



# A Biblical Approach to Psychotherapy

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# **F**orward

Applying ancient answers to the complexities of modern day spiritual, mental, emotional and inter-personal issues with lasting success.

In simple terms we can ask ourselves whether the Bible can be used as a reference manual from which we can study and learn about human beliefs and behaviour.

*Does it contain any answers to our many complex issues we have to deal with in a modern world?*

*Will it bring any enlightenment to discover our true identity and will it help us to become better people?*

*Can it empower me to overcome personal issues for which I find no real solutions, such as my compulsion to do things that I really do not want?*

To what extent can the Bible help me become the person I should, be in terms of personal achievement, fulfilment in relationships, physical well-being, financial freedom and mental and emotional stability with enjoyment of life?

*Can the bible really fill out this tall order?*

This booklet has been written and compiled to address these questions and after more than 46 years since connecting with the God of the Bible. I came from a background of an occult drug induced state of being with every possible personal relationship shattered due to my behaviour.

My destructive lifestyle came to a radical turning point in prison while in solitary confinement awaiting trial for international drug smuggling. It was in November 1984 when i re-committed my life to study the bible and its author so that i could become useful to my fellow humans who may realize their need for supernatural help.

*My greatest desire is that the bible will become recognized as the ultimate handbook to life's challenges*

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## The ultimate handbook to life's challenges

**I**t has been many years that we at Extreme Freedom have been researching, studying and applying certain programs in an attempt to help people through their life controlling destructive habits. The quest for truth started personally for me in 1987 when I opened the first inner-city anti-drug disco for teenagers which we called Club Regeneration. The name was strange at the time and it came through much prayer. It meant to convey the message that, God was relating to this generation through a desire to make them new.

Later on I discovered that this word was used in some places in the Bible and it often also appeared in theological books that taught the process one goes through from salvation to glorification. Regeneration is the supernatural rebirth of a person when they pronounce faith in the sacrifice of Jesus Christ for their sins. When you are reborn you are regenerated.

**Tit 3:4** But when the kindness and love of God our Savior toward man appeared,

**Tit 3:5** not by works of righteousness which we have done, but

according to His mercy He saved us, through the washing of regeneration and renewal of the Holy Spirit,  
Tit 3:6 whom He poured out on us abundantly through Jesus Christ our Savior,  
Tit 3:7 that being justified by His grace, we should become heirs according to the hope of eternal life.

1Pe 1:3 Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has regenerated us again to a living hope through the resurrection of Jesus Christ from the dead,

At that time drug abuse and the addictions that come with it was still the exception to the norm. Our focus was more towards prevention so we spent a lot of time talking to teenagers at the club, at their schools and wherever they socialized. We had a lot of awareness projects running in shopping centers where we educated the public and parents on what to do to prevent drug abuse among their kids.

As time went by we had to deal more and more with counseling families where one or even more of the teens started experimenting. This was normally discovered by their parents because of dysfunctional behavior at school or at home. This behavior manifested in the form of truancy, aggression towards family members, petty theft, lying and manipulation and in extreme cases clashes with the law and running away from home. In some cases there was also involvements with self-styled Satanism and others forms of witchcraft.

Due to exposure through the media by means of talks on the radio as well as TV interviews I became sought after in terms of counseling families with the above mentioned issues. I counseled as best I could using my own previous involvement with drugs and Satanism as reference but I soon realized that more specialized training was needed to deal with these very complex issues.

Every possible avenue of theological and Christian based counseling training was researched here in SA but I just could not find anything that was

purely Biblical based and addiction related. The secular models proved to be very ineffective with a success rate of 5% and less.

Attempts were made to associate with an organization in the USA called Teen Challenge with a proven success rate of 67% and more but it just did not come together.

With the advent of broadband Internet I could spend some time on cyberspace looking for an Online University that could cater for my needs. I came across a few that offered degree courses in Biblical counseling that would address some of the issues we had to deal with. I enrolled in a B. Min degree and later on was allowed to enroll in Therapon University for a PhD in Biblical Counseling with Belief Therapy as a major.

Belief Therapy is the registered brainchild of Dr Paul Carlin who developed and tested the program in prisons in certain States in the USA. The premise of Belief Therapy is that people do what they do because they believe what they believe. In other words their behavior is basically determined by their belief systems. In practice this means that when people believe lies to be the truth, their lives will be dysfunctional. In Belief Therapy the therapists confronts the lies his client believes with the truth in God's Word. He/she is then challenged to change their mind and their belief system to bring it in line with God's will. Issues such as doubt, fear, perceived rejection, guilt, anxiety, stress and various forms depression are dealt with and the healing process is started. Once new Biblically based thinking patterns are established the person is on the way to a radically new lifestyle. This also correlates with the teaching of many other Bible based Counseling luminaries such as Dr. Jay Adams, Dr. Wayne Mack, John C Broger and Adam Pulaski to name a few. It is out of this wide but in-depth pool of resources that we have developed a therapy model which addresses soul, body and spirit.

**Pro 11:14 Where no wise guidance is, the people fall, but in the multitude of counsellors there is safety.**

Just to prove that we as Biblical Therapists are not out on a limb there

are a few highly esteemed secular therapists and Christian psychologists who agree with the premise that it is our beliefs that drive our emotions and then our actions. One such person was Dr. Albert Ellis who developed what is known as Rational Emotive Behavior Therapy (REBT) Its premise is based on the following;

### **REBT begins with ABC!**

- A is for activating experiences, such as family troubles, unsatisfying work, early childhood traumas, and all the many things we point to as the sources of our unhappiness.
- B stands for beliefs, especially the irrational, self-defeating beliefs that are the actual sources of our unhappiness.
- C is for consequences, the neurotic symptoms and negative emotions such as depression panic, and rage, that come from our beliefs.

For example, “a depressed person feels sad and lonely because he erroneously thinks he is inadequate and deserted.” Actually, depressed people perform just as well as non-depressed people. So, a therapist should show the depressed person his or her successes, and attack the belief that they are inadequate, rather than attacking the mood itself!

Although it is not important to therapy to pin-point the source of these irrational beliefs, it is understood that they are the result of “philosophical conditioning,” habits not unlike the habit of answering the phone just because it rings. Further, Ellis says that we are biologically programmed to be susceptible to this kind of conditioning!

In Biblical terms we know that the irrational beliefs Dr. Ellis refers to is in fact the lies that Satan spreads around. We also know that the “philosophical conditioning” he refers to is our subconscious awareness of sin and how we relate to that. The biological programming points to our propensity to disobey God and to do our own thing.

What you are going to find from time to time are references to research

and findings by noted psychologists that correlate greatly with the same truths we find in the Bible. It is not that we are trying to validate what God says to be true by quoting them, it is just that we want the reader to understand that God has given us a handbook on humanity that covers every single aspect of our spiritual, psychological and practical living experience. From our studies so far we can come to no other conclusion but that God is the ultimate and supreme psychologist we can get counseling from. There is however one great and unchangeable fact, God does not theorize, He states immutable and undisputable truth, because He is Truth. Furthermore if we follow and obey His counsel the outcome is guaranteed. He also provides an unchanging standard by which we can measure our functionality and clarity of mind. This has been the anomaly that could never be resolved among secular psychologists and theorists namely where to find the perfect man against which we can be measured. We all have our shortcomings, failings and weaknesses when we are truthful. Jesus Christ was the only one ever in whom no sin or wrongdoing or lies could be found. Consequently He is the one against whom all of us are measured.

Rom 3:23 for all have sinned and come short of the glory of God,

Biblical Therapy is a faith based process during which we compare the lies that have formed our belief system with the truth according to God's Word. According to the Bible we discover that the embodiment of God's Word is His Son Jesus Christ.

Joh 1:1 In the beginning was the Word, and the Word was with God, and the Word was God.

Joh 1:2 He was in the beginning with God.

We also learn from Genesis which reveals to us the creative process through which God brought the physical creation into being that He spoke it all into existence. So through His Word the heavens and the Earth was produced which denotes the creative force of God's Word. Furthermore He keeps it all in perfect balance, sustains it and grows it through His Word.

