

PEER COUNSELING

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Some Realities:

1. Counseling can come in different ways
 - a. Professional counseling
 - b. Pastoral counseling
 - c. Peer counseling
2. Counseling can be formal or informal
3. The one another passages are really about peer counseling
4. Jesus and the Apostles are the models for counseling
5. The best counseling is daily peer counseling (Heb. 3:13)
6. Counseling is about helping others see truth and reality
7. Most of our emotional and mental problems are rooted in sin
8. Secular counseling and Christian counseling come at it from opposite directions

Principles of Spiritual Peer Counseling:

1. Be spiritual – 1 Cor. 2:15-16; 1 John 2:20, 27
2. Be prayerful – Eph. 6:18
3. Pray for wisdom – James 1:5
4. Care about others – John 13:34, 35
5. Believe in others – 2 Cor. 5:19
6. Be a loyal friend – John 15:15
7. Be consistent – Heb. 3:13; Luke 9:23
8. Be a listener – practice being a disciple; a learner
9. Take time to think about others issues
10. Get advice yourself
11. Don't try to counsel beyond your ability – Rom. 12:3
12. Don't be alone in serious issues
13. Use the Word – 2 Tim. 4:2-4
14. Read and learn about people and people issues
15. Be patient
16. Be confident