

Our approach

Counseling will be dependent upon God's word (the Bible) and the Holy Spirit. The Bible itself states that the truths contained within it are entirely sufficient to enable a person to live a life pleasing to God (2 Peter 1:3-4).

The Bible provides all the needed principles and guidance for understanding our mental processes, analyzing our emotional responses and exercising control over our behavior (Psalm 19:7-14).

The Bible contains the solutions to every problem of attitude, relationship, communication, conduct and behavior (2 Timothy 3:16-17).



Our counselors

Our counselors are volunteers who operate under the authority and direction of the H.O.P.E. Counseling ministry and the elders at Alfred-Almond Bible Church.

Our counselors are certified through ACBC (Association of Certified Biblical Counselors).

They complete a fundamentals training class, observations, essay exam questions, and 50 hours of supervised counseling in order to earn certification.

Ongoing certification requires 20 hours of continuing education credits every other year and verification of good standing in the church.

To contact a counselor, visit our church website or email the church office.

office@aabible.org

www.aabible.org/hopecounseling

helping others progress effectively

H.O.P.E. Counseling Ministry



...through the encouragement of the Scriptures we might have hope.

Romans 15:4

Alfred-Almond Bible Church
6751 Route 21
Almond, NY 14804
607-276-6700

WHAT TO EXPECT

To begin the counseling process, you will fill out a questionnaire and sign a consent form.

At first, you will meet weekly with your counselor. As you progress, session dates will be spread further apart. Bring your Bible, a notebook, and other materials with you to each session. Sessions will last approximately an hour.

Spiritual growth does not happen only through meeting with your counselor. You will be given “homework” so that you can develop regular godly habits of Scripture reading, prayer, journaling, verse memorization, church attendance, and service to others.

Sessions will involve prayer, talking about the homework, and studying other passages of Scripture. You will learn biblical principles and Scripture-based application to implement in every day life.

*Contact office@aabible.org for more information or to be connect with a counselor.



Common Counseling Issues

abuse
addictions
anger
anxiety, worry, fear
communication
compulsive behaviors
decision making
depression
discipleship
eating disorders
financial stewardship
forgiveness
grief
guilt
loneliness
marriage and family
perfectionism
pornography
conflict and
reconciliation rejection
relationships
school challenges self-
esteem
sexual struggles
stress

WHAT IS BIBLICAL COUNSELING?

Biblical counseling is a discipleship ministry under the oversight of God’s church dependent upon the authority and sufficiency of God’s Word through the work of the Holy Spirit.

Biblical counseling guides people to examine their desires, emotions, thoughts, actions, and worship in an effort to restore people to a right fellowship with God and others.

Counselors speak the truth in love and apply Scripture to the need of the moment by comforting the suffering and calling sinners to repentance.

Biblical counseling is not based on secular principles found in psychology, psychiatry, mental health fields, or clinical treatment approaches.

