

Research Assessment #8

Date: 13, January 2021

Subject: Biblical Counseling

Citation:

Goodwin, Brady. "Biblical Counseling as Mission in a COVID-19 Age." *Biblical*

Counseling Coalition, 22 Oct. 2020, www.biblicalcounselingcoalition.org

[/2020/05/04/biblical-counseling-as-mission-in-a-covid-19-age/](http://2020/05/04/biblical-counseling-as-mission-in-a-covid-19-age/).

Assessment:

This week reading Brady Goodwin's article about using COVID-19 as a mission opportunity, completely transformed my mindset for the season we are currently enduring. Choosing to view this time in a positive light rather than seeing it as a burden. Goodwin explains that counseling is all about the application of the Gospel, also known as being the hands and feet of Jesus. This made me step back and ask myself if I am being Jesus to others and if so how can I improve or if not how can I start. Goodwin answers this through the three steps he explains biblical counselors should take: Invitation, Consolation, and Application. I think invitation can be understood in different manners. Whether it's inviting someone to Christ and

encouraging them to begin or deepen their relationship with the Lord or if it's inviting Christ into your own life and recognizing that he is Supreme. Whichever way he intended "invitation" to mean, both are important in the lives of Christian Counselors. Goodwin continues and explains how it is crucial to understand that God is all powerful and ultimately has a plan for each of us. This is something that Christians have heard many times throughout their walk with Christ, however not a lot of us truly understand and take this into account in our daily lives. God's plan for us is something we are unaware of, however we must trust it even in times such as this pandemic. As a counselor now it's important to meditate on this truth and spread it to the counsees in order to help them understand God's true power and how much he cares about the world. Counselors now can invite their counsees to join them in trusting in the Lord during this time. This will overall give the counsees hope but also comfort in a season such as this or for their own personal battles that they are dealing with. Next Goodwin explains the meaning of Consolation. At first I did not understand what he meant in his article however after analyzing it multiple times I was able to understand his words and how crucial they are. Consolation as a counselor is simply accepting the comfort that Christ offers us and passing it on to the counselee so that they too can receive and understand the comfort that the Lord presents us. This ultimately ties back to his point about invitation and trusting God, however with this trust comes his comfort. It's important to understand that the comfort of Christ may not be as direct

as we think. We need to remember his resurrection and use that as our comfort. This idea may seem strange to some however understanding how truly amazing it is that we as believers have hope for eternity is something that is not only comforting but exciting. Counselors have the ability to spread this good news or simply remind their counselees during this time that we are guaranteed a better future because of Christ's sacrifice. Lastly Goodwin discusses endurance. Having endurance especially in a time like this is essentially our application of the other two points. Being able to trust in the Lord and be comforted by his sacrifice and promise for us is what gives us the endurance to push through times like COVID-19. If counselors can present these points to their counselees they will not only help comfort the counselee but also comfort themselves. Everyone needs to be reminded from time to time how real and abundant God's love is for us and despite current time, we have hope for a better future in Him.