Joh 1:3 All things came into being through Him, and without Him not even one thing came into being that has come into being.

Joh 1:4 In Him was life, and the life was the light of men.

Joh 1:5 And the light shines in the darkness, and the darkness did not overtake it.

The life referred to in this Scripture is twofold, it is life as in life and death but it is also life that brings light as in spiritual awakening. Darkness is the absence of light as lies are the absence of truth. Every day we have the day and night to remind us of this reality, namely that God made a difference between light and darkness through His Word. He also sustains this system through His Word. His Word is the exact expression of Himself because God cannot speak a lie due to His holy and righteous nature. In order to make himself plainly visible to us He took on human flesh and came to earth according to the prophecies He gave through His servants the prophets over many thousands of years.

Heb 1:1 God, who at many times and in many ways spoke in time past to the fathers by the prophets,

Heb 1:2 has in these last days spoken to us by His Son, whom He has appointed heir of all things, by whom also He made the worlds,

Heb 1:3 who being the shining splendor of His glory, and the express image of His essence, and upholding all things by the word of His power, through Himself cleansing of our sins, He sat down on the right of the Majesty on high,

So in fact we see that Jesus Christ is the Word of God and He has the power to cleanse us from our sins. We will look into this more deeply as for now we just want to lay a basic foundation for the dynamics of Biblical Therapy.

Joh 1:14 And the Word became flesh, and tabernacled among us. And we beheld His glory, the glory as of the only begotten of the

Father, full of grace and of truth.

When we go back again to Genesis we also find the origin of sin and we see that it directly related to the believing of a lie by Adam and Eve. The lie they believed was that if they disobeyed God by eating the forbidden fruit, they would become just like Him. According to Scripture they were already created in His image, all Satan had in mind was for them to disobey God. He wanted their trust and allegiance to God shift away from the source of truth and light to the lie and darkness, which would lead to death. Biblical therapy therefore in a nutshell is to expose the lies we believe by comparing that with the Word of God and then to change our minds back into trusting and believing what God tells us to do. Our standard for truth then becomes the life and teachings of Jesus.

Joh 14:1 Let not your heart be troubled. You believe in God, believe also in Me.

Joh 14:2 In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you.

Joh 14:3 And if I go and prepare a place for you, I will come again and receive you to Myself, so that where I am, you may be also.

Joh 14:4 And where I go you know, and the way you know.

Joh 14:5 Thomas said to Him, Lord, we do not know where You go, and how can we know the way?

Joh 14:6 Jesus said to him, I am the Way, the Truth, and the Life; no one comes to the Father but by Me.

In a later more in depth study from a book called *Biblical Directionism* by Dr. Dennis Frey, who is currently President of Masters Divinity School, the reader will find there is a concept called *Comparative Silhouetting*.

### **Comparative Silhouetting:**

“Comparative Silhouetting is the process of using the data gathered during Determinative Profiling in such a way as to obtain an outline of the individual’s past and present state of being over that of the biblical norm. From this “comparative silhouette”, a revealing picture is developed which, when assessed, will provide the counsellor a base from which to determine counselling need and potential. This is because when the “Determinative Profile” which is essentially data, is contrasted with the “Comparative Silhouette,” the result is the formation of biblically processed data into useful counselling information”.

In effect it means that in Biblical Therapy we are constantly comparing our beliefs to that of Jesus Christ as recorded in the Bible. In Lamentations 3:40 we find;

Lam 3:40 Let us search and try our ways, and turn again to Jehovah





## The Validity of the Bible in Psychotherapy

**T**here are several Scriptures in the Bible that have a direct bearing upon the efficacy of God's Word in terms of its power to heal our mental, emotional and physical sickness. One of the most powerful Scriptures in this regard is;

Heb 4:12 For the Word of God is living and powerful and sharper than any two-edged sword, piercing even to the dividing apart of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

When it refers to the term living it means that it is alive and also life giving and when it refers to powerful it uses the Greek term *energês* which means it is powerful and full of energy. In other words it will accomplish what it sets out to do because of its own energy and power. When we continue to

examine the Scripture in the original Greek in which it was written we learn a few more powerful facts. It has the ability to cut through that which is going on in our soul and spirit. The Greek word for soul is psuche from which we derive the English term psyche which denotes the immortal soul. The soul is our will, emotions, our memory, desires and those aspects of our being that make up our personality and which is immortal. The Greek word for spirit is pneuma which refers to our spirit being. So the Word of God makes a separation between soul and the spirit and speaks to the spirit. It exposes what has been stored in the heart in terms of our motives, beliefs and intentions. I believe most of us are sometimes caught by surprise by the hidden motives that lurk in our innermost being. They have a nasty way of peering into our consciousness by means of the most outlandish and sometimes lurid or insane thoughts. They also slip into our sub consciousness when we are peacefully at sleep in the form of dreams and nightmares.

When one does a word search on “counsel” in the King James Version of the Bible it pops up 137 times. Counsellor is mentioned at least 14 times. The Hebrew word is yá’ats .

A primitive root; to advise; reflexively to deliberate or resolve: - advertise, take advice, advise (well), consult, (give take) counsel (-lor), determine, devise, guide, purpose.

In the New Testament the Greek word for counsel is boule of which the dictionary says the following;

volition, that is, (objectively) advice, or (by implication) purpose: - + advise, counsel, will. It is derived from the word boulomai , to “will”, that is, (reflexively) be willing: - be disposed, minded, intend, list (be, of own) will (-ing).

This gives us a lot of insight into the intention or purpose of the activity we call counselling. It clearly indicates that advice, guidance or consultation is given to someone in order to bring about a willingness to change their mind and will concerning a matter. From a Biblical perspective that means that

what is contained in the words of Scripture is intended to guide our minds and wills so that we will think and act in accordance with God's principles.

We have already seen that Jesus is the embodiment of the Word of God and that in Him we find our way, we know the truth and when we obey Him we receive life which is abundant and eternal. We now that lies bring bondage and dysfunction from which faith in Jesus sets us free.

Joh 8:31 Then Jesus said to the Jews who believed on Him, If you continue in My Word, you are My disciples indeed.

Joh 8:32 And you shall know the truth, and the truth shall make you free.

There is a lot more we can say in this respect but for now we rather just want to focus on why the Bible is such a powerful tool to use in helping people to straighten out their lives. It is such a tragedy that so few pastors, ministers and teachers appreciate and use their Bibles in counselling. There are four very powerful actions we see active when the Bible is used in this way. It is explained in;

2Ti 3:16 All Scripture is God-breathed, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness,

2Ti 3:17 that the man of God may be perfected, thoroughly furnished to every good work.

Apart from the fact that the words of Scripture come directly from God it performs these following activities;

1. It is profitable for doctrine which in simpler terms means that it teaches us setting out our norms for faith and daily living. From it we can learn how to relate to God, ourselves and those around us. It also teaches us about marriage, sex, eating and drinking, finances and contracts in fact just about everything we need to

know to live fulfilled and purposeful lives.

2. In terms of reproof it help us to correct one another when we start losing the plot, when we start deviating from the path of right living.
4. Correction means to set up straight. After we have fallen down the Scriptures pick us up so we can walk straight.
5. Discipline or instruction in righteousness means to train us through structuring our mind to conform with God's will.

Taking all this into consideration we can conclude and agree with the fact that the Scripture is sufficient in its ability to be used as a therapeutic tool. After all Paul states in verse 17 that the man of God be perfectly and thoroughly equipped to carry out his duty as the representative of God. When we look at a few different translations on this one verse our sense of the sufficiency of Scripture is more than enforced.

(NASB) so that the man of God may be adequate, equipped for every good work.

(GNB) so that the person who serves God may be fully qualified and equipped to do every kind of good deed.

(AMP) So that the man of God may be complete and proficient, well fitted and thoroughly equipped for every good work.

(ALT) so that the person of God shall be fully qualified [or, perfectly fit], having been completely equipped for every good work.

The Biblical Therapist who has his Bible and is thoroughly trained in it need not feel inadequate in dealing with any problem of the human mind or soul. The Bible has all that he needs to meet all demands in counselling. We must bear in mind the mandate Jesus gave to the men he left behind when He completed His good work.

