



SECULAR VS. BIBLICAL COUNSELING

CONTRASTS	SECULAR	BIBLICAL
Goals	<ul style="list-style-type: none"> -To esteem self -To become a functioning member of society -To become self-sufficient 	<ul style="list-style-type: none"> -To deny self -To develop holiness To become more like Christ
Approach	<ul style="list-style-type: none"> -Many “schools” of Psychology with no consensus -No central focus--No absolutes -No acknowledgment of emotional problems caused by personal sin 	<ul style="list-style-type: none"> -Based on the direction, promises and concepts of God found in the Bible -Values based upon what God values -Emotional problems are really spiritual problems
Methods	<ul style="list-style-type: none"> -Client is to seek his own solution within himself and his abilities -Based on Man’s ideas - relative value system -Often “non-directive” 	<ul style="list-style-type: none"> -Solutions are in the resources found in a relationship with Christ -Based on God’s ideas- absolute value system -Very directive, often confrontive
Qualifications of the Counselor	<ul style="list-style-type: none"> “Professional Degrees” in Psychology--you must see an “expert” -Understanding of Psychological principles -Clinical/professional relationship with “client” -Character of counselor is not important -No role modeling 	<ul style="list-style-type: none"> -Evidence of Godly wisdom--seek counsel from a righteous Godly person -Understanding of God’s truth -Life to life discipling relationship with “brother/sister” in Christ -Character is crucial -Modeling/imparting of life to life
Context for Counseling	<ul style="list-style-type: none"> -Primary context- Professional office -Professional - client relationship -Practice of psychological “therapy” -No relationship outside of the office -One-on-one isolated relationship -Group therapy or self-oriented support groups -Strive for independence and autonomy -Responsible/accountable to self 	<ul style="list-style-type: none"> -Primary context - Local Church -Intimate discipling relationship -Practice of the “one another” commands of Scripture -Ongoing “Body life” dynamic of the church -Multiple relationships with godly mature believers -Nurturing/accountable small group relationships -Strive for interdependence and mutual submission -Responsible/accountable to godly leadership in the context of the Christian community
View of God	<ul style="list-style-type: none"> - Atheistic or however you define him -The “God in all of us” -A “higher power” -Impersonal and-uninvolved 	<ul style="list-style-type: none"> -Creator and sustainer of life as revealed in the Bible -God ordains man’s life and all his circumstances -Involved in a very personal way

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View of Man	<ul style="list-style-type: none"> -No personal sin--basically good -Man is an animal, a product of evolution -Controlled by instincts or environment 	<ul style="list-style-type: none"> -Totally depraved, sinful and evil -Man is created individually/ uniquely by God -Controlled by sin
Man's Purpose	<ul style="list-style-type: none"> -To glorify himself -To become self-sufficient -To live for temporal pleasure 	<ul style="list-style-type: none"> -To glorify God -To find his sufficiency in God and dependency upon Him -To live for eternal, Kingdom purpose
Man's Responsibility	<ul style="list-style-type: none"> -No personal responsibility/accountability -Autonomous - no concept of God's judgment -It is not man's fault -he is a victim therefore encouraging blame shifting -Self-centeredness encouraged in form of venting, anger, boundaries 	<ul style="list-style-type: none"> -Man is responsible/accountable to God -Dependent - answer to man's problem is outside of himself - in God and His Word -Obedience to God and reliance upon Him produces positive results -Freedom comes through confession, repentance and forgiving others
Causes of Problems	<ul style="list-style-type: none"> --Problems are defined as "disease" or "addiction" or result of environment -Parents/others who have victimized -Guilt or shame -Poor self-image 	<ul style="list-style-type: none"> -Problems are caused by personal sin & the reality of living in a fallen world -Not understanding the character of God -Not understanding personal sin -Not seeing one's need of Christ -Not living by Biblical principles
View of Needs	<ul style="list-style-type: none"> -Greatest need = to love self -Hierarchy of needs must be met -Self-esteem needs must be met -Self-fulfillment is a legitimate need -"Needs" are met through people and circumstances -Almost any desire can be classified as a "need" 	<ul style="list-style-type: none"> -Greatest need = to love God -Very few legitimate "needs" -"Hierarchy of needs not necessary to be godly and mature -No "self-esteem" need -Physical needs of food and clothing provided by God in response to our obedience
View of Guilt	<ul style="list-style-type: none"> -Environmentally or self-induced -Sin rationalized -Result of mental "illness" or disease -Root problem that must be eliminated -Minimized or invalidated -Shock therapy to obliterate memory 	<ul style="list-style-type: none"> -Guilt is God-induced -Result of sin -Guilt is warning that one has transgressed God's law. -Guilt is resolved through facing one's sin and experiencing the provision of the Cross of Christ.
Means to Change	<ul style="list-style-type: none"> -Turn to self to build self-reliance -Build self-acceptance/self-love -Find freedom from moral restraint -Learn to ignore/deny sin -Use of mind-altering drugs 	<ul style="list-style-type: none"> -Turn to God in confession, brokenness and repentance -Depend on the power of the Holy Spirit -Rely on God's spiritual resources