

COUNSELING AT THE BRIDGE

When you enter into a counseling relationship here at the Bridge, we want you to know that you will be met with grace, listened to empathetically, and encouraged by the Word of God. Sometimes the counseling relationship involves encouraging each other to stand resolute; other times, counseling involves laying out options for constructive change that will more fully conform us to the Person of Christ. Sometimes the counselor will warn you of "trouble ahead," while other times we'll just sit and talk, listen and pray together, but always pointing you to becoming more like Jesus and living your life in a way that reflects the principles and precepts of the Bible.

WHY BIBLICAL COUNSELING?

First, biblical counseling tells people the truth about God, man, and ourselves (John 8:31-32; Jer. 17:9; Jn. 17:17). In a world filled with different philosophers and widely divergent worldview, we believe that God's Word is the truth men need to set themselves free. Second, we believe in biblical counseling because it points people to healing and wholeness through a personal relationship with Jesus Christ. We believe that Jesus is the "Way, Truth and Life, and that no one comes to the Father, but through (Him)." We can live lives relatively free of trouble and trial, but still miss out on the greatest gift of all: a personal, life-changing relationship with Jesus which enriches this life and brings the gift of eternal life to us as well!

A third reason we practice biblical counseling at the Bridge is because it presents principles and precepts which are crucial and foundational for mental, spiritual, and physical health. Created in the likeness and image of God, we are people of body, soul and spirit, and a proper understanding of biblical truth leads to a wholeness in life and the development and maintenance of healthy personal relationships. Fourth, biblical counseling promotes the healing of mind, will and emotions as possible as we live in obedience to Scriptural truths (1 Corinthians 6:9-11; Mark 5:1ff). While healing requires work and often takes time, we believe that change is possible and that God delights in His people seeking to become all He intended them to be!

Finally, we believe in biblical counseling because there is a greater goal in life than simply ridding yourself of problems! We believe Scripture is a main tool in the development of Christian character (Colossians 1:28-29; Gal. 4:19) and is such an effective testimony to the world around us of the Person and power of God to not only change lives, but the surrounding culture as well, bringing God's intended Kingdom of Heaven to earth!

Our counseling team consist of men and women, both pastors and lay leaders, who are filled with the Word of God and His Spirit (Colossians 3:16; Ephesians 5:18). They are devoted to prayer, have a willingness to both comfort and challenge with grace, and are "on the journey to wholeness," just like you...and they would love to come alongside you as you "grow in the grace and in the knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18).



THE BRIDGE