

## Good Counselors

***Step Five: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.***

In recovery we learn new ways of seeing things, new ways of responding, and new guidelines for making decisions. Our old patterns of thinking and living didn't work very well. Now that we're establishing new patterns, we'll need counselors. They will supply the support we need and will listen as we share our story.

The Bible says, ***“Plans go wrong with too few counselors; many counselors bring success. With good counselors there is safety.”*** One of the prophets spoke of Jesus in this way, ***“For unto us a Child is born; unto us a son is given; and the government shall be upon his shoulder. These will be his royal titles: ‘Wonderful,’ ‘Counselor,’ ‘The Mighty God,’ ‘The Everlasting Father,’ ‘The Prince of Peace’”***.

When we surround ourselves with dependable counselors, we are developing a safety net. Good counsel can come from the Bible, from pastors, from friends who know and live for God, or from books and media that honor truth as it is shown in Jesus Christ. When we admit our wrongs to other people they can also become a source of counsel for our lives. They may be professionals who understand addiction and recovery. They may be people who know us and who share God's wisdom with us. Or perhaps they are people who have experienced what we're now going through.

We need the help of those who can enlarge our vision and broaden our perspective. We need the help of the Holy Spirit who is God given to us to guide us into all truth. We need to listen. We need to share honestly. We need to respond to honest feedback we are given.

### **Questions for Reflection and Discussion**

1. Who has God given to me as trustworthy people with whom I can share openly and honestly?
2. How do I use God's word to give me guidance and counsel?
3. How, recently, have I sought to broaden the circle of good counselors in my life who can speak God's word to me?
4. What is God's plan for the church and how the church is to be a part of my life?
5. What do I do with feedback I am given that I don't like?