

# WHAT IS BIBLICAL COUNSELING? PART 1

## Introduction and Review

- A. A breakdown in society- the religion of secular humanism.
- B. The failure of the church.
- C. The emergence of the biblical counseling movement. Jay Adams: 1970's *Competent to Counsel*.

## Harmful Errors of Modern Psychology

- A. Is psychology a science in the same way that medicine is?
  - 1. Should the pastor deal with the spiritual problems while the “mental health professional” deals with emotional and mental problems?
  - 2. Psychology and theology both deal with the same fundamental issues of meaning and value, from widely differing perspectives.
- B. Unscriptural presuppositions and practices of certain schools of psychology.
  - 1. A faulty view of man.
    - Man is only an advanced animal: naturalism/materialism. *Gen 1:26-27*
    - Man is basically good, or at worst a blank slate. *Rom 3:10-18, 23; Ps 51:5*

- Man is autonomous: able to solve his problems without God's help. *John 15:5; 2 Tim 3:2*

2. Excuses sin and denies personal responsibility.

- Blame shifting: parents, teachers, society, etc. *1 John 1:8-10; Js 1:13-15; Ps 32:3ff*

- The medical model: calling sin sickness. "Mental illness"

- Is there such a thing as "mental illness"?

- Biology is the hot topic in psychology right now.

3. No fixed moral values: relativism. *2 Tim 3:16-17*

- Non-directive counseling (Rogers). *Prov 14:12; Col 1:28; Js 5:19-20*

- Sinful behaviors and desires legitimized.

- Promotion of "socially acceptable" behaviors: gratification of carnal appetites, ventilation, etc.

- Often attempts to relieve God-given guilt by destroying conscience.

4. No place for God.

C. Secular psychology is powerless to bring about meaningful change. *Jer 17:9; Rom 8:5-8*

D. What about those cases in which people seem to get better?

1. Often symptoms (i.e. bizarre behavior) go away with or without treatment.

2. The most serious (spiritual) problems remain. *Luke 11:24-26*