

# Evangelistic Activities in the Counseling Room

By Sister X H Wang



## **Background of the Evangelism Target:**

Ms. M, in her forties, is a civil servant. She is a seeker. She first came to the counseling room because of her daughter's bipolar disorder and later sought psychological counseling for herself. She had once been brought to attend a morning devotional group for a period of time, but stopped going because she felt the pressure was too great.

## **First Session:**

At the beginning, while collecting Ms. M's basic information, we talked about her faith. I learned that she was not really a genuine seeker. She went to church because of her daughter's situation, hoping for an additional source of hope, and therefore did not truly understand the gospel message.

**My strategy:** I briefly explained to her God's creation of humanity, humanity's fall, and Jesus Christ's redemption.

**Her response:** On the surface, she seemed to listen attentively, but I sensed that her mind was somewhat elsewhere.

**My reflection:** Before a real relationship of trust is established, people do not truly believe in or care about the gospel message.

### **Second Session:**

Since she mainly came for counseling because of her daughter, one time when I asked about her daughter's recent condition, she proactively mentioned that her daughter also went to church with her. Her daughter said, "God won't love me," because she felt she was terrible.

**My strategy:** Using her daughter's situation, I spoke about "God so loved the world," explaining that humanity is created by God. I gave an analogy: which parents would stop loving their child because the child is not good enough? How much more so with God, whose heart and ability far surpass those of humans.

**Her response:** She nodded in understanding and agreed with my viewpoint.

**My reflection:** God's love is vast and profound. Using examples that people can understand is necessary and can be effective.

### **Third Session:**

One time during counseling, she mentioned her experience in the devotional group, saying it caused her distress and felt very stressful. By this time, we had already established a fairly good counseling relationship. She confessed honestly that she did not believe at all, because she did not trust anyone, including herself.

**My strategy:** I used my professional knowledge to explain that her lack of faith was related to her childhood trauma.

**Her response:** She felt understood and experienced a sense of relief.

**My reflection:** Our faith in God truly cannot be achieved by human effort. This is true for ourselves, and we should also be able to empathize with others; only then can trust continue to be maintained.

#### **Fourth Session:**

Because she had been bound since childhood by many negative family beliefs, she lacked confidence and was extremely self-denying.

**My strategy:** In counseling, I helped free her thinking, encouraged her to pursue what she desired, and affirmed her value, saying: we are all created in the image of God; everyone is unique and has value in existence.

**Her response:** She was very happy to be encouraged to pursue what she wanted, though she was still half doubtful about whether she truly had value.

**My reflection:** Although these strategies may appear human-centered, affirming a person's value from God's perspective is also appropriate.

#### **Fifth Session:**

Because she felt the pressure in the devotional group was too great, she wanted to quit, but felt guilty for disappointing others' kindness and worried that others might have negative opinions of her.

**My strategy:** Although her concerns mainly stemmed from people, I still comforted her from God's perspective, saying: Jesus also became flesh and lived as a human, so He understands human weakness best. Christians are Jesus' disciples, and they will also understand her weakness. She did not need to worry.

**Her response:** She felt relieved, understood, and safe.

**My reflection:** When a person is continuously understood and feels safe, trust gradually develops.

#### **Sixth Session:**

She talked about her recent relationship with her daughter. When she said she could try to trust her daughter and had truly begun to trust her, she happily shared that she felt she was starting to believe a little—believing in her daughter and believing in herself.

**My strategy:** I expressed joy over her growth, encouraged her to keep going, and affirmed that she would do even better.

**Her response:** She nodded in agreement.

**My reflection:** Sometimes evangelism does not have to be expressed in direct language. Encouraging her to develop a greater capacity for trust is already moving in the direction of evangelism.

### **Seventh Session:**

Ms. M became increasingly confident, no longer worried about or distrusted her daughter as before. Her inner strength was truly much better than before, and she had more of her own convictions. Therefore, she wanted to pause counseling for a while, giving herself space to process and explore on her own. She proactively mentioned that she had recently been studying a course taught by a teacher on the *Dao De Jing* (道德经), and shared insights and inspiration she gained from the idea of the “small self” merging into the “greater self.”

**My strategy:** I affirmed her insights, encouraged her to continue learning and exploring, and said: God’s wisdom is profound and unfathomable, spread throughout the entire world He created. The *Dao De Jing* is a very good example of this.

**Her response:** She seemed to gain new understanding.

**My reflection:** Any field—including love, trust, wisdom, and culture—can become an entry point to connect with God. After all, this world was created by God, and His traces are everywhere.

### **Outcome:**

Ms. M has not yet believed in the Lord, but I believe that compared to before, she is now a little closer to Him. I have done what I could. The rest is up to the Lord Himself.

**May God continue to lead!**