

Biblical Counseling Testimony

Whenever we had a disagreement of any kind—even an apparently minor issue—anger would almost immediately flare, making resolution almost impossible. So we ignored the issue hoping it would disappear with time. Wishful thinking. Unfortunately, this anger was bilateral and we didn't know how to deal with it.

When we first saw David, we expected him to start asking us questions about our relationship and our problems. To our great surprise, he seemed uninterested, at least for the entire first session. Didn't ask us a single question about the topic. Strange indeed! No; he was much more interested in knowing what we thought of the bible and whether we believed its content and its completeness. David's purpose soon became clear: If you are dealing with a doctor who has complete—and perfect—knowledge of all sicknesses and deceases and knows all the cures that are guaranteed to work, why would you not trust him with your illness? Made perfect sense to both of us, so we were prepared to listen to the solutions and “take the prescription”.

Biblical counseling is not just a rehash of all the psychobabble we had already experienced a few times before through “Christian Counseling”. There were no search into our distant past to discover any possible “cause” to our problems; (right off the bat, we saved maybe one or two years worth of wasted counseling time, traveling through irrelevancy).

We were immediately made aware of the fact that we are adults, and, therefore responsible for our own behaviors (so this is not entirely my mom's fault?). David led us to specific bible verses that clearly showed the sins in our lives, and other verses that exposed God's solutions to those sins. As a man, I realized that I was not loving my wife the way God wants me to. This was causing resentment on her part (well deserved, I might add). We were asked to memorize certain verses that were constant reminders of God's role in our lives and His solutions to our problems. Who can argue with God?

We were also to read a book that dealt with our specific dilemma from a biblical viewpoint. The solutions to our conflicts were not to be found in finding fault with my wife but in my own responsibility towards her, regardless of her response. In other words, behave in a godly manner, regardless of the short term lack of “results”, just because God commands it. God says it, I believe it, that settles it!!

By golly, God really does know what He is doing; wouldn't you know it? It works; it works! Pretty soon, results start appearing, and we start to notice we have fewer disagreements; and the ones we still have are quickly resolved, plus we both feel closer to each other and there is more love in our house. And all this within a few short weeks, not years worth of expensive and fruitless counseling.

We are both very thankful to the Lord and to David Lee for all the help we have received, and look forward to still growing in our much improved relationship. We highly recommend this counseling to anyone blessed enough to receive it.

John
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