



Imago Dei Church Counseling: **Statement of Beliefs**

1. **Authority in life:** We believe that biblical counseling is an advisory ministry and that the ultimate authority of every believer is God.
 - a. By walking in obedience to Christ and submitting to Him, counselees will experience the fullness of the love of God in the midst of hardship. We will encourage counselees to continually submit to God and the loving leadership of the church throughout the counseling process.
 - b. **Therefore**, we do not make demands on counselees, but rather seek to lead and guide counselees in biblical truth and to equip them to grow closer to God. We trust in the sovereignty, wisdom, and guidance of our Triune God for this privileged task (John 14:15-21, John 15:1-5, Hebrews 13:17).

2. **Problem of Sin:** We believe that while every counselee and counseling case is unique, the root of all suffering and hardship is sin (we suffer due to our own sin, the sin of others, and the brokenness of the world as a result of the curse of sin on creation). Because sin and brokenness are at the root of suffering, our response to all suffering must be shaped by and through our knowledge of Jesus Christ, who alone has defeated the power of sin in us and in the world.
 - a. The greatest need of every counselee is to be rightly related to God in the midst of their suffering.
 - b. **Therefore**, we will encourage counselees toward a biblical view of sin and suffering that will enable them to navigate hardship in a way that honors Jesus and deepens their relationship with Him (Genesis 3:14-24, Romans 6:23, 1 Peter 1:3-9).

3. **Source of Truth:** We believe the Bible is our ultimate and highest source of truth. God has lovingly provided his children all things that pertain to life and godliness through a knowledge of Him.
 - a. Wisdom and truth can be found outside of the Scriptures (through study and observation), but the Scriptures provide the necessary lens for seeing, understanding, and rightly applying truth.
 - b. **Therefore**, we will encourage counselees to live by the faith in Christ they have professed by making the truth of Scripture the center of their lives (2 Tim. 3:16-17, 2 Peter 1:3-11, Hebrews 4:11-13).



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4. **Agent of Change:** We believe that the Holy Spirit is the ultimate agent of change.
 - a. Lasting, Christ-exalting change occurs by the power of the Holy Spirit. Our aim is not to change the behavior of our counselees, but to have them encounter the Lord Jesus Christ and have their heart, mind, and body changed through His Spirit.
 - b. **Therefore**, we will trust and rely on Him, not only to bring about lasting change in the life of our counselees, but also for the wisdom and grace to best know how to care for those we seek to help (John 14:25-26, Titus 3:3-7).

5. **Power for change:** We believe that the power and hope of the gospel of Jesus Christ can transform every counselee.
 - a. The gospel opens our eyes to the eternal reality of life and gives us a right perspective on what transformation really is- not simply feeling better, but literally changing us to be more like Jesus Christ.
 - b. **Therefore**, we will always bring the gospel to the forefront of our counseling and encourage our counselees to apply the truth of the gospel to their counseling situation (Romans 1:16-17, 2 Corinthians 4:16-18, 1 Timothy 1:15-17, Titus 2:11-14).

6. **Environment for change:** We believe the church is the most conducive environment for effective counseling.
 - a. In his wisdom and sovereignty, God has given us His Word, His Spirit, and His people as a means of grace to know and follow Him better. We will encourage counselees to engage all three of these avenues of grace as they seek healing, change, and growth.
 - b. **Therefore**, we will continually encourage counselees to maintain meaningful relationships with their pastors and fellow IDC members throughout the counseling process (Ephesians 4:11-16, Hebrews 10:23-25, 1 Thessalonians 3:11-13).

7. **Patience for change:** We believe that healing, change, and growth take time, and we are committed to patient care for all counselees who are actively engaged in the counseling process.
 - a. Changes happens as we continually engage in a personal relationship with God through Jesus Christ. There are no “quick fixes” in counseling.
 - b. **Therefore**, we will encourage our counselees to hold fast to Jesus and commit to persevere in the midst of hardship by the power of His grace (1 Corinthians 15:50-58, Philippians 1:6, 2 Peter 3:8-18).