What type of counseling is this?

Biblical counseling at FBCJ is based solely upon the principles found in God's Word. We believe the Scriptures are sufficient, which means, we believe we do not need to add anything to the Bible in our efforts of helping a Christian become more like Christ.

By definition, Bible-based counseling differs a great deal from other popular or secular counseling (James 3:13-18). We affirm that any method worthy of the name “Christian counseling” must address the root of our problems and reveal the crux of God's solution—the redemptive work of Christ and the sanctifying power of the Holy Spirit through the Word of God, by which the depths of sin and the fullness of grace are made known (Hebrews 4:12-16). We also affirm that there are real conditions that warrant legitimate medical treatment, but we reject the assumptions of the therapeutic culture that offer a pharmacological solution for every human problem.*

(adapted from SBC resolution “On the sufficiency of Scripture in a Therapeutic Culture. St. Louis, MO June 2002)

What are some of the common problems people seek help with through Biblical Counseling?

The FBCJ Counseling Center helps people to address many issues. The most common include; marital problems, parenting, sexual sin, and emotional concerns (anger, depression, worry, guilt). In all cases, we use the Bible, God's sufficient word, to answer the problems of life - 2 Peter 1:3.

What is expected of the counselee?

- Sign the Biblical Counseling consent form (provided upon initial contact to FBCJ).
- Agree to the presence of qualified counselor trainees during sessions.
- Regularly attend Sunday and Wednesday services at FBCJ (or your home church).
- Complete all assigned homework prior to each counseling appointment (i.e. scripture memorization, reading materials, worksheets, CD/MP3 listening, etc.) Counselors reserve the right to discontinue sessions if counselee consistently does not complete assignments.
- Arrive on time for each appointment and call the counselor in advance if rescheduling becomes necessary.

Note, it is FBCJ’s policy that male counselors will not counsel with women alone. Female counselees must be accompanied by another person willing to sit in during the counseling session (spouse, parent, or friend).

Who can make an appointment?

The counseling ministry of FBCJ is available to all members of FBCJ as well as the community of Campbell County.

What is the goal of Biblical Counseling?

The goal of Biblical Counseling is to help an individual grow to be more like Christ in every way. We believe this growth process starts with conversion followed by a lifelong progressive sanctification within every area of life. Our motives, thought processes, actions, words, emotions, attitudes, values—heart, soul, mind, and might—increasingly resemble Jesus Christ in conscious and evident love for God and other people.

The change process continues until we see Him face-to-face. Through speaking the truth in love, we act as tangible instruments of God's grace in the lives of others.*


When are appointments available?

Counseling appointments are offered Tuesday - Thursday, between 9 and 5 pm at FBCJ, or at the discretion of the pastors.

How can an appointment be made?

Counseling inquiries should be directed to the church office at 423-562-5168. Forms will be sent for completion prior to the initial appointment. Once those forms are received, a counselor will contact you to schedule the initial appointment. In cases that need immediate attention, this process can be expedited.

How frequently will appointments be scheduled?

Typical counseling schedules meet one time weekly. This allows the counselee adequate time to complete homework assignments.

What is the length of each counseling session?

Sessions generally last 50-60 minutes, but the initial session may last 2 hours to allow adequate time to gain information.

How long does the counseling process last?

While individual schedules may vary, counselors and counselees typically meet for 10-12 sessions over a period of several months.

What is the cost?

FBCJ provides biblical counseling as a ministry at no cost. However, each counselee is responsible for cost of materials (i.e. books, CD's, etc...) Donations to the ministry are accepted and always appreciated.
First Baptist Church Jacksboro (FBCJ) is committed to equipping the believers to do the work of the ministry (Eph. 4:11-12). We believe all Godly, gifted believers who know their Bible and how to apply biblical truth to specific life issues can effectively counsel others.

I am satisfied that you yourselves are rich in goodness filled with all spiritual knowledge and competent to admonish and counsel and instruct one another also." Romans 15:14

All FBCJ counselors are in various training levels of biblical counseling. The team is lead by a National Association of Nouthetic Counseling certified counselor. We continually train others to be effective counselors. Part of the training process includes the opportunity to observe another counselor during actual counseling sessions. It is for this purpose we ask all counselees to allow our counseling trainees to sit in on counseling sessions. Their purpose is to pray, observe and apply learning to their own training.

To print or download the counseling agreement or personal data inventory form, please visit our website at www.fbcjacksboro.org