**Mat 10:8 Heal the sick, cleanse the lepers, raise the dead, cast out demons. You have received freely, freely give.**

The Greek meaning of the word heal is therapeuo which is also translated in English as therapy. We also know that most of our disease are psychosomatic. This is a combination of two Greek words namely psycho which has to do with mind and belief and soma which refers to the body. Many sicknesses and ailments have their origin in our minds. If for arguments sake we do not believe that the instruction to rest one day of the week is valid because we consider the Bible antiquated, our bodies will eventually break down in some way or another. Many people suffer from eating disorders because of wrong beliefs. The same is true for anxiety, stress and depression. They all manifest in our bodies if we do not learn to deal with the underlying psychological and emotional issues which are the real cause.

However an indispensable ingredient in the recipe to powerful therapy is the question of belief. If a patient has no faith in the doctor he/she consults regarding a health matter, it is unlikely that the prescription he/she is given by the physician will be followed. God tells us the same in the Scriptures.

**Heb 11:6 But without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who diligently seek Him.**

So when we seek counsel from God we must believe that He is a good God who wants to heal and bless us and that He will also do what is best for us according to His word. This is a very powerful truth from where we must launch our quest to obtain from God what is lacking in our lives. It is so powerful that this principle governs our entire life and determines our eventual destiny. People are what they are and do what they do because of their beliefs. The Scripture once more confirms in;

**Pro 23:7 for as he thinks in his heart, so is he;**

Barnes in his commentary states it as follows:

Thinketh - The Hebrew verb is found here only, and probably means, “as he is all along in his heart, so is he (at last) in act.”

It is deep within the heart of man where he has stored up the sum total of his beliefs where his true nature is hidden. It is the alive and dynamic Word of God, which is truth, that can penetrate there expose the error in our thinking.

Thinking is a spiritual action. It is ideas that give birth to projects and products. It is also ideas that form our opinions and beliefs. Once ideas are formulated and expressed in language, they touch our emotions and we become motivated to get into action to give substance to the idea. The words think, thought and thoughts appear 207 times in the KJV of the Bible. It is therefore a pretty important aspect of our nature. There are further profounder and more hidden aspects of thinking also recorded such as repent and repentance. They appear 69 times in the Bible. The Greek meaning of the word makes it more plain namely *metanoeo* which literally means to think differently. The Apostle Peter uses this very effectively when he reproofs Simon the sorcerer for the wicked intentions he had in his heart concerning the Gift of the Holy Spirit.

**Act 8:22** Therefore repent of this wickedness of yours, and pray God if perhaps the thought of your heart may be forgiven you.

Peter perceived through the power of the Spirit that Simon was hoping to make money with this extraordinary supernatural gift he saw in operation in the Apostles. It is also interesting to note that repentance is placed in front of prayer in rebuke by Peter. Before we can hope to communicate effectively with God, we firstly have to get our minds in agreement with His authority and then secondly with what He considers to be right.

**Mat 6:33** But seek first the kingdom of God and His righteousness; and all these things shall be added to you.

This means that we have to accept God and His Word as the ultimate authority in our lives. The Bible is therefore not just another holy book,

it is the ultimate absolute truth as set before us by the living God as His commandments over our lives. When we submit to Him we will have power over the enemy of our soul and our world.

Jas 4:7 Therefore submit yourselves to God. Resist the devil, and he will flee from you.

Jas 4:8 Draw near to God, and He will draw near to you. Cleanse your hands, sinners; and purify your hearts, double-minded ones.

More about the above Scripture will come later as this is a most powerful instruction.

Some Christian writers and leaders propagate that the New Testament supersedes the Old Testament. This is wrong for the whole counsel of God is contained from Genesis to Revelations. That is why Paul writes to Timothy that “All Scripture is God-breathed.....” in his second letter chapter 3 verse 16. There is nothing to be added and nothing to be removed. That is why we do not agree with mixing the word of God with human philosophy and other teachings. We believe that God knows us all intimately because of His divine attributes which includes omniscience and omnipresence. He alone could write us a compilation of 66 books using approximately 40 different writers, over 1600 years, on 3 different continents, in 3 different languages, on thousands of different subjects, yet with one central theme—God’s redemption of mankind from sin won for the whole world by the life, death, and resurrection of Jesus Christ. Jesus as the second Adam has come to redeem what the first Adam messed up on behalf of the human race. The second Adam has come to give birth to a new race and the New Testament is the record of its beginnings. The Gospel of John starts off very much the same way as Genesis to confirm that God’s focus must be our focus, namely not on humanity but on the Son of God.

When we make an in depth study of the Bible as the Word of God, we see that it contains four major teachings about itself that are classified as follows;

1. The authority of Scripture
2. The clarity of Scripture
3. The necessity of Scripture
4. The sufficiency of Scripture

From this we learn that all the words of Scripture are indeed God's Word. Because God is truth there are no errors in the Bible and therefore we ought to believe and obey everything He teaches us in the context it is given us in the Word. To disbelieve or disobey the Word would be the same as disbelieving and disobeying God. Therefore written Scripture is our final authority.

Flowing from this we can conclude that there is God's point of view and a human point of view. God's point of view is found in the Bible, our point of view is found in our hearts and minds. If there is a difference of opinion between us and the Bible, we are wrong. We have already seen that Jesus Christ is the Word of God and that the two are in complete agreement. The Word in the Old Testament and the Word in the New Testament is the same Word. It all points to the grace of God through which we are redeemed from sin. Sin is any deviation from the teaching of the Word. It is any thought, emotion or action that falls beneath the standard of Christ as revealed in the Word.

Christ is our standard of wholeness. To make us whole in the physical absence of Christ, He sends us His Holy Spirit, who inspired the writers as the breath of God to write the Bible. When we are regenerated we have the indwelling Spirit who speaks to our hearts and we have the written Word who speaks to our minds. Combining the two we have the most powerful therapeutic tool the human race could ever seek for and find. When we believe in Christ, believe like Christ, we will also live like Christ because we will think like Christ and His emotions will become our emotions. This is what changes us from sinners into saints, from worriers into warriors, from losers into conquerors with strong and powerful minds and bodies.

As a final note I would like to seal this argument that God's Word is

the ultimate therapeutic handbook by stating the correlation between the findings of a noted research psychologist with the Bible. Named one of the five most influential authors in Psychology by the Institute for Scientific Information and the American Psychological Society, Dr. Prochaska is one of the originators of the Transtheoretical Model of Behavior Change and the author of more than 300 papers on behavior change for health promotion and disease prevention.

According to Dr. Prochaska's original book on *Systems of Psychotherapy: A Transtheoretical Analysis* published in 1979, there were so many theories in the field of psychotherapy that this encouraged him to pursue his own research. In this book, he did a comparative analysis of 18 major theories of psychotherapy and behavioral change such as consciousness raising from the Freudian school of thought, contingency management from the Skinnerian tradition, and helping relationships from the Rogerians. Thus, the term transtheoretical.

In this search for common principles of change, instead of finding separate change processes in each of the 18 leading systems of therapy, only 9 processes of change (the mechanisms people use) were identified that can be applied to the level of either the individual's experience or environment to produce the change in behavior: consciousness raising, social liberation, emotional arousal, self-reevaluation, commitment, countering (or counter conditioning), environmental control, reward, and helping relationships.

He did not realize at the time but he discovered what already has been stated in the Bible namely that the Word of God defines 9 basic steps in the road to Biblical healing or therapeou.

These 9 Steps to Recovery are mapped out in Ephesians Chapter 5 and we will deal with it in depth at a later stage.

We want to conclude this argument regarding the validity of the Bible as a therapeutic handbook by quoting another Christian psychologist named Dr. William Bacus. In his book titled *Telling the Truth to Troubled People*

published in 1985 by Bethany House Publishers, he makes the following statement;

“The Scriptures teach that we don’t have to be content with relative truth. We can actually know ultimate truth about reality. In fact we can even have a personal relationship with God Himself through the life, death and resurrection of Jesus Christ. When we believe this the Spirit of Truth literally teaches us the truth through the Word of God. When a person comes to believe the truth and actually cognizes it (uses it to live by), that person will experience emotional and behavioural consequences which are truly positive and beautiful”.

