

## Counseling Ministry Information

Calvary Chapel Lynchburg's counseling ministry desires to see believers conformed to the image of Christ and we do this by grounding ourselves in and submitting to the authority and inerrancy of Scripture. In doing so, we find ourselves transformed spiritually, cognitively, and behaviorally into the image of Christ as we challenge our views of self, others around us, and the world in general.

Calvary Chapel Lynchburg's counseling ministry desires to develop the community of believers that exists at Calvary Chapel Lynchburg. Within our counseling ministry we provide discipleship and counseling. We believe that counseling and discipleship, while two different approaches, work together in the processing of conforming believers into the image of Christ. Conceptually, we view counseling as reparative/restorative (Galatians 6:1) with concurrent discipleship serving as preventative care (Ephesians 4).

We find in 1 Corinthians 9:24 that we are to run a race so that we may obtain the prize (an imperishable crown). Paul exhorts us to run in a way that we may obtain the prize, losing ourselves of those things that hinder our race. The counselor provides an opportunity for the believer to identify long-held beliefs that may be slowing down the believer in the race or keeping them on the sidelines. At Calvary Chapel Lynchburg we believe that as counseling is taking place, discipleship is taking place as an opportunity for another believer to provide encouragement and accountability as it relates to the weights that need to be removed.

In counseling you can expect a confidential space to process through thoughts and emotions linked to past hurts and current circumstances that brought you to counseling. Counseling will be based on Scripture with an integration of various theoretical approaches to counseling to assist with processing of beliefs and emotions. In conjunction with discipleship, counseling serves to pause and hone in on what may be contributing to the problem you are facing so as to remove any barriers that may be limiting the growth that comes with discipleship.

We believe that concurrent discipleship will help assimilate the insights of counseling into day-to-day living and continued care as you grow in your maturity in the faith (Matthew 11) and as a vital member of the church.