




GUIDANCE AND COUNSELLING

FOR
YOUTH MINISTRY, VISION 2023


THE CHURCH OF PENTECOST YOUTH MINISTRY TRAINING MATERIAL



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INTRODUCTION

- There are so many issues and challenges that are competing with the church for the attention of the youth.
- Issues like occultism, cyber crimes, same sex marriages, pornography etc. have become very disturbing and challenging issues that young people want individuals they can trust to discuss such issues with.
- Others like Career guidance, issues on relationships, betting etc. have all become very disturbing issues that call for strong and skilled leadership to handle.

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- Effective youth Ministry in our contemporary times call for well trained youth workers who can help young people to appreciate the appropriateness of the word of God in finding answers and responses to the many questions and challenges facing them.
 - It also calls for individuals with the requisite skills and training to help young people find answers to the challenges they face.

OBJECTIVES

- We shall be looking at Guidance and counselling
- Appreciate the appropriateness of Guidance and Counselling in Youth Ministry
- Similarities and Differences
- Christian counselling
- How Youth workers can give basic counselling
- Some basic do's and don'ts of counseling the Youth

VISION STATEMENT

- We shall put in place a well-structured and effective guidance and counseling system to help the youth in collaboration with the counselling unit of the Church.
- We shall initiate the Peer Counsellor Developer Programme in collaboration with the Counselling Unit. This will be replicated in all campuses.
- We shall provide adequate training for youth workers at all levels in the area of counselling and rehabilitation in collaboration with the Counselling Unit.

SIMILARITIES BETWEEN GUIDANCE AND COUNSELLING

- They all aim at meeting a need
- They are both meant to help people to overcome challenges
- They both aim at helping individuals achieve goals that wouldn't have been possible without them
- They both aim at making individuals better than before

DIFFERENCES

GUIDANCE	COUNSELLING
May be given in groups	Given individually
Face to face relation is not essential	Face to face direct relation is essential
Cordial and satisfying relationship not needed	Cordial and satisfying relationship is needed
Guidance is broader and comprehensive	Counselling is in-depth and narrow
Guidance is mainly preventive and developmental	Counselling is remedial as well as preventive and developmental. Aims to solve the problem

CHRISTIAN COUNSELLING

- Christian counseling focuses on the care of the whole person, body, soul and spirit, as it is also sometimes named "soul-care", and maintains the values taught in the Bible. The aim of Christian counseling is to help people regain a sense of hope for their life that is found in Jesus Christ. Christian counseling believes that at the core of what they do is to help others achieve a better understanding of themselves and God which is rooted in the word of God.
- According to the International Association of Biblical Counselors, Christian Counselling "seeks to carefully discover those areas in which a Christian may be disobedient to the principles and commands of Scripture and to help him learn how to lovingly submit to God's will. Christian counselors, therefore, approach counselling through the lens of the Bible. They see the Bible as the source of all truth.

WHAT IS PEER COUNSELLING ?

- **Peer Counseling** is a special program focusing on **peers** helping **peers**. The duty of a **peer counselor, therefore**, is to mediate problems between students by helping them to find their answers to some challenges.
- Some youths (especially students) are comfortable discussing challenges with their peers than ministers.
- It is therefore very appropriate to equip students with the basic tools of counselling on our tertiary campuses.
- Students who are ordained officers of the church could be made automatic members of the counselling teams on the various campuses.
- Annual training programmes will be designed for such students.

SOME DO'S OF CHRISTIAN COUNSELLING

1. Listen more

- **One of the biggest mistakes Christians (and others) make** is giving quick counsel or advice without carefully listening. When we listen, people trust us more and we are able to do better counselling.
- *My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. (James 1:19)*

The young person must be given the space to express his / her feelings and thoughts.

2. REMAIN CONFIDENTIAL

Issues that come out of counselling young people must be kept confidential by counsellors.

Keeping issues confidential will help counselees to trust the process and this will lead to total co-operation from the counselee.

3. We must always know our limits during the process of counselling and refer delicate and complex cases to the right places for assistance.

This must however be done with the consent of the counselee.

4. Assure the counselee of Hope in Christ and His love for humanity. This is the Centre of our message. Some may come with very hopeless situations.

DON'TS OF COUNSELLING


- 1. AVOID BEING JUDGEMENTAL
- 2. AVOID DOING ALL THE TALKING
- 3. DON'T EXPRESS SHOCKS WHEN COUNSELLEES BEGIN TO MAKE DAMNING REVELATIONS ABOUT THEMSELVES/PAST
- We must learn to take things calmly as issues are raised. This will give the counselee the confidence to trust the process.
- 3. AVOID DOING COUNSELLING ALONE, AS YOUTH WORKERS. (Especially with the opposite sex and at odd times and places). Don't take anything for granted.
- 4. AVOID REVEALING/ DISCLOSING ISSUES ON CONSELEES TO THIRD PARTIES
- 5. NEVER FORGET/ UNDERSTIMATE THE ROLE OF PRAYERS IN THE ENTIRE PROCESS OF COUNSELLING. James 4:2, Col. 1:26-27

CONCLUSION

• “The fear of the LORD is the beginning” of wisdom Proverbs 1:7a
The earth is the LORD’s...” (Psalm 24:1). Everything belongs to Him and is for Him (Colossians 1:16). This includes the youth.

In our quest as youth workers to ground this huge number of young people and unleash them to Possess the nations, counselling will play a very critical role in this drive.

We expect leadership especially at the local and District levels to be taken through some basic counselling skills in order for them to handle some counselling challenges at their levels more effectively.



As more and more challenges arise, it is our prayer that the youth of today will be grounded so much in the word so that they can deal with the challenges that may come.

God is counting on us (Youth Workers) to be fully armed with, at least, the basics of counselling, so that we can adequately deal with the challenges of the youth of today so that they can be fully grounded to possess the nations.



•THANK YOU

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