

What does it mean to be part of a church: Part 1 (Biblical Counseling)

Bill Pritchett – February 1, 2026

Introduction:

“What Does It Mean to Be Part of a Local Church?”

Biblical Counseling:

About 90% of Biblical Counseling is just Christian community.

Biblical Counseling Definition

Biblical counseling is the application of God's Word, by God's Spirit, to the heart of a believer.

What Biblical Counseling Looks Like

A big part of **Biblical Counseling** is simply listening, being in relationship with people close enough that they feel comfortable sharing what's really going on.

But we trust that God's Word, applied by God's Spirit, really does what He promises.

When We Don't Know What to Say

We need to be very slow, very slow, to diagnose the problem.

Proverbs 18:13 ESV

¹³ If one gives an answer before he hears, it is his folly and shame.

James 1:19 ESV

¹⁹ ...let every person be quick to hear, slow to speak...

Biblical counseling isn't merely about behavior modification. It's about bringing the heart into the light of God's Word and under the care of God's Spirit.

Listening Well and Asking Good Questions

When you walk with someone like this, you're applying God's Word while trusting God's Spirit is already at work.

You are not the one who fixes the problem —God is.

1 Thessalonians 5:14 ESV

¹⁴ ...admonish the idle, encourage the fainthearted, help the weak, be patient with them all.

A Word About Physical and Spiritual Needs

The sufficiency of Scripture does **not** mean we ignore the body.

Breaking the Illusion of Isolation

And that's part of what **Biblical Counseling**...of what Christian community, is meant to look like. It requires openness. Honesty. Sharing real life together.

Most of the time, we don't reach out for help for two main reasons:

First, we assume everyone else has it together, and we're afraid they'll look down on us.

Second, we're afraid of being judged

The Power of Follow-Up

If somebody shares something with you, a struggle or a prayer request, follow-up.

What Church Membership Really Means

Your role in the local church is far more than attendance. Scripture calls us to "**encourage one another and build one another up**" ([1 Thessalonians 5:11](#)). We are told to "**bear one another's burdens**" ([Galatians 6:2](#)). We are meant to **worship together, take communion together, sit under God's Word together**, and let that Word take root in our hearts, shaping our lives throughout the week.

And this is why **Biblical Counseling** isn't just for specialists. Most of it happens **right here**—in conversations, prayers, follow-ups, and shared life together—by **ordinary believers applying God's Word, trusting God's Spirit, and caring for one another in love**.