

Psychological Counseling vs. Biblical Counseling

1. *Psychological counseling* is based on the secular pseudo-scientific theories of behavior. It is subject to man's ever-changing limited understanding. *Biblical counseling* is based on the inspired authoritative Word of God. The Scriptures contain eternal principles and, like God, are not subject to change (1 Sam. 15:29; Ps. 119: 89, 160).
2. *Psychological counseling* cannot point to one new discovery of any principle regarding the spiritual nature of man that was not first found in Scripture. *Biblical counseling* has at its disposal all the spiritual principles we need for life and godliness (Col. 2:1-4; 2 Pet. 1:3).
3. *Psychological counseling* must be held accountable for a myriad of false theories, false principles, and even lies that have contributed to the spiritual decline and demise of many. *Biblical counseling* is based on the inerrant Word of God by which millions have found hope, salvation, and solutions to their problems. (Rom. 15:4; Jas. 1:25)
4. *Psychological counseling* is based on the foundations of men like Freud, Jung, and Rogers - those who did not believe in God or those who viewed all religions as necessary myths. *Biblical counseling* is based on the foundations of the law, the prophets, the apostles, and our Lord Jesus Christ. (Luke 16:16; John 5:24, 14:6)
5. *Psychological counseling* is predicated on the premise that truth is found within the framework of every individual's belief system. *Biblical counseling* provides a framework where the counselee's beliefs/experiences are regulated by God's Word. (2 Tim. 3:16, 17)
6. *Psychological counseling* promotes confusion over doctrine and loss of confidence in the power of God's Word. *Biblical counseling* promotes clarity of doctrine and assurance in God's power. (Matt. 22:29)
7. *Psychological counseling* promotes a disease-model philosophy for even non-organic or physiological behaviors. *Biblical counseling* promotes personal responsibility and sin as the genesis of the problem. (Genesis 3 and Ezekiel 18)
8. *Psychological counseling* fosters a victim mentality and fosters the notion that understanding one's past is the key to unlocking present-day problems. *Biblical counseling* stresses forgiveness and repentance as keys to dealing with one's past, "forgetting what is behind..." and finding victory through Christ. (Phil. 3:12-16)
9. *Psychological counseling* subscribes to the false theories of self-esteem, self-fulfillment, and "following your heart." *Biblical counseling* exhorts the counselee to live a life of humility, self-denial, and guarding against the sins of the heart by obedience to God's commands. (Jer. 17:5, 9, 10; Prov. 4:23-27)
10. *Psychological counseling* distorts the truth of God's Word by enabling the counselee to blame shift and avoid responsibility, thus strengthening "the hands of evildoers." *Biblical counseling* relies solely on the truth of God's Word that correctly examines the heart and emphasizes obedience to Christ that sets us free. (Jer. 23:14-18; John 8:32)