

Counseling - cont.

Counsel in the heart of man is like deep water; but a man of understanding will draw it out.
- Proverbs 20:5 -

Another good question to ask yourself is, "Am I willing to reject bad advice, or will I just go along with what others tell me to do (Luke 23:51)?"

Israel in the Old Testament was not willing to listen to God and they were always encountering problems in their life as a result (1 Chronicles 10:13-14; 2 Chronicles 25:14-16; Psalm 106:13; 107:11; Isaiah 30:1; Luke 7:30).

4. Seek the Best for Everyone

Lastly, it is good to ask, "Do I honestly want to achieve the best outcome for myself and others?"

Where no wise guidance is, the people fall; but in the multitude of counsellors there is safety.
- Proverbs 11:14 -

Where there is no counsel, purposes are disappointed; but in the multitude of counsellors they are established.
- Proverbs 15:22 -

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Counseling - cont.

Talk over your problems with other wise Christians. Get the right biblical advice and then count the cost to make the necessary changes for good in your life (Luke 14:31).

Following these guidelines from the wise book of Proverbs will give us the best counseling possible as we go through the challenges of life. Remember, man's counsel fails and falls, but God's counsel always stands forever (Acts 5:38).
- Chris Reeves -

Warfield Blvd. church of Christ
290 Warfield Blvd.
Clarksville, TN 37043

Website
wbcoc.org

Assembly Times
Sunday: 9:30 am, 10:30 am, 5 pm
Wednesday: 7 pm

Everyone Is Welcome!
For More Information Call
(931) 647-1324

Published and Edited By
Chris Reeves
(615) 389-3250
chrisreevesmail@gmail.com
TheGoodTeacher.com

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For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.
- 2 Corinthians 10:3-4 -

Some Counseling About Getting Counseling

Now more than ever do many people, including ourselves from time-to-time, need counseling. We need help and guidance to navigate our feelings and actions in a world that is often difficult to live in. Sometimes we are the cause of our problems and sometimes others are the cause of our problems, but either way, we need help.

Counseling is meant to be a therapeutic process aimed at helping ourselves, or others, to cope with the various challenges of life. We can get that counseling from our friends and family, from a preacher, from a trained professional therapist, from God, or from someone else. The goal of any good counseling is to improve one's mental state and thereby improve their health and their life as a whole.

We Need Counseling

Yes, we all need counseling at times in our life and it would be best if we could ultimately get our counseling from God. There is nothing wrong with human counseling as long as we recognize that we do not direct our own steps (Jeremiah 10:23). Human counseling can be good, but it is only as good as it conforms to what God wants:

*Hear counsel, and receive instruction,
that you may be wise in thy latter end. There
are many devices in a man's heart;
but the counsel of Jehovah, that shall stand.
- Proverbs 19:20-21 -*

The place to go for counseling from God is, of course, God's word (Psalm 119:24; Acts 20:27; Isaiah 9:6; 11:2). Don't mistake what is actually bad human counseling for good and godly counseling (2 Samuel 16:23). Always let God be the final say in matters of this life. Let us now consider some important principles of counseling from the wise book of Proverbs:

1. Consider the Source

First, it is always best to consider the source before getting counseling and ask, "Who is it that is giving me counseling?"

*The thoughts of the righteous are just;
but the counsels of the wicked are deceit ...
Deceit is in the heart of them that devise evil;
but to the counsellors of
peace is joy.
- Proverbs 12:5, 20 -*

Am I getting counsel from the wise who follow biblical principles, or from the worldly who follow humanistic, secular, or even atheistic principles (Numbers 31:16;

1 Kings 12:7-9; 2 Chron. 22:1-4; Psalm 1:1; Daniel 6:4-9).

2. Seek Counsel, Not Validation

Next, ask yourself, "Do I want counseling, or do I simply want someone to tell me that I am right?"

*The way of a fool is right in his own eyes;
but he that is wise hearkens unto counsel.
- Proverbs 12:15 -*

3. Examine Yourself

Next, it is good to ask yourself, "Am I willing to truly listen to sound advice from God's word and make the necessary changes?"

*That the wise man may hear, and increase in learning; and that the man of understanding may attain unto sound counsels ... But ye have set at nought all my counsel, and would none of my reproof ... They would none of my counsel, They despised all my reproof.
- Proverbs 1:5, 25, 30 -*

*By pride cometh only contention;
But with the well-advised is wisdom.
- Proverbs 13:10 -*

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