

# FBC Today



● No. 38, Jalan SS17/1D,  
47500 Subang Jaya,  
Selangor, Malaysia.  
● +603 5621 2623  
● fbc.subangfamily@fbc.com.my  
● www.fbc.com.my

**MAIN SERVICE**  
[Physical & Youtube]  
Sundays 8:45am / 11:15am

**YOUTH SERVICE**  
[Physical]  
Sundays 9:00am

**SUNDAY SCHOOL**  
For Ages 3 to 12  
(Preschool to std 6)  
Physical Classes  
8:45am / 11:15am

U N L E A S H I N G   T H E   G O S P E L   **ENGAGE | ENCOURAGE | EDIFY**

## INSIDE THIS ISSUE

**ARTICLE**  
**Christian Lay Counselor – Church Based: Are We Prepared?**

**PRAYER SPOTLIGHT**  
**Prayer for FBC Church Administration**

# Christian Lay Counselor – Church Based: Are We Prepared?

Counseling is a word that people often take as a taboo. Counseling is a call to reach out to others for help, needing a listening ear and understanding of the struggles that we are battling. Often people think Counselors are for those who have mental issues but the fact is one is struggling deep inside not knowing how to express or find help.



### NEXT WEEK'S SERMON

1 December 2024  
**Mission Message**  
Preacher  
Pastor Palan

### PULPIT PROGRAM

To see the full Pulpit Program,  
[Click Here](#)



**GIVING**  
Business ID:  
**BT76**  
**How To Give?**



**First Baptist Church**  
Announcements  
Subscription

**Click Here**  
to get our latest announcements and upcoming events by WhatsApp  
Save +6010-2206701 as FBCA in your contact list

**FBC**  
RENOVATION & UPGRADE

**HOW TO CONTRIBUTE**  
**BT76** cheques / cash.  
Payment reference: **'BUILDING'**

By the time you seek a Counselor's help, the situation has turned out of control. In the secular world, Counselors are professionals who are paid for providing their professional services and advice to a counselee because they are registered and certified with the Board of Counselors.

At the same time, there is also a lack of certified Christian Lay Counselors in Malaysian churches. The need for Lay Counseling Ministries brings about the importance of having Christian lay counselors in the church. Many people are hurting and struggling but have difficulties finding a suitable person who cares and listens to them. This help does not naturally come about because Christians are not sensitive to these individual needs therefore proper training, skills, and knowledge are vital. Christians need to end the mindset that restriction of help and counseling is not limited only to professionals in the secular such as therapists. With compassionate love and Christ-centeredness, Christians too who have the right skills and attitude are called to serve others, bearing each other's burdens by showing the mercy of God's grace and healing.



**The Biblical basis for Lay Counseling highlights the importance of all Christians' involvement in a ministry. Christians are to be involved in a ministry that involves ministering and abide the law of Christ, bearing one another's burden, and loving each other as Christ has loved us.**

The values of grace and truth must be balanced and complement each other because grace binds everyone, and the truth sets us free. When we reach out to people with love, we are bearers of their burdens when we help and counsel them, this proves an authentic relationship as we reach out to others in the love of Christ drawing more people to him. To love one another and bear each other's burdens is the new commandment that Christ has given to all of the believers. Counseling not only involves burden bearing but rather providing a restoring of relationship by praying and confessing with one another. Comforting, encouraging, and supporting one another are spiritual gifts that should be properly exercised to ensure a healthy growing church.

The importance of the call to ministry is not only a mission call for the church but also for every believer. This is the goal to achieve maturity in Christ. The call of ministry is the call of unity for all believers of Christ as we are Jesus' disciple and we have to serve in his kingdom and this is a hope in this hopeless world. God has also given every believer their unique gift and be part of the body of Christ as each part of the body plays a vital role and

interconnects. To have such an environment, the church plays a part in connecting this relationship. Christians are to be involved in a ministry that involves ministering and abide the law of Christ, bearing one another's burden, and loving each other as Christ has loved us. The values of grace and truth must be balanced and complement each other because grace binds everyone, and the truth sets us free. When we reach out to people with love, we are bearers of their burdens when we help and counsel them, this proves an authentic relationship as we reach out to others in the love of Christ drawing more people to Him.

