



Canyon Bible Church

BIBLICAL COUNSELING ADVOCATE

What Is an Advocate?

An advocate is a mature Christian who walks alongside someone receiving biblical counseling in order to provide prayer, encouragement, accountability, perspective, and ongoing support.

At Canyon Bible Church, we believe biblical counseling is not meant to happen in isolation. God designed the Christian life to be lived in community, where believers help bear one another's burdens and encourage one another toward Christlikeness.

An advocate is not a professional counselor or a "co-counselor." Rather, an advocate is a faithful friend who loves Christ, loves His Word, and loves the person receiving counseling (Proverbs 17:17).

Why Do We Use Advocates?

We believe advocates help bridge the gap between the counseling room and everyday life.

Advocates help:

- Encourage and support the counselee between sessions
- Reinforce biblical truth and practical application
- Provide accountability and encouragement
- Help connect counseling to ongoing discipleship and church community
- Reduce isolation and loneliness during difficult seasons
- Help carry burdens alongside the counselee

Biblical counseling is not only about addressing struggles; it is also about helping people grow within the body of Christ through bearing one another's burdens (Gal. 6:2)

Who Can Serve as an Advocate?

An advocate should be:

- A believer with a growing walk with Christ
- Someone who loves God and His Word
- A person in good standing within their local church
- Willing to support the counseling process
- Humble, compassionate, and trustworthy
- Available to walk alongside the counselee during and after counseling

An advocate may be:

- A close Christian friend
- A mentor or discipler
- A small group leader
- A ministry leader

We generally seek wise relational matches:

- Men with men
- Women with women
- Couples with couples

The goal is not expertise, but faithful, Christlike care.

What Does an Advocate Do?

1. Pray Faithfully

Advocates serve through consistent intercessory prayer (Rom 12:12).

This includes praying:

- For honesty and openness in counseling
- For wisdom and discernment for everyone involved
- For repentance, growth, and lasting heart change
- For endurance and hope during difficult seasons

2. Provide Context and Perspective

Advocates often know the counselee's life, relationships, patterns, and struggles in ways a counselor does not.

Advocates may help:

- Clarify patterns or situations
- Share observations when appropriate

- Help the counselor better understand the counselee's context
- Encourage the counselee with reminders of God's work in their life

Advocates are not there to control conversations or “fix” people, but to lovingly support the process.

3. Encourage Ongoing Growth and Application

Counseling does not end when a session is over.

Advocates help counselees:

- Apply biblical truth throughout the week
- Work through assignments or homework
- Continue conversations outside formal counseling
- Stay connected to Christian community
- Avoid isolation during difficult seasons

Advocates often become an important source of encouragement, accountability, and hope (Heb. 3:13)

4. Take Notes and Help Reinforce Truth

Advocates may help capture:

- Key Scriptures
- Important themes and applications
- Helpful insights from counseling sessions
- Practical next steps

This allows counselees to stay engaged in the session without feeling pressure to remember everything.

Advocates can later help remind and encourage counselees with the truths learned during counseling.

The Role of Community in Counseling

At Canyon Bible Church, we believe counseling is part of the larger ministry of discipleship within the local church. The goal is not merely symptom relief, but helping people follow Christ faithfully within biblical community.

Advocates help:

- Reconnect struggling people to community
- Encourage ongoing discipleship and fellowship
- Mobilize practical care when appropriate
- Help remove stigma surrounding counseling
- Demonstrate the love of Christ within the church body

Counseling should never isolate people from the church. Instead, it should strengthen their connection to the body of Christ (Rom. 12:5)

What Advocates Are Not

Advocates are not:

- Professional therapists
- The primary counselor
- Responsible to “fix” the counselee
- Meant to replace pastors, counselors, or church leadership
- Expected to have all the answers

The advocate’s role is to walk alongside someone with humility, love, truth, prayer, and faithful presence.

Benefits of Advocacy

Benefits for the Counselee

- Ongoing encouragement and hope
- Greater support between sessions
- Help applying biblical truth to daily life
- Reduced isolation and loneliness
- Continued connection to the local church

Benefits for the Advocate

- Growth in wisdom and compassion
- Greater understanding of biblical care
- Opportunity to live out the “one another” commands of Scripture
- Deeper relationships within the church body

Benefits for the Church

- Stronger culture of discipleship and care
- Greater involvement of the body in soul care ministry
- Increased encouragement and accountability

- A visible testimony of Christlike love within the church

Final Encouragement

Serving as an advocate is an opportunity to love others in a deeply practical and Christlike way. God often uses faithful friendships, consistent encouragement, prayer, and biblical community as powerful tools of growth and restoration. We do not walk through suffering, sin, or hardship alone.

“Let us consider how to stir up one another to love and good works...” — Hebrews 10:24

If you have questions about advocacy or the counseling process, please contact the counseling ministry at Canyon Bible Church of Prescott.