

# THE ROLE OF THE HOLY SPIRIT, PRAYERS AND SCRIPTURES IN CHRISTIAN COUNSELLING

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## Introduction

A very important difference between secular counseling and Christian counselling is the following three aspects other than the use of compatible psychological principles and intervention strategies.

The three aspects are: the Holy Spirit is involved, prayers are said and scriptures are used as a major part of the intervention strategy.



## The Role of the Holy Spirit

The counsellor is merely the mouth-piece of the Holy Spirit who works through the counsellor's spirit-man. The Holy Spirit can remove spiritual barrier set up by the Evil One to discourage or hinder the counselee. The Holy Spirit also helps us to discern any indwelling demonic spirits and if there is demon-possession the Holy Spirit can confront and evict evil spirits. The Holy Spirit can bring to the counsellor's mind the relevant scripture verses to help the counselee – Jn 14:26.

## The Importance of Prayers

All counselling should be preceded with much prayer way before the appointed date whenever possible. Pray before meeting the counselee to ask God for insight about the case, pray for guidance in counseling process and pray for God's protection over the counselee after the counseling session is over. As such the counsellor must always pray for the Holy Spirit presence throughout the counselling session.

## The Use of Scripture in Christian Counselling

Scriptures is our basis and resource for Christian counselling as most of human problems are a result of unbridled carnal craving of his/her fallen nature. Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envy, murders, drunkenness, reveling etc. - Gal 5:19-21. The Devil knows this too well and as such exploits it to bring man into sin against fellow-man and against God. Only God's words can curb and keep the flesh in check as stated in Jn 8:32 that "the truth will set us free".

The words of God will also feed the spiritually starved Christian which would empower his spirit-man to resist the craving of the flesh. The spirit-man that was born again also needs to be constantly nurtured by God's words to grow into maturity (Jn 3:3 and Mt 4:4) The words of God will provide the counselee guidance for living - Ps 119:105. The words of God also cleanse him/her from sins (Jn 15:3) to have the peace of mind.

As such, it would good for the Christian to always have the words of God readily available through memory or Bible at hand to quote from. However, it is better through memory as it saves the counselee's chargeable time.