

# Overcoming the Stigma of Counseling

## Session Four

*“A Different Understanding of What Is Most Needed”*

**1. The world says education, normalization, and professional providers are what is most needed.**

**2. The Bible teaches that it is the cross that is most needed.**

a. The cross is no small matter.

It requires a significantly shrunken view of God’s salvation and wisdom to conclude that the cross of Christ does not have the power needed for all of the soulish issues people face.

The message of the cross addresses every human need including mental, emotional, aspirational, even physical needs.

b. The cross is essential for the humility needed to receive counsel.

i. Pride prevents our coming (James 4:6),  
but the cross crushes pride (Philippians 2:8),

ii. Shame keeps us cowering and covering (Genesis 3:7-10),  
but the cross gives comfort and courage (Genesis 3:21;  
2 Corinthians 1:3-5).

c. The cross is essential for the healing needed for those who come.

i. This is truly the Great Omission of much Christian counseling.

ii. The cross—*the power of God!* (1 Corinthians 1:18-25).

Surely we believe that God’s salvation encompasses the anxious heart, the angry heart, the grieving heart, the lonely heart, the perfectionistic heart, the depressed heart, every heart!