This correlates well with the sayings of Jesus found in

John 8: 31-32. So Jesus said to those Jews who had believed in Him, If you abide in My word [hold fast to My teachings and live in accordance with them], you are truly My disciples. And you will know the Truth, and the Truth will set you free.

Heb 13:8 Jesus Christ the same yesterday and today and forever.





## CHAPTER 2

# Ten Foundation truths of Biblical Therapy

**N**ow that we have established that the Bible is a valid handbook for the treatment and therapy of mankind let us look at the underlying foundational principles we have to keep in mind while counselling and or healing people.

### ***1. The sufficiency of Scripture:***

It is a very sad thing that so many theologians place such great limitations on their ability to minister simply because they believe the Bible only to be appropriate in dealing with spiritual issues. When faced with addiction or other life controlling issues, they refer counselees to “professional” mental health workers instead of believing that God has equipped us through His Word to deal with them within the Church ourselves. In their minds they

have compartmentalized people by separating emotional and psychological issues from Biblical truth. Biblical Therapists will always keep God in the therapeutic process.

Our position is that the Bible is truth (John 17:17); it is the truth that makes people free (John 8:32); that people get into trouble when they “err from the truth” (James 5:19-20); and for spiritual and emotional health we must possess “belief that comes from the truth” (2 Thessalonians 2:13). We do not believe the Bible needs to be reinforced or balanced with psychology or psychotherapy.

We agree with Dr. Jay Adams, who says, “God sets forth His approach in the Scriptures. A Christian counsellor may view the surrounding landscape, but he must not construct his foundation or house out of any non-Christian material.”

The Word of God says in 2 Peter 1:3, “His divine power has granted us everything pertaining to life and godliness.” Note that the Word says everything, implicating nothing is left out.

At the same time we do not fall into error as some fanatics do by denying the reality that some of people's emotional, psychological and spiritual issues could have a medical cause. It is prudent to consult with a Christian medical practitioner when it becomes evident the cause of some people's ailment may be organic. On the other hand ungodly and dysfunctional living can also be the root cause of organic sickness, therefore Biblical Therapists will always have a holistic approach towards health.

## **2. The Human Trichotomy:**

The composition of man consists of his soul (1 Peter 2:11), his spirit (Romans 8:16), his heart (Hebrews 4:12), his conscience (1 Peter 2:19), his mind (Romans 12:2), as well as “the flesh” and its effects (2 Corinthians 4:4; Ephesians 4:18; Romans 1:18 - 3:20). An accurate understanding of man's nature is a prerequisite for prescribing a correct treatment plan for a particular life-controlling problem. In Biblical Therapy, man is viewed as a human

trichotomy that listens, learns, and responds below the surface. To a Biblical Therapist, man is body, soul, and spirit. The traditional procedure for treating life-controlling problems has been to deal with the three separately. However, man is a creation of order. Like other of God's creation, His established laws govern in unity. All three components are present in each of us. Each has needs. If we are to be whole, all three components of man must be met in balance. To ignore one will have an effect on the others.

### **3. New Identity:**

In applying this principle we create a huge difference between the viewpoint of the Biblical Therapist and all other secular and integrationist therapy models. We believe that according to the Bible the counselee undergoes a supernatural change which does not merely constitute a change of habits and or behaviour modification. He/she is born again and receives a new nature or "heart". This is in line with the promises of God as recorded in various places through the prophets.

Eze 36:26 And I will give you a new heart, and I will put a new spirit within you. And I will take away the stony heart out of your flesh, and I will give you a heart of flesh.

This happens when a person confesses faith and trust in the sacrificial work done by Jesus Christ on his/her behalf in terms of their sin. This is where a great gulf exists between the Biblical Therapist and the view of secular psychology who treats substance abuse and other related addictions as a disease. On top of this anomaly is added the view that addiction is an incurable disease as well. We believe this is greatly attributable to the fact that so very few people are permanently "cured" by humanistic means; be it the medical model, psychoanalysis, hypnotherapy or whatever other therapy model is based on anything else but the all-powerful Word of God. If patients on secular programs are encouraged to believe that their condition is terminal and they either have to stay on medication or attend NA and AA meetings for the rest of their lives, we believe they are being set up for the next relapse. Hence the extremely poor success rate of these programs.

Addiction according to the Bible is a mortal sin. It not only leads to the destruction of the body, mind and soul but also to the demise of a family, community and even a generation. Satan certainly lurks within the corridors where drugs and its related sins are being pandered. It is so insidious and evil that the Bible calls it sorcery, magic spells and witchcraft in 5 places in the New Testament. (Galatians 5;19, Rev. 9;21,18;23, 21;8, 22;15) The Greek root word for these English word is pharmakeus which is derived from pharmakon. The Greek dictionary states it as follows; pharmakon (a drug, that is, spell giving potion); a druggist (“pharmacist”) or poisoner, that is, (by extension) a magician: - sorcerer.

People who are addicted are normally trying to cloak some underlying emotional pain, stress, depression or some other psychological ailment they are wanting to escape from. Oftentimes our emotional and psychological issues are rooted in spiritual causes such as unforgiveness, idolatry and guilt.

The Bible on the other hand teaches us that we are not only forgiven and the slate is wiped clean for the present, Christ’s sacrifice was once and for all time. It also teaches us that we are no longer what we used to be. A new spiritual person has been reborn whose destiny is to be transformed into a Christ like being. We ought to study His divine nature so that our minds can be renewed to His way of thinking.

**2Co 5:17** So that if anyone is in Christ, that one is a new creature; old things have passed away; behold, all things have become new.

Both Romans chapters 6 and 8 go into detail to explain the legalities involved in this dynamically new way of thinking. Again faith is required to appropriate what God says about the new identity He has given the new believer. The final conclusion is that when Christ sets you free, you are free indeed. The power of addiction has been dealt with in His body on the cross once and for all.

**Rom 8:29** For whom He foreknew, He also predestinated to be

conformed to the image of His Son, for Him to be the First-born among many brothers.

#### **4. The Source of Destructive Behaviour:**

Second Peter 1:12 exhorts us to be established in truth. Biblical doctrine enables us to develop a realistic world view, without which we are doomed to ineffectual living (Romans 12:3; 2 Timothy 4:3, 4). Moreover, doctrine can protect us from false beliefs (lies) that can lead to destructive behaviour (1 Timothy 4: 1-6; 2 Timothy 2:17-19; Titus 1:11). In Biblical Therapy, a distinction is made between divine viewpoint and human viewpoint (Isaiah 55:7-9; Proverbs 23:7; Proverbs 4:23). The two exist as conflicting opinions resulting in problematic thinking .

Knowledge of the Scriptures is important in identifying lies versus truth. With a basic knowledge of biblical doctrine, one is able to discern man's view versus God's view.

We have learned enough lies by the time we are six years old to cause us problems for the rest of our lives. Studying the Bible helps identify the lie or cluster of lies that have become mental, spiritual, and emotional strongholds which perpetuate bondage. The power of the embedded lie is the root of the life-controlling problems. A lie is as strong as the truth if a person believes it. That lie must be identified and the hurting person must allow God to speak the truth into his spirit to replace the lie. If, through normal means of therapy, the only thing that is keeping the lie under control is behavior modification, it will only be a matter of time before the behavior gets out of control which will result in defeat. Recovery is not the result of developing more dependable defences against the lies or controlling irresponsible behavior. Authentic recovery is the result of freedom from the lies that reside as the root of the life-controlling problem.

#### **5. The Addictive/Compulsive Mind:**

In Biblical Therapy one does not seek to eradicate certain defects or flaws in the client's character as is the case in most behaviour modification

therapies. One comes to realize that the entire heart of man is depraved through proper Bible study. Even when man received only a small amount of information that restricted his behaviour, he defaulted. Adam and Eve could not stay away from the forbidden fruit and not one of the Jews could ever keep the 10 Commandments. Man has a compulsive drive to do wrong and to continue in it until he/she is hooked. It is as if man is literally blind to the truth of God's Word.

