

Christian Faith Counselling

“Commit your way to the Lord; trust in him, and he will act”.

Ps. 37:5

The truth is, every Christian struggles at some point in their lives, and need a little help to face challenges. God knew this, He knew we would get lost, and get stuck at times. He knew we would need help to get back on track!

God is Our greatest counsellor. In His wisdom, He provided His Word, to guide us and give us answers for our life's challenges and questions. The Apostle Paul tells us that, **“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness so that the man of God may be thoroughly equipped for every good work (2 Timothy 3:16 NIV).”** In His Word, we have all we need to learn and overcome our troubles.



God's Word offers a lot of practical wisdom about human nature, marriage and parenting, suffering, and much more. In supporting you, I will use God's Word as our foundation for overcoming your difficulties. Together, we will seek what God teaches about your life situation, and together we will move forward in dealing with the problems in a manner that pleases God.

You might be thinking, the bible has all the answers to my problems, so why should I seek counselling elsewhere? Yes, that is right, the Word of God has all we need to answer our life challenges but, counselling has multiple facets that can help you alongside God's Word. Counselling means many things such as, providing encouragement, dealing with trauma, teaching various healthy skills such as managing anxiety, resolving conflict, communication that is in line with God's Word. Counselling will allow you to learn practical ways of applying God's teaching in your life, helping you be at peace with God and your situation.

As a Christian, I understand that it is impossible to face our life challenges without looking through God's lenses and so when seeking help, it is essential that we choose a counsellor who shares our faith and gives us a biblical view of what we are going through. We want to be sure that the support we receive, is in line with God's Word. If you would like to find out more about my faith, I would be glad to share it with you.

If you are in need of support, please reach out and seek help. I am here to help.

God Bless