A Lay Counselor should have these basic characteristics and traits to be considered as follows:

1. Possess a level of spiritual maturity whereby being a mature and spirit-filled Christian and a committed follower of Christ, a person who has substantial knowledge of the word of God and applies it in his or her daily life.
2. A counselor who is psychologically mature is someone who is mentally stable, not weak emotionally and does not have any marital conflict or psychological disorder.
3. It is important for a counselor to have a heart of love for people and to serve. A person who is warm, caring, and genuine with the interest of people's welfare

in their mind and heart. This ministry requires a person with a heart of gold that has compassion and love.

4. A counselor who has the appropriate spiritual gifts such as discernment of the Holy Spirit, wisdom, and skills.
5. A life counselor with real-life experiences so that he or she is able to relate with the counseling cases he or she is handling.
6. Being trained with formal training and life experiences in helping others is not necessary but is beneficial.
7. It is beneficial to have a variety of ethnicities of different backgrounds and ages with both genders as this helps to deal with different age groups and backgrounds too.
8. The availability of time and a willing heart to learn, responsive and disciplining others using the biblical approach.
9. A counselor with the professionalism of being able to keep the utmost confidentiality of information and able to guard the privacy of clients.
10. Most importantly the counselors are willing to be subjected to background checks as a standard protocol.



**The lay counseling is rather relatively new in FBC church and thorough planning will be needed to implement it successfully. This ministry requires the full support of the pastoral, church congregation, and leadership team to be effective.**

People seeking guidance from lay counselors have a variety of needs, including marriage and parenting issues, fear, anger, addictions, grievances, and relationships including other issues related to the challenges of life. Therefore, this ministry is set up to help couples, families, and individuals to connect with God, self, and others in authentic and vulnerable relationships and to experience freedom from brokenness.



In First Baptist Church, we often hear Elder Arnold Lim emphasizing “No one is supposed to suffer alone and in silence. Always seek help, reach out.” This reminder is reflected in Genesis 2:18, “The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.” No one should be left alone. Fulfill a need for belonging, connection, fellowship, and community.

**John 13: 34-35**

*A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples if you love one another.”*

**Matthew 22:34 -40**

*Jesus replied, Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbour as yourself.*

**Romans 15:14**

*I am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competence to instruct one another.*





**The time has come to develop lay counseling ministries. Will FBC be well equipped with sufficient well-trained Christian Lay Counselors? God willing and with the proper foundation, lay counseling can be a formidable nurturing and evangelistic arm of the church as it moves into the next millennium.**

Would FBC members be willing to serve in this Ministry when they are called? Remember this Matthew 9:37 says "Then he said to his disciples, "The Harvest is plentiful but the workers are few."



**By Chew Chong Lei**

Chew Chong Lei has been a committee member of the Family Life Ministry of First Baptist Church since 2020. Being a member of FLM has given her the foretaste of opportunity to work alongside other lay counselors in the support group she was attached to. It was not only just a journey of reaching out to help others but also an experience and self-reflection in her own personal life.

She is also a member of the EQUIP cell group. She is currently pursuing a Master of Arts in Pastoral Counseling at Alpha Omega International College (AOIC). She is passionate about being a Lay Counselor to fulfill the Christ commandment of Matthew 22:34-40 which is to share Christ's love, to bless others, and to uplift those broken lives.

 **PrayerSpotlight**

# Prayer for FBC Church Administration

We thank You for the dedicated church staff You have given our church. We lift up each staff member and pray for Your blessing, protection, and guidance in their personal and family relationships.

Lord, we ask for wisdom and discernment for our staff members. Give them insight into the needs of our congregation and community, and grant them creative ideas and strategies to minister to those in their care effectively.

Lord, shield our staff from discouragement, doubt, and spiritual attacks. Strengthen their resolve to press on in faith, even in the face of challenges, knowing You are with them.

Above all, Father, we pray that Your Holy Spirit will guide and empower our church staff. Fill them with a deep sense of Your presence, anointing, and passion for ministry. May they rely on Your strength and wisdom, and may their lives and leadership reflect Your grace and love.