Eph 4:17 This I say therefore, and testify in the Lord, that you should not walk from now on as other nations walk, in the vanity of their mind,

Eph 4:18 having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart.

Eph 4:19 For they, being past feeling, have given themselves up to lust, to work all uncleanness with greediness.

When we study the incidents in the Bible that describe the demise of people we see that it follows a predictable course. It begins when people doubt the Word God speaks to them. This produces deviation which produces deception that leads to denial and when denial persists it leads to delusion. The delusional state will end either in destruction or deliverance.

Oftentimes people have a distorted view of sin in that they mostly connect it with really bad behaviour. However the Biblical definition of sin is any deviation from the perfect will of God. So it really has its inception with doubt. In fact the Bible states that anything that is not based on faith in God is sinful.

Rom 14:23 But, the one doubting, if he eats, he has been condemned, because it is not of faith; and all that is not of faith is sin.

Sin affects us in at least two areas. First, sin separates us from fellowship with God. In this separated state, sin darkens our emotions and blinds our

spiritual eyes. Second, sin penetrates and roots itself in our minds making it difficult for us to do what we know is right. On the cross sin was dealt with to the uttermost because the Son of God paid the full penalty for it. Faith in Jesus Christ deals with the first effect of sin because our relationship with God is fully restored to the extent that He places the Holy Spirit within us. The second effect of sin is removed through applying Biblical truth to our once deceived minds. There must be a renewing of the mind (Romans 12:2).

### **6. The Unholy Trinity:**

From a Biblical perspective man has three arch enemies;

#### **i. The lure of the world**

1Jn 2:15 Do not love the world, nor the things in the world. If anyone loves the world, the love of the Father is not in him,

1Jn 2:16 because all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

1Jn 2:17 And the world passes away, and the lust of it, but he who does the will of God abides forever.

#### **ii. Man's selfish fleshly nature which is vividly described in;**

Gal 5:19 Now the works of the flesh are clearly revealed, which are: adultery, fornication, uncleanness, lustfulness,

Gal 5:20 idolatry, sorcery, hatreds, fightings, jealousies, angers, rivalries, divisions, heresies,

Gal 5:21 envyings, murders, drunkennesses, revelings, and things like these; of which I tell you before, as I also said before, that they who do such things shall not inherit the kingdom of God.

#### **iii. The devil, who seeks to tempt us**

(2 Corinthians 7:15), deceive us (2 Corinthians 11:14), afflict us (2 Corinthians 12:7), and hinder us (1 Thessalonians 2:18).

All three these enemies have a direct bearing on human thinking, emotion and behaviour and lies are a major weapon used to great effect against us.

### **7. The Control Factor:**

Scripture tells us that self-control is the fruit of the Holy Spirit (Galatians 5:22). A complete understanding of the “fruit of the Spirit,” the “filling of the Spirit,” and the “anointing of the Spirit” is an important ingredient of Biblical Therapy. As we “walk” in the Spirit, as we habitually depend upon the Spirit (verse 25), such fruit will become more evident in our lifestyle. In Biblical Therapy, life-controlling problems may often be recognized as the presence of unclean spirits in control of a person’s belief system. There are 14 trouble-causing spirits mentioned in the Word of God. Each possesses the power to negatively influence people. Disorders that are not organic in nature are the product of one or more of these spirits. Evil spirits and their ability to inflict disorders are subject to the Holy Spirit. It is question of who is in control.

### **8. The Grace Factor:**

In the midst of trying circumstances (2 Corinthians 12:9-10), as Paul discovered, God’s grace enables us to process difficulties that can be overwhelming when approached through human strength alone. Grace places life-controlling problems in a spiritual perspective. Secular counselling is calculation without the consideration of God or God’s grace. People may be wounded by any number of disorders, but they can be restored by grace. It is the grace of God that makes healing possible.

### **9. The Faith Factor:**

This is the most powerful factor in Biblical Therapy, because it is the key that unlocks the gates of heaven. When we direct our faith towards God, He will respond and we know with Him nothing is impossible.

Mar 9:23 Jesus said to him, If you can believe, all things are possible to him who believes.

Faith is what produces substance (Hebrews 11:1-2). Scripture says without faith it is impossible to please God (Hebrews 11:6). It is also true that without a living faith in God, it is impossible to effectively deal with life-controlling problems and live victorious Christian lives (1 Thessalonians 5:8). A treatment and recovery process based on these and other Christ-centred, Bible-based truths, when properly processed, may completely solve the counselee's problem. We have access to God's grace through faith (Romans 5:2). An intricate part of the Belief Therapy® process is rooted in the third and fourth chapters of the book of Hebrews. Believers must discover the life of "rest" that is the product of faith (Hebrews 3:7-15; Hebrews 4:9). It is a life of cessation from self-effort and performance-based acceptance. The "abiding" referred to in John 15 is better understood as "trust." Trusting God is the life of rest.

#### **10. The CARE Factor:**

Because God cares for us He sent His Son as a living sacrifice. Because Jesus cares for us He was obedient unto death. Because He cares He sent us the Holy Spirit to care for us until He returns to take us to glory. Because we care as Biblical Therapists we reach out to other people who are lost and hurting.

#### **Caring about people contains six spiritual components;**

- i. Caring through commitment – James 4:7-17
- ii. Caring through touching – Matthew 8:1-4
- iii. Caring through empathy – 2 Corinthians 1:1-11
- iv. Caring through respect – Romans 12:9-21
- v. Caring through hope – Matthew 7:7-12
- vi. Caring through understanding – Ephesians 4:1-16

In the caring process we work through a very basic process for which we use the acronym

- C – Clarification
- A – Assessment
- R – Resolution
- E – Experience

Clarification represents the initial examination process through which we help the counselee to get clarity on what belief system they hold on to. Do they believe in God and is their lives based on truth, lies or fantasy.

Assessment takes place when the Biblical Therapist reviews his data gathered during the examination process to determine which lies form the root of the person's dysfunctional living.

Resolution is the confrontation of the counselee with the facts by setting aside emotional factors so that a decision to change will be based not on feelings but on concrete evidence and the resulting consequences if change is not affected. It is to lovingly help the counselee through Biblical truth to commit to change. Romans 12:2 uses metamorphoo, "be ye transformed," the obligation being to undergo a complete change that, under God, will find expression in character and conduct.

Experience is the ongoing process of living out the change that has effectively taken place. It means to continue living the new life by applying the truths related to growing into maturity in Christ. (Colossians 2:6; Romans 4:12; 2 Corinthians 5:7; 1 John 1:7).

This final step is re-enforced with another acronym derived directly from Scripture namely ;

- G – Good
- A – Acceptable
- P – Perfect

Romans 12:1-2: “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Living in GAP is a life pleasing to God and full of blessing! It means to believe in and obey the Word of God.





## **Biblical Therapy has its roots in belief modification.**

**W**hen we want an answer to the question “Why do I do the things I do not want to do” which is based on the statement made by the Apostle Paul in Romans 7:15, we need to turn to the Old Testament where we find the basis of all we do.

Pro 23:7 for as he thinks in his heart, so is he; The Hebrew translation would read something like; “as he is all along in his heart, so is he (at last) in act.”

Another very important Scripture that broadens our understanding of our behaviour is also found in;

Pro 4:23 Keep thy heart with all diligence; for out of it are the issues of life.

The Hebrew word *leb* in this context points to the will and centre of man from which flows the outgoings of his life. When we examine the rest of the verses we also find that God cautions man concerning his conversations and statements. We will also see later on how that the heart mind and speech work together in determining our behaviour. What we see, think and say determine where we land up in life. That is why we are exhorted to guard and protect our hearts against outside destructive forces. Unfortunately as we have seen previously, we are exposed to images and sounds and emotions as small children which can leave a deep rooted untrue concept in our hearts.

Pro 4:24 Put away from you a wicked mouth, and devious lips put far from you.

Pro 4:25 Let your eyes look right on, and let your eyelids look straight before you.

