

A Wrong Way to Counsel?

By Lucy Ann Moll

I MAY STEP ON toes, but I have to say it:

Modern psychology counsels the wrong way. Almost all Christian psychotherapists and psychologists who learned their trade in our universities and Bible colleges counsel the wrong way.

Why? Though well-intentioned, they learned a philosophy grounded on the writings of Sigmund Freud, an atheist, who is the father of modern psychology. This philosophy is worldly. It rejects God.

Former psychologist Richard Ganz wrote: "*Clinical psychology comes to no consensus in its view of human beings--with one critical exception. It is unified in its belief that people are free from God.*"

Ouch!

What does this mean to you and to me, Christian women who want to help other women who have emotional and spiritual hurts?

It means we need to embrace *biblical* counseling. Biblical counseling gives women a vision that the church (*the people who make up the body of Christ*) makes a significant and lasting difference in the lives of others. To counsel effectively, we women (*and men*) use the Word and methods described in Scripture.

Years ago, when I ached for answers for my own emotional distress, I did the right thing the wrong way.

What I did right: I reached out for help from a Christian counselor.

What I did wrong: This Christian counselor wasn't a biblical counselor, and I allowed myself to become "captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ" (*Colossians 2:8*).

And while I've paid for my mistake, God is good. He now is using what I learned to encourage and equip other women to counsel biblically.

My Protective Father,

Thank you for teaching me that you are perfect love. You are trustworthy. You pulled me out of a dark place. You continue to protect me. To you I surrender this day. Amen.

Please open your heart to these three points: First, every Christian -- yes, you! -- is called to counsel biblically; second, the Bible is effective and sufficient; and third, problems that are organic (*such as depression caused by thyroid disturbances*) need attention from a medical doctor.

That said, let's consider a cornerstone verse of biblical counseling:

"All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work" (2 Timothy 3:16-17).

Can you identify the "textbook" and its Author? The counseling method? And the promised result? Excellent!

When you counsel a sister in Christ you do more than listen -- though listening well is a vital part of biblical counseling -- you direct. You point her to Scripture that tells her how she needs to behave as a child of God. You hold her accountable. You expect her to change.

Yes, change. Change is hard.

Your role as a counselor is to encourage and assist a hurting woman to grow in the likeness of Christ. As you help her apply the Word of God to her specific life's difficulties and as she responds in faith, she will experience real change and real hope. .even if she has spent years in therapy mired in modern psychology.

God has the answer to every problem and need that we, His daughters, have.

Are you ready to counsel His way?