

# How ~~Christian~~, Chrest-ian Counseling Strengthens Our Community

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Paraclete Concepts

*Communitatem*

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What is  
community?

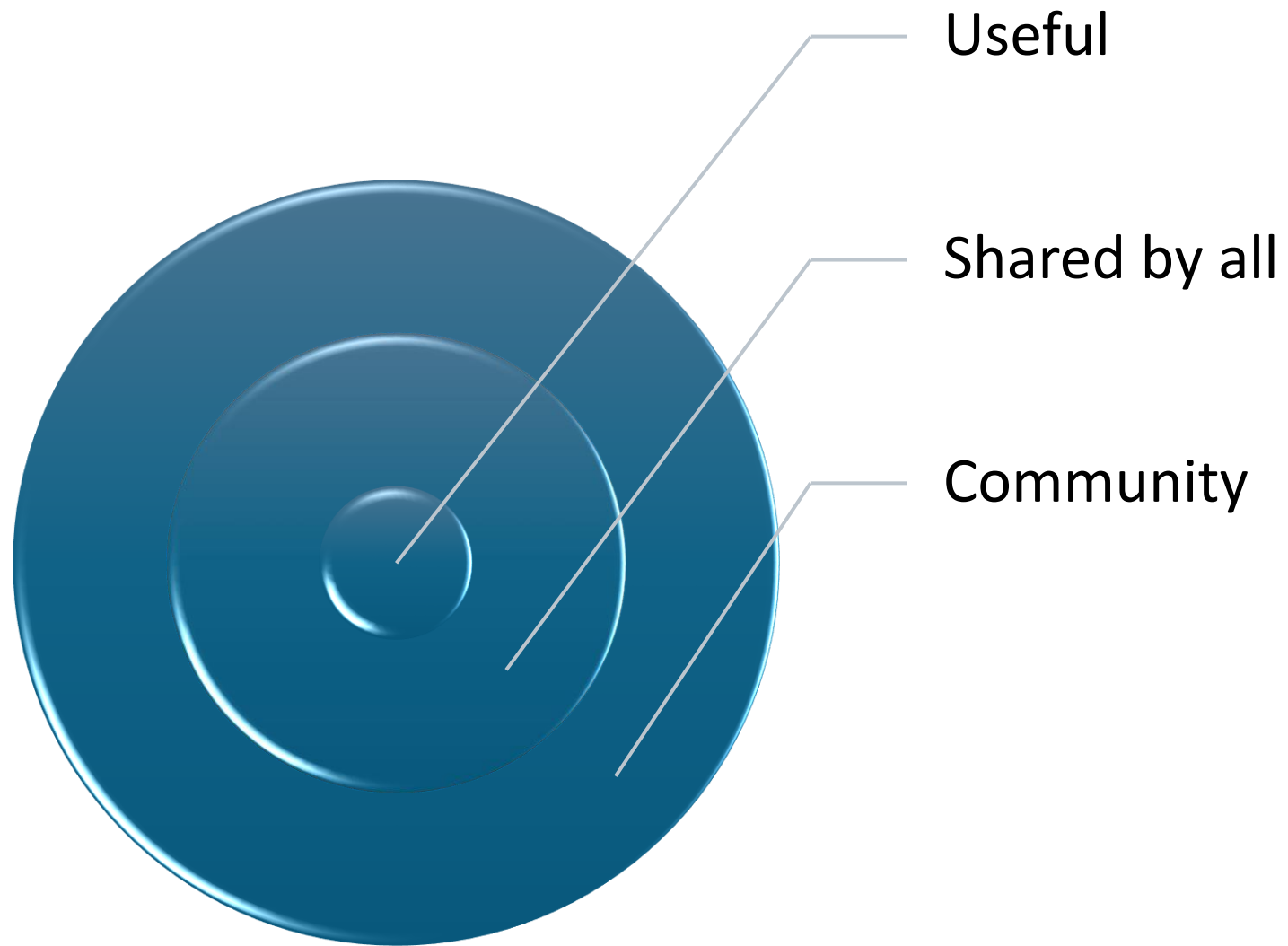
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How do we define  
it?

# Community

- ., “ "a number of people associated together by the fact of residence in the same locality," also "the common people" (not the rulers or the clergy), from Old French *comunité* "community, commonness, everybody" (Modern French *communauté*), from Latin *communitatem* (nominative *communitas*) "community, society, fellowship, friendly intercourse; courtesy, condescension, affability," from *communis* "common, public, general, shared by all or many" (see [common](https://www.etymonline.com/word/common) (adj.)).<sup>1</sup>”

<sup>1</sup> <https://www.etymonline.com/word/community>



# Why Christian?

- ~~Christian~~
- Chrest-ian
  - Chrestus – Chrestus, a common slave name, meant useful or good. FF. Bruce in his seminal work, *Apostle of The Heart Set Free*, references that in Acts 11:38, the word Christian is the Greek, Chrestianous<sup>2</sup>!
- Christian - Little anointed one
- Chrest-ian Counseling

<sup>2</sup>F.F. Bruce Apostle of the Heart Set Free p.132

# Christian vs. Chrest-ian

- According to an article on History.com, the author references that we do not see an entry for “Christians” until the Codex Alexandrinus in the 5<sup>th</sup> century A.D.<sup>3</sup>!