Pro 4:26 Ponder the path of your feet, and all your ways will be established.

Research has shown that the average person has seen and heard enough lies by the age of 6 years to cause enough issues for the rest of their life. That is quite scary so we can understand why God is so concerned that we teach our children His ways and set the right example for them. Believing lies produces problematic thinking, which produces darkened emotions, which produce godless behaviour (Mark 7:5-23; 1 John 1:5-10; 2 John 2:4, 21 & 27).

A person's spiritual, moral, and emotional health depends upon his "belief that comes from the truth" (2 Thessalonians 2:13). Spiritual health is related to "believing and knowing the truth" (1 Timothy 2:4; 2 Timothy 3:7; Hebrews 10:26; John 8:32), walking in, or appropriating the truth (2 John 4), and obeying, or living out the truth (1 Peter 1:22). Psychiatric and emotional problems are always spiritual problems and sometimes physical ones. Very often they are hybrids – a combination of spiritual and physical.

Beliefs drive anger and pain. The Biblical Therapist's role is to help a hurting and healing person identify the lies he/she believes, process those lies, and replace them with the truth. Unless there is the presence of an organic disorder, a person with a life-controlling or emotional problem may believe his present situation is the cause of his pain. This is seldom the cause. The Belief Therapist may help the client identify a lie that relates to the present circumstance, place it into perspective, and replace the lie with the truth. Sometimes there is the presence of cognitive dissonance: the anxiety caused by holding opposite beliefs at the same time, for example, the struggle one may have over the Bible position on abortion or homosexuality versus his/her own opinion.

There can also be the case of seeking a misplaced identity. Many Christians struggle today to become somebody they already are in Christ through self-effort. They interpret New Testament teaching as another set of rules to be obeyed instead of relying on the Holy Spirit to "make them holy" through grace and trust in the presence of Christ in them.

Then we have those described in Acts 7:51 who are stiff-necked and in denial of their issues. This is a major mental stronghold that resists godly change. Biblical therapists help people to recognize and overcome their denial so they can accept the healing and godly change which is freely offered through trusting in Christ.

Biblical Therapy does not rely on therapeutic skills or abilities but depends on belief and faith in the power of God's Word. If a hurting and/or healing person does not allow God to speak into his darkness, nothing will change.

However, when he chooses to believe and act on the wisdom of God, God receives the credit and the glory for the miracle of healing. One reason this counselling model is called Biblical Therapy is so man would have no room to take credit for the results. Another reason is that the process focuses on problematic thinking errors that are rooted in a false belief system.

Believing in the Word of God is the most powerful life-changing therapy model available to mankind. Jesus said in Mark 11:23, “Truly, I tell you, whoever says to this mountain, ‘Be lifted up and thrown into the sea,’ and does not doubt at all in his heart, but believes that what he says will take place, it will be done for him” (Amp). The most potent healing force available to man is the power to believe. Life-controlling problems are like mountains. Belief that comes from the truth can remove the mountains. All non-organic problems confronted in the counselling experience are appropriately resolved when the believer practices Biblical Therapy. Since all of the Word of God will not be accepted by the counsellor with a traditional mental paradigm, perhaps a quantitative measurement would be more appropriate. Therefore, 100% of all non-organic counselling problems are appropriately resolved. Please note the adverb appropriately. Eventually all problems are resolved, regardless of the method used to address the counselee’s concern. However, what Belief Therapists endeavour to accomplish is a solution that will meet the Christian counselling objective stated above, i.e. replacing the lie with the truth.

Romans 10:10-11 says, “For with the heart a person believes (adheres to, trusts in and relies on Christ) and is so justified (declared righteous, acceptable to God), and with the mouth he confesses – declares openly and speaks out freely his faith – and confirms [his] salvation. The Scripture says, No man who believes in Him – who adheres to, relies on, and trusts in Him – will [ever] be put to shame or disappointed” (Amp).

Romans 15:13 says, “May the God of your hope so fill you with all joy and peace in believing – through the experience of your faith – that by the power of the Holy Spirit you may abound and be overflowing (bubbling over) with hope” (Amp).

The power that changes troubled, empty lives is the power to believe the truth. Jesus said in John 8:31-32, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”

## **THE BIBLICAL THERAPY MODEL IN MARK’S GOSPEL**

Christ vividly illustrated the Biblical Therapy Model in the Gospel of Saint Mark, chapter seven, verses 14 through 23. By studying the Greek meaning of the words He chose, and the context of His message, we will see why this passage is such an appropriate example of Biblical Therapy.

The narrative begins with verses 14 and 15: “And when He (Jesus) had called all the people unto him, He said unto them, Hearken unto Me every one of you, and understand. There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man.”

Christ had something of extreme importance to teach on this occasion. The Greek word *akuo* (ak-oo-o) is translated *hearken* in English. The word carries the meaning of one giving an audience to someone or something very important. It possesses a quality of hearing that transcends simply listening. The gravity of His message is further obvious from the fact that Jesus Himself called the meeting. It was not another of a long list of popular crowd responses to one of His miracles; this was His meeting with His agenda.

The word *understand* *issuniemi* (soon-ee-ay-mee) in the Greek, which conveys the idea of putting something together. It is the process, for example, of gathering data that relates to something that does not make sense, collating and processing that information into an explainable, understandable whole. Something was so important that Jesus called a special meeting to clarify a distorted understanding in the minds of the people. He wanted them to change their belief concerning a distorted view they had.

We can draw three distinct conclusions from verses 14-15:

1. Jesus called the people together,
2. to sufficiently explain the issue until their thinking was straightened out,
3. because their thinking was distorted.

The context of the story reveals what triggered His sense of urgency. In verses one through 13, we see that the Pharisees and the Scribes had objected to Jesus' disciples eating with unwashed hands. Their question to Christ was, "Why walk not your disciples according to the traditions of the elders, but eat bread with unwashed hands?" (verse 5, KJV)

Jesus gave them a long explanation in verses six through 13. But I call your attention to verses nine and 13 in particular. In verse nine, Jesus said, "Full well ye reject the commandment of God, that ye may keep your own traditions." In other words, Jesus was saying to the Pharisees, "You do what you do because you believe what you believe." They believed generational religious lies (traditions) that formed their entire belief system. For generations they had been taught a certain way and that is why they behaved the way they did. (Remember, a lie is as strong as the truth if you believe it. This is Biblical Therapy's second axiom: People do what they do because they believe what they believe.) In verse 13, He continued, "Making the Word of God of none effect through your tradition, which ye have delivered and many such things you do" (KJV).

Truth must be received in the human spirit for it to have any effect on the lifestyle therefore truth must be believed in the heart before it can change a person's behaviour.

The religious crowd of Jesus' day, the Scribes and the Pharisees, were doing the same thing the masses have been doing for thousands of years, i.e., substituting and accepting lies for the truth. The lies the Pharisees believed were religious and familial in nature, which made them the most dangerous of all because they are the most believable. Generally speaking, the most trustworthy people are the clergy and our loved ones, or at least they should be. So the lies the Pharisees believed, acted on, and taught others were the

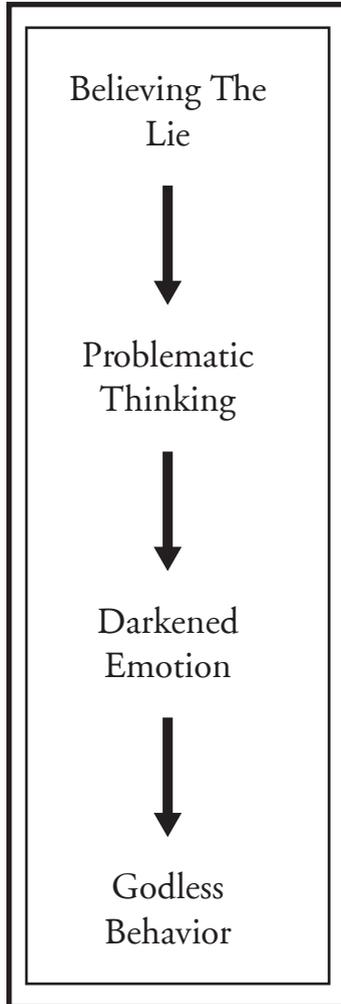
most insidious of all. No wonder Jesus was so adamant about refuting them.

