

## Eight Questions to Ask Before Getting Counseling

1. Do I want to learn to see myself in a [Biblical, radically unconventional](#) way, to reject the world's standards and embrace God's?
2. Am I humble enough to [confess](#) my deepest sins in confidence to another Christian?
3. Do I want to accept [responsibility](#) for my problems and see how I've contributed to them through my own sinful desires? Am I willing to sincerely and aggressively repent of the mess I've made?
4. Am I willing to submit to [God's plan](#) for me at the expense of my selfish "needs" not being met?
5. Am I ready to stop resisting the [Holy Spirit's influence](#) in my life, to put aside stubbornness and guilt and start living under God's penetrating grace?
6. Am I willing to look for someone who believes in the [sufficiency of the Bible for counseling](#), someone who will share with me a message that cannot fail?
7. Am I prepared to devote myself to [daily prayer and scripture reading](#) necessary for all Christians to have an intimate and productive walk with the Lord?
8. Am I prepared to devote myself to [true Christian fellowship](#), to consistently attend and actively participate in a Bible-believing, Bible-preaching church?

If you answered "yes" to most of the questions above, **stay away from psychological counseling** (including the many so-called "Christian counselors" who practice it). Instead, **ask your pastor to counsel you according to the Bible** or to recommend someone who will.

## It's Your Choice

Psychological or Bible-based counseling?

The hired intimacy of a mental health worker or the transforming love of the Creator of the universe?

Self-esteem boost or God-fearing humility and brokenness?

Attitude of the Pharisee or tax collector?

*But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted. (Luke 18:13-14)*

# The Spiritual Truth About Psychological Counseling



*Should a Christian consider it?*

*What does the Bible say about it?*

*How is Biblical counseling different?*

## Is This Pamphlet For You?

Let's see. What do you think is the most important reason why people should not get divorced?

- A) It causes higher rates of depression, poverty, and crime in families
- B) The Bible says divorce is wrong
- C) It is fine for people to get divorced if that's what they want and it does not hurt others

Answers (A) and (C) are the views of psychology. Answer (B) is the view of this pamphlet. Get the difference? If you believe there is a God to whom we are all morally accountable, read on...

### *From the Author*

I was once a promising young psychology student, finishing college with departmental honors and a scholarship for graduate school. My first attempt in the highly competitive world of graduate clinical psychology lasted seven months, my second attempt two and a half years. I ended my career with a Masters degree after deciding that psychology was not for me.

As I have learned more about God and the Bible in seminary, I've discovered exactly why I resisted psychology so intensely – or rather, why God's Holy Spirit in me fought it. I can now put words to that discovery.

My goal for this pamphlet is to show how the field of psychology is fundamentally and pervasively anti-Christian in its basic beliefs and treatment methods. I hope that after you read it, beloved Christian, you will decide that traditional psychological counseling is not for you.

- Chuck Cruise

## Why Christians Should NOT Consider Psychological Counseling

*Who is the liar but he who denies that Jesus is the Christ? This is the antichrist, he who denies the Father and the Son. (1 John 2:22)*

### 1 – Psychology is Opposed to Christianity

Psychology in theory and practice sees the world in ways that are *actively opposed to Biblical authority and the Gospel of Jesus Christ*. Here are some of psychology's core values:

- (1) **Naturalism** – in psychology there is no God, no creation story, no miracles, no morals, no divine plan for your life, and no purpose for your existence
- (2) **Rationalism** – in psychology the mind, not the Bible, is the authoritative source of knowledge
- (3) **Humanism** – psychology exists to serve human happiness, not the glory of Jesus Christ
- (4) **Relativism** – in psychology *all* beliefs and behaviors, however wicked and perverted, are fine as long as they don't hurt anyone (psychologists are ethically prohibited from making moral judgments that disrespect a person's religious views)
- (5) **Victimhood** – in psychology you can choose from a never-ending menu of excuses for your bad behavior: genetics, brain chemistry, parenting, potty training, spouse, society, stress, etc. (forget about individual responsibility and accountability to God)

### 2 – Psychologists Operate in Opposition to Christianity

Since its core values are anti-Christian, people who counsel according to the psychological model are working in active opposition to *Biblical authority and the Gospel of Jesus Christ*. That's not surprising, since the field of psychology was begun by atheists and liberals and remains under their influence today.

Anyone who counsels one of God's children should possess these three qualifications:

- 1) Genuine Christian faith
- 2) Knowledge of how to use the Bible to help people
- 3) Christ's love for others

Don't expect psychologists to have any of these. That's why *local church pastors should be the first point of contact for Christians with problems*.

### Case in Point: Two Marital Counseling Models in Opposition

**Psychological counseling** will invite you to explore the "causes" of your marital discontent. Maybe your parents divorced, so you never had good role models. Maybe your distant father caused your low self-esteem which caused your unassertiveness which caused your inability to communicate your needs to your spouse which caused you to seek intimacy with someone else. Having excused yourself from responsibility, just bask in the psychologist's warm acceptance over a period of a few months and learn how to finally maximize the real "you."

**Bible-based pastoral counseling** will help you see how your stubborn and actively sinful heart has been at the root of your life's problems. You will be challenged to take responsibility for your sinful behavior, repent of it, and seek to undo the damage you've done. You will learn how to *minimize* the real "you" and *maximize* Jesus Christ, even to the point of loving your enemy when that enemy is your spouse. *God's* standard, not those of psychology, will be your guide. *His* love and power, not those of a psychologist, will be your "refuge and strength, a very present help in trouble" (Psalm 46:1).