



SECULAR vs BIBLICAL COUNSELING

CONTRASTS	SECULAR	BIBLICAL
GOALS	<p>To esteem self</p> <ul style="list-style-type: none"> -To be a functioning member of society -To become self-sufficient 	<p>To deny self</p> <ul style="list-style-type: none"> -To develop holiness -To become more like Christ
APPROACH	<p>Many “schools” of Psychology with no consensus</p> <ul style="list-style-type: none"> -No central focus--No absolutes -No acknowledgment of emotional problems caused by personal sin 	<p>Based on the direction, promises and character of God in the Bible</p> <ul style="list-style-type: none"> -Values based upon what God values -Emotional problems are usually spiritual problems
METHODS	<p>Client is to seek his own solution within himself and his abilities</p> <ul style="list-style-type: none"> -Based on Man’s ideas - relative value system -Often “non-directive” 	<p>Solutions are in the resources found in a relationship with Christ</p> <ul style="list-style-type: none"> -Based on God’s ideas- absolute value system -Very directive, often confrontive
QUALIFICATIONS OF THE COUNSELOR	<p>Professional Degrees in Psychology you must see an “expert”</p> <ul style="list-style-type: none"> -Understanding of Psych. principles -Clinical/professional relationship with “client” -Character of counselor not important -No role modeling 	<p>Evidence of Godly wisdom--seek counsel from a Godly person</p> <ul style="list-style-type: none"> -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	<p>Primary context- Professional office</p> <ul style="list-style-type: none"> -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 	<p>Primary context - Local Church</p> <ul style="list-style-type: none"> -Intimate discipling relationship -Practice of the “one another” commands -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	<p>Atheistic, Agnostic or however you define him</p> <ul style="list-style-type: none"> - The “God in all of us” - A “higher power” Impersonal and -uninvolved 	<p>Creator and sustainer of life as revealed in the Bible</p> <ul style="list-style-type: none"> -God ordains man’s life and all his circumstances -Involved in a very personal way

CONTRASTS	SECULAR	BIBLICAL
View of Man	No personal sin--basically good -Man is an animal, a product of evolution -Controlled by instincts or environment	Totally depraved, sinful and evil -Man is created individually/uniquely by God -Controlled by sin
Man's Purpose	To glorify himself -To become self-sufficient -To live for temporal pleasure	To glorify God -To find his sufficiency in God and dependency upon Him -To live for eternal, Kingdom purpose
Man's Responsibility	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	Man is responsible/accountable to God -Dependent - answer to man's problem is outside of himself and found 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	Problems defined as "disease" or addiction or result of environment -Parents/others who have victimized -Guilt or shame -Poor self-image	Problems 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	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 classified as a need	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	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	Legitimate 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	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	Turn to God in confession, brokenness and repentance -Depend on the power of the Holy Spirit -Rely on God's spiritual resources