In verses 14 through 23, Jesus provided us with the solution to exchanging the lies they had been believing for the truth of God. After first explaining that the purpose of His meeting was to correct their distorted thinking, in verse 16 Jesus reemphasized the value and wisdom of what He was about to say. He said, "If any man has ears to hear, let him hear." He was not talking about surface listening, but a hearing quality that is within the spiritual man's ability to understand. It is more than listening, it is hearing and understanding. Truth must be received in the human spirit for it to have any effect on the lifestyle. Truth must be believed in the heart before it can change a person's behaviour.

In verse 18, Jesus explained the difference between the external and internal man. Just as there is a quality of hearing that makes a difference, there is a quality of internal and external defilement that makes a difference. It is not what goes into a man that defiles him, but that which comes out of the man. The point being that people may be clean on the outside but filthy on the inside. What is on the inside will eventually surface. That is what defiles the man. The defilement emerges because it was there in the first place.

Jesus began in verse 19 to illustrate the quality of the internal man by identifying man's belief system through using the word heart. He said, "Because it entereth not into his heart ...." He continued in verse 21 with, "From within, out of the heart of man (his belief system) proceeds ...." Therefore, the source for man's thoughts, feelings and actions is what he believes: *People do what they do because they believe what they believe.*

**Belief, produces thought, produces feeling, produces actions.**



In verse 21, Jesus continued the process beginning with evil thoughts that produce godless behaviour. He then carefully listed some common and apparent godless actions of people who are whitewashed, but not washed white. They are:

Adulteries	– sexual fantasies and actions,
Fornications	– all forms of sexual perversion,
Murders	– homicide,
Thefts	– taking what does not belong to you,
Covetousness	– illegitimate desires,
Wickedness	– being depraved,
Deceit	– giving a false impression,
Lasciviousness	– filthiness, indecency, and shame,
Evil eye	– looking where one should not look,
Blasphemy	– attributing the work of God to Satan,
Pride	– thinking more highly of oneself than he should.
Foolishness	– an absence of sobriety.

Evidence of every value distortion – psychological, emotional, moral, spiritual, and behavioural problem – is reflected in these actions. They do, however, have a root as Jesus explained in verse 23: “All these evil things come from within, and defile the man.”

So the lies we believe produce wrong and problematic thinking which in turn produces darkened emotions which cause the wrong actions we call Godless behaviour.

### **The 12 sayings of Biblical Therapy.**

- 1. Man was created by God and appointed to manage his life and environment God’s way. (Gen.2:15)

- 2. People do what they do because they believe what they believe. (Prov. 23:7; Mark 7:6-23)
- 3. Jesus established the Biblical Therapy process of replacing the lie with the truth in the Sermon on the Mount found in Matthew chapters 5-7. He exposed the traditional lies when he said; “You have heard it said by them of old times” and then He told them the truth by stating; “But I say unto you....”
- 4. A lie is as powerful as the truth when you believe it. Children have learned enough lies by the time they are six years old to cause them problems for the rest of their lives. People are made free from the bondage when the lies are identified and replaced with the truth (John 8:31-36).
- 5. Man is a sinner by nature, by choice and by practice. Eve chose to believe Satan’s lie over God’s truth. (Genesis 3:1-13)
- 6. God is always right and man is always wrong. When our opinion differs from the Bible we are wrong and God’s Word is always right. (Is. 55:7-9; 2 Peter 1:3)
- 7. Belief in God’s Word is the most powerful therapy known to man. Jesus said; The things that are impossible with men are possible with God” (Luke 18:27)
- 8. The battlefield is in the mind of man. “Be not conformed to this world; but be ye transformed by the renewing of the mind, that you may prove what is that good, and acceptable, and perfect will of God” (Romans 12:2).
- 9. A proper understanding of the new identity in Christ is a fundamental principle in living a constructive, healthy and godly lifestyle (Col.2:9-19 and Col. 3:1-4)
- 10. All addiction and destructive compulsive behaviour is identified in the Bible as bondage. (Romans 1:21-23 and Romans 6)
- 11. Life-controlling problems have a spiritual root, regardless of a possible organic disorder (John 9:1-7). Psychiatric and emotional

problems are always spiritual problems and sometimes physical problems. Frequently they are hybrids.

- 12. In the presence of cognitive dissonance, a person must perform an emotion by-pass procedure and act upon the truth, whether he/she feels like it or not.

Now that we have determined that it is their belief system that determine the behaviour of people, let us have a look at the different conditions of the mind when it believes lies.





## Conditions of the mind under the power of lies.

**T**hough Biblical Therapy's primary counselling focus is on person's belief system, i.e., discovering the lies that influence thought, emotion, and action, gaining an understanding of the spiritual condition of the mind is extremely important. The mind of man can be either spiritually healthy or unhealthy. In addressing human addictions, the spiritual state of one's mind has a strong bearing on the type of addiction to which one could be vulnerable.

An intoxicated mind, for example, makes one vulnerable to behaviour which he would not normally express. That, of course, is a shallow illustration of what I am calling a "condition or state of the mind." A person's spiritual state of mind, however, does have the same possibility of

vulnerability. What I am talking about is the mind-set or mind-condition.

Whereas traditional models deal with addictive behaviour on an intellectual and emotional level, in Biblical Therapy, we deal with the spiritual dynamics of behaviour. We seek to discover, for example, what spiritual forces are behind an addiction.

Traditional models explain how people develop belief systems over a long period of time that they will either adopt intellectually or accept on the emotional (feelings) level. For example, with personalization, a wife may feel that because her husband leaves his dirty clothes on the floor rather than in the clothes hamper, it is an intentional, personal attack on her. With generalization, a teacher may generalize from a few disruptive actions of a student that the child will grow up to be a criminal. With polarization, issues are always seen as black and white. With selective abstraction, a person may focus on the five points he missed on a test, rather than the ninety-five correct answers. With magnification, a husband or wife may view a rather normal marital conflict as disastrous. With arbitrary inference, a person at a social gathering may assume that the people in a group across the room are talking about him.

These beliefs, whether stemming from the truth or from lies, affect our present-day lives and are often responsible for most of our anxieties and insecurities. These are the beliefs that form the state of our minds. The traditional models for this approach are labelled cognitive therapy and rational emotive therapy.

The elements of these two well-established models are where Biblical Therapy picks up what we call the spiritual dynamics of addictive behaviour. Lies that are part of a person's belief system will produce a multitude of problems. These lies must be replaced with God's biblical truth for the person to be rescued from darkened emotions and destructive behaviour.

Thoughts are like seeds that produce fruit (action, behavior). The spiritual condition of the mind determines how fertile the soil is for seed planting.

When the state or condition of the mind resembles those discussed below, we have a problem. Religious lies are the most insidious. For example, the one religious lie I have heard most often (due to 26 years in addiction ministries) is: “God can never forgive me for my past sins.”

The truth is found in 1 John 1:9. “If we confess our sins, He is faithful and just to forgive our sins and to cleanse us from all unrighteousness.” In addition, Psalm 103:12-14: “As far as the east is from the west, so far hath he removed our transgressions from us. Like as a father pities his children, so the Lord pities them that fear Him. For he knoweth our frame; He remembereth that we are dust” (KJV).

As a pastor and biblical therapist, I have heard: “God cannot use me because I am spiritually weak.”

The truth is found in 2 Corinthians 12:9, “For my strength is made perfect in weakness.”

As a volunteer in faith-based community action programs, I have heard: “God will love me more if I do more.”

The truth is in Ephesians 2:8-10: “For by grace are you saved through faith; and that not of yourselves: it is the gift of God. Not of works, lest any man should boast. For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.” Notice: We are saved (accepted by God) by grace, through faith; it is the gift of God (we are in Christ) unto good works. We do not work more to get God to love us more. God works out of us what He has worked in us. God’s love can never be earned. It is based on His grace. God’s love is not performance-based.

