understand the counseling process better. This is not an option, we need to provide an environment for godly people to be trained in counseling and we want to be able to impact the lives of people throughout the Houston area by assisting others in learning to counsel from God's Word.

Harvest Bible Chapel Worship Services

The Sunday worship service at Harvest Bible Chapel will equip you to apply God's Word to your situation and the issues you face every day. Attending these weekly services is an essential component and requirement while you are being counseled.

Meet with your Pastor

If you are attending church regularly or are a member of another church we require that you inform your Pastor/Elder of your situation and your commitment to be guided by God's Word and seek help through biblical counseling at Harvest Bible Chapel. Ask your Pastor to pray for you and for us as we seek God's wisdom and counsel together to live in a way that is pleasing to God.



Biblical Counseling and You

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Change does not occur by chance but by choice. Many people talk about wanting to solve their problems and change for the better, but only some are willing to make the commitment necessary to accomplish those things.

Proverbs 14:23 says, "In all labor there is profit, but mere talk leads only to poverty."

Defining Your Roles

Learn to accept personal responsibility for your desires, motivations, thoughts, attitudes, feelings, words, and actions. Participants need to stop blaming circumstances and people for their problems. They need to realize that through the resources available in Christ, they can change.

1. Come to the realization that biblical change involves personal choice. People will not change until they decide they want to change. In fact, the reason people fail to change, when God has provided the resources for change, is often because they have decided to remain in a defeated state. When they say I can't, they really mean I won't.
2. Develop a concern about heart sins, as well as behavioral sins. Godly, biblical change in behavior must always begin with a change in the heart. God calls us to rend our hearts not merely our garments; to purify our hearts, as well as to cleanse our hands; and to honor and seek him with our hearts not our lips. He wants us to repent about hearts sins (thoughts, attitudes, desires, motives, intentions) and not just be sorry for unbiblical actions or reactions. Nothing less than heart repentance and heart change will please God and produced change that is genuine and lasting.
3. Commit to put off the desires, thoughts and actions that hinder biblical change and to replace them with ones that promote biblical change. To a great degree, counseling is truly successful only when this goal is achieved. You will need to answer this question: If your biblical counselor can show you what the Bible says you should do in this situation, will you commit to do whatever he or she asks you to do.
4. A Biblical commitment to change involves a minimum of six factors. These can be more easily remembered by the acronym A. C. C. E. P. T.



A- ACKNOWLEDGE personal responsibility for faults and actions. Participants will not be able to change as long as they excuse, blame, rationalize or defend their sinful behavior. You must learn to understand this fact, regardless of your circumstances. If you are a Christian, you can respond biblically through the power of the Holy Spirit.

C- CHOOSE to look at circumstances in the past and present from a biblical point of view. Human wisdom and feelings often hinder people from looking at things the way God wants them to. You need to interpret your circumstances through the lens of scripture rather than through your own opinions and emotions.

C- COMMIT to eliminate what ever hinders biblical change. Romans 13:14 says, put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lust. If you have a problem with lust, you must commit to destroy seductive materials, to stop watching television programs or movies with sexual content, and to avoid places that encourage temptation. You must be willing to remove any obstruction to biblical change.

E- EXERT ENERGY toward the goal. Change is not an automatic overnight occurrence; it is hard work. The participant will not make progress if there is no willingness to put effort into change.

P- PERSEVERE in obedience. Some people are ready to quit after two or three weeks if they do not see substantial progress. Therefore participants need to be reminded of the truth of Hebrews 10: 36. You have need of endurance, so that when you have done the will of God, you may receive what was promised. Change takes time. Participants need to know that the guide will meet with them for at least six or seven weeks before evaluating their progress.

T- TRUST God for the strength and resources to change. Paul says in Philippians 2: 12- 13 work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for his good pleasure. It is true, people who want to make biblical change in their lives must work, but they must work trusting in Christ to provide the strength and resources necessary to make those changes. Without him, living the Christian life and making godly changes is not only difficult, it's impossible. But when we look away from ourselves and trust Him, He enables us to do the impossible. He enables us to put off the old self, which is corrupt through deceitful desire, and to put on the new self, which is being renewed in true righteousness and holiness. As participants commit themselves to obey Christ completely, they can be confident that the power of God will accomplish His work of change in their lives.