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The Biblical Basis of Christian Counseling for People Helpers: Relating the Basic Teachings of
Scripture to People's Problems (Pilgrimage Growth Guide)

6. The Bible and Counseling: Revelation

This chapter argues that good counseling starts with listening, and that God reveals Himself the same way we come to know anyone: through words and actions. It lays out the two ways God makes Himself known — general revelation (nature, history, human nature) and special revelation (the Bible) — and defends why the Bible should be the trusted authority for a Christian counselor's worldview.

Key takeaways

- A counselor's first job is not answers but active listening — hearing words and watching tone, posture, and behavior.
- General revelation: God shows Himself to everyone through nature, through His purposes in history, and through the moral 'law' and religious sense written on human hearts.
- Psychology is part of general revelation — useful for facts about how people think and act, but it cannot settle questions of meaning, morals, or salvation.
- Special revelation is the Bible: God-breathed, written by human authors guided by the Holy Spirit, and authoritative on the issues people bring to counseling.

- The Bible is not a counseling 'cookbook,' but it gives specific directions and broad principles that build a Christian worldview to sift questions Scripture never directly addresses.
- Building life or counseling on personal experience alone leaves no stable beliefs, no fixed ethics, and no real hope; we need an authority outside ourselves.
- Three lines of evidence support trusting the Bible: manuscript (thousands of accurate early copies), internal (unified message, fulfilled prophecy), and external (archaeology confirms it).

Passages worth keeping

“Biblical revelation must function as the controlling guide for all our thinking about counseling.”

Crabb's principle — psychology informs, but only Scripture is authoritative.

“The questions He has answered in the Bible are the questions we would ask if we had the sense to ask the right questions.”

Crabb's key for finding biblical answers even to modern problems.

How it connects

The chapter's throughline is worldview: because listening reveals a person and revelation reveals God, the counselor who knows Scripture has a stable grid for problems the Bible never names directly. It sets up the next chapter's concern — interpreting that revelation rightly.

Scripture referenced

- **Psalm 19:1** -- Nature declares God's glory — general revelation.
- **Romans 1:20** -- God's qualities seen in creation, leaving people without excuse.
- **Romans 2:14-15** -- God's moral law written on the human heart.
- **2 Timothy 3:16-17** -- Scripture is God-breathed and useful — basis for its authority.
- **Hebrews 4:15** -- God understands our emotions and struggles.
- **Daniel 3:17-18** -- 'But if not' — trusting God even without rescue; the Dunkirk story.