



The Shepherd's Fold

Biblical Counseling

Marriage ~ Family ~ Individual ~ Financial

Rev. David C. Roupe, MABC • ACBC Certified Counselor



Association of Certified
Biblical Counselors

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What You Can Expect

Once you have decided to seek Biblical Counseling, the next question you will probably consider is what to expect. People bring expectations to nearly every situation and personal ministry is no exception.

Our length of a session is generally fifty minutes, with regular weekly appointments. Most counseling situations require between 8 and 12 weekly sessions, followed by 5-10 more sessions spread out over 4 to 8 months as you implement the life applications and the process of transformation takes place. However, you can expect that we will continue to care for you for as long as it takes, providing you are fulfilling your responsibility to be engaged, attentive, and committed as evidenced by keeping appointments and completing your homework assignments.

You can expect a non-clinical setting. It will not be like going to a doctor's office. You will be welcomed warmly, and we will seek to make you feel comfortable, accepted, and safe. If you have not completed our initial questionnaire prior to our first meeting, we will spend time with you helping you to complete it. This questionnaire is very important in helping us begin to understand the dynamics of your situation.

You can also expect for us to ask you lots of follow-up questions in order to understand the issues as well as your thoughts and feelings. Normally, if you are seeking personal ministry, you will have at least a general idea of the areas on which you want to focus. However, sometimes we have to explore many areas of life in order to identify what the problems might be. Regardless, we will spend as much time as needed in order to fully evaluate your problems. Proverbs 18:13 says "He who gives an answer before he hears, It is folly and shame to him." We neither want to be foolish nor shameful in the care we provide.

You should expect a process of speaking the truth in love which means that you, your care provider, with the presence and help of the Holy Spirit, will seek to apply biblical wisdom to your life issues. You and your counselor will be involved in spiritual conversations where you think about life from a biblical perspective, and you will be involved in scriptural explorations where you discuss relevant applications of pertinent passages to your specific life situations and relationships.

You should expect us to empathize with your hurts, to encourage you with Christian hope, to exhort you with biblical truth that exposes heart issues, and to empower you with biblical principles that equip you to love God and others better.

You can expect that you will be given reading assignments and other homework in order to continue to reveal and reinforce observations and truths that will assist you with understanding the issues and provide life applications.

One thing you should definitely not expect is for your Biblical Counseling provider to fix things for you. Personal struggles and relational issues are not something to be fixed like an appliance, nor are they problems to solve like a word puzzle. We are not called to fix people; we are called to love them. Biblical Counseling always deals with people and relationships. A good care provider will help you see that people are not problems to be solved.

Finally, you can expect that we will care for you with integrity and honesty. We are careful to protect each person's confidentiality. However, there are times when we may consult with other Biblical Counseling providers for advice. In addition, if information revealed during our sessions indicate a genuine potential for harm to yourself or to others, your care provider may have to share that information with the appropriate authorities, whether civil, ecclesiastical, or family members.