• <sup>3</sup> <https://historum.com/t/sources-of-chrestian%CF%87%CF%81%CE%B7%CF%83%CF%84%CE%B9%CE%B1%CE%BD%CE%BF%CF%82-and-christian>

# Questions

- 1) Why Chrestus and not Christus?
- 2) Why are we still not known as Chrest-ians?
- 3) What does this have to do with the mental health and the church?

# Called out!

- Our word Church is from the Greek word *eklesia*.
- “**Church** (ἐκκλησία, *ekklēsia*). Followers of Christ **who derived their identity and mission** from Jesus and understood themselves to be the true eschatological community of God”.
- Strong's Concordance defines *eklesia* as. “1a an assembly of the people convened at the public place of the council for the purpose of deliberating.”
- **The church is not a place it is an entity, a community.**
- *I think the church has ceased to be seen as useful, good, fit-for-service.*
- *How do we have the right to be called Christians if we are not useful?*

James Strong, [\*Enhanced Strong's Lexicon\*](#) (Woodside Bible Fellowship, 1995)



Useful not just  
anointed!

- **We should be seen as useful and then as anointed.**
- The church, Slaves to Jesus Christ, his reflection in the community, and the deliberating body of mankind.

# Biblical basis- our goals are scriptural

- Isaiah 61: The Spirit of the Lord GOD is upon me[us], because the LORD has **anointed** me [us] **to bring good news** to the poor; he has sent me[us] to **bind up the brokenhearted**, to **proclaim liberty to the captives**, and the **opening of the prison** to those who are bound;  
2 to **proclaim** the year of **the LORD's favor**, and the day of vengeance of our God; **to comfort all who mourn**; to grant to those who mourn in Zion— to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the LORD, that he may be glorified.
- [The Holy Bible: English Standard Version](#) (Wheaton, IL: Crossway Bibles, 2016), Is 61:1–3.

# Isaiah 42:3

“a bruised reed he will not break, and a faintly burning wick he will not quench;...”

The Holy Bible: English Standard Version (Wheaton, IL: Crossway Bibles, 2016), Is 42:3.

Here I am,  
send me!

<sup>6</sup> Then one of the seraphim flew to me, having in his hand a burning coal[fire] that he had taken with tongs from the altar.

<sup>7</sup> And he touched my mouth and said: “Behold, this has touched your lips; your guilt is taken away, and your sin atoned for.”

### **Isaiah’s Commission from the Lord**

<sup>8</sup> And I heard the voice of the Lord saying, “Whom shall I send, and who will go for us?” Then I said, “Here I am! Send me.” <sup>9</sup> And he said, “Go, and say to this people:

The Lord asks, “Who will I send, who will go for us?” and you said send **me** Lord.

- [\*The Holy Bible: English Standard Version\*](#) (Wheaton, IL: Crossway Bibles, 2016), Is 6:1–9.





# Mission

- What is our mission? Other groups can seek to alleviate suffering philanthropically but the Church is commanded to alleviate suffering.



# Access

- In a recent survey, individuals were asked who they would seek assistance for mental health issues. More than 80% listed the Pastor or Priest.

# Truth

- We the church, know the truth.
- We know truth is a person, not a concept!



# Pastors

- Recent studies have highlighted that not many Pastors feel ill-equipped for mental health counseling. In a study published in 2023, 44% of Presbyterian Pastors reported that they need more training to help those who are experiencing mental health difficulties.

<sup>6</sup>. <https://www.presbyterianmission.org/wp-content/uploads/PCUSA-Minister-survey-MH-1.pdf>



# How does “Chrestian” Counseling Strengthen our Community?

- By fulfilling the mandate that the most useful individual in all creation gave to us – bind the broken, care and pray for the sick, and make disciples in our actions. Not our words in our actions! Be useful! Break stigmas, set free those who are bound, and lift the burden of others. We cannot be seen as anointed if we are not first seen as useful!

# What is it to counsel?

What is it to counsel but to **be** Jesus. John says “And the Word became flesh, and <sup>c</sup>dwelt among us...”,

Matthew says, “THE PEOPLE WHO WERE SITTING IN DARKNESS SAW A GREAT LIGHT,

- AND THOSE WHO WERE SITTING IN THE LAND AND SHADOW OF DEATH,
- UPON THEM A LIGHT DAWNED.”

To counsel a hurting person is to enter darkness and be the light. Job’s friends started well but they did not finish well (they sat with Job in silence for 7 days before speaking!).

- [New American Standard Bible: 1995 Update](#) (La Habra, CA: The Lockman Foundation, 1995), Jn 1:14.
- [New American Standard Bible: 1995 Update](#) (La Habra, CA: The Lockman Foundation, 1995), Mt 4:16.