Not every thought we have is true, though it may feel true. The problem with believing a lie is it may as well be truth because the consequences are the same. If you believe you are shameful because you were sexually violated as a child, it does not matter that you were innocent. The shaming lie will work itself out in your life as though it were true. The consequence will be the

same.

When the belief system is seeded with lies, the individual's beliefs will cause continual life-controlling problems. Modern research has proven that the lies children learn through television, cartoons, peers, and the aberrant behavior of their *oikeios* (oy-ki'-os, the household), will influence them for the rest of their lives. Some children enter their teens with some seriously unhealthy mind-sets, i.e., lies, strongholds. In Biblical Therapy, these lies are challenged, exposed, and replaced with the truth. The Bible calls the process the renewing of the mind (Romans 12:1-2).

In John 8:44-45, Jesus introduced us to a revelational truth that set the stage for the lie-versus-truth system. He said, "You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it. But because I tell the truth, you do not believe Me."

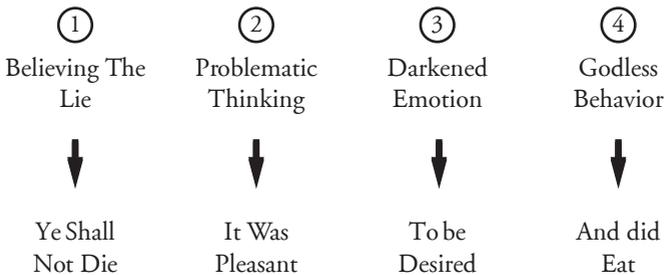
Observe the identification of "lie" and "truth" in the passages. Satan is identified as a liar. There is no truth in him. Therefore, as we shall see in a moment, the lie has been his most effective weapon against man. He used it in the very beginning. Because it worked on the first Adam, Satan thought it would work on the Second Adam, Jesus. (See Matthew 4.) It did not work!

The "lie method" for controlling who people are and what they become was established in the Garden of Eden. Satan started it by refuting God's commandment and statement as quoted in Genesis 2:17. "But of the tree of the knowledge of good and evil, thou shalt not eat of it; for in the day thou eatest thereof thou shalt surely die." That was the truth. The problem arose when Eve believed Satan's lie. Satan told Eve in Genesis 3:4-5, "Ye shall not surely die. For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil." That was a lie.

In Genesis 3:6 we have the first, as Biblical Therapy interprets it, Source

of Destructive Consequent Behaviour. Eve believed that the lie was the truth. She saw it (the forbidden fruit) was “good for food.” The lie produced a thinking error: that it was “pleasant to the eye.” The thinking error produced a darkened emotion: “a tree desirable.” Finally, her darkened emotion produced godless

behaviour: She took of the fruit and ate it.



Moving along further into the Old Testament, we see the same pattern in Amos 2:4: “Thus says the Lord: ‘For three transgressions of Judah, and for four, I will not turn away its punishment, because they have despised the law of the Lord, and have not kept His commandments. Their lies lead them astray, lies which their fathers followed.’” The error which kept throwing Israel into the sin-cycle was believing the lies. The lies, if you will, they had learned from their fathers. Why not? The lie worked in the Garden, so why should it not have continued to work? It did and it does. The pattern has not changed since the Garden of Eden. The source of life-controlling problems from the beginning has been, believing the lies. Satan has nothing new.

## JESUS AS BIBLICAL THERAPIST.

**I**n the Sermon on the Mount, Jesus established the Biblical Therapy process of exposing and correcting lies. He exposed a whole series of religious lies in Matthew chapter five by using the phrase, “Ye have heard it said, but I say unto you . . .”

In verses 21-22, He exposed the lie about murder.

In verses 23-24, He exposed the lie about forgiveness.

In verses 27-28, He exposed the lie about adultery.

In verses 31-32, He exposed the lie about divorce.

In verses 33-37, He exposed the lie about taking an oath.

In verses 38-42, He exposed the lie about impressments.

In verses 43-47, He exposed the lie about love.

In Chapter 6 of Matthew, Jesus continues the process.

In verses 1-4, He exposed the lie about giving.

In verses 5-8, He exposed the lie about prayer.

In verses 14-15, He exposed the lie about unforgiveness.

In verses 16-18, He exposed the lie about fasting.

There are eleven lies and/or half-truths in these two groups alone. They reflect a mind-set or mind condition of the most religious people of Jesus' day. What they believed caused them to think, feel, and act in ungodly ways. People can believe wrongly about right things and be wrong. Fasting, forgiveness, prayer, giving, and love are all good. However, if what you believe about them is wrong, you are wrong no matter how religious you are. It is amazing how much we can believe without believing enough.

Illustrations of this fact are fresh in our memory with David Koresh, Jim Jones, and the Heaven's Gate cult. Though they are examples of the extremes in believing religious lies, they are indeed modern classic cases. Lies are as strong as the truth if a person believes them. Religious lies are the most commonly acceptable.

Mark Twain once said, "A lie runs around the world, while truth is putting on her boots." He was right. Fallen human nature wants to believe lies, especially "religious lies," which makes it easy for the lies to take root. Of all demagogues' activity, the religious ones who promote religious lies are the

most despicable. They know how to bait the hook.

What we believe determines how we behave, and both determine what we become. If we believe the truth, the truth will satisfy us (John 17:17) and make us free (John 8:31-32). If we believe lies, we will gradually become a lie as we lose our integrity and begin to practice duplicity. It is fundamentally true that we become like the god we worship. If that god is false, we become false. “Those who make them false gods are like them. So is everyone who trusts in them” (Psalm 115:8).

Very often people with life-controlling problems soon discover they have structured their lifestyle by the lies they have adopted as the truth. For example, people often say:

“Mankind is basically good. I’m OK, you’re OK.” That is a lie. The truth is, “. . . the heart is desperately wicked, who can know it” (Jeremiah 17:9).

“If you don’t take care of yourself, no one else will.” The truth is, “. . .when we delight ourselves in the Lord, He will give us the desires of our heart” (Psalm 37:4-5). When we put the Lord and His righteousness first, He will supply all of our needs (Matthew 6:33).

“I don’t get mad, I get even.” The truth is, we are to love and pray for our enemies (Matthew 5:44). According to Romans 12:17-21, we are never to attempt to get even, but we are rather to do good to our enemies.

“Marriage is a 50/50 proposition.” The truth is our focus in marriage is to put the interests of our spouse above our own, thus reflecting Christ in our relationship (Ephesians 5:22-33; Philippians 2:3-4). True love is giving, not getting (John 3:16; 1 Corinthians 13:4-8).

“You have to love yourself before you can love anyone else.” The truth is, there is nowhere in the Scriptures that tells us to love ourselves. We are to love God (Deuteronomy 6:5; Matthew 22:37-38). We already love ourselves. That is part of man’s problem. There is a command that tells us to love other

people as we love ourselves (Matthew 22:39; Galatians 5:14; Ephesians 5:28-29), but we are not commanded to love ourselves. One of the perversions of the last days is identified as “loving self” (2 Timothy 3:1-2). To love others as we love ourselves is to love others, as we would desire to be loved. Taking care of our mental, emotional, spiritual, and physical health is commonly taught as a way of “loving self.” However, taking care of ourselves is merely being a responsible steward over the faculties God has given us.

“You must look out for number one.” The truth is we are to esteem others more highly than we esteem ourselves (Philippians 2:3-4). The Scriptures never tell us to assert ourselves. We are instructed, however, to crucify ourselves (Galatians 2:20; Galatians 5:24). Of course, when it comes to abuse, the one who is abused must look out for her/himself and avoid the abusive situation.

## THE APOSTLE JOHN AS BIBLICAL THERAPIST

**I**n Biblical Therapy, we deal with the lies people believe. These lies provide the dynamics for their addictions and life-controlling problems. It is a lie-versus-truth process. The lie-versus-truth problem is skilfully outlined in 1 John 1:5-10:

“This then is the message which we have heard of Him, and declare unto you, that God is light and in Him is no darkness at all. If we say we have fellowship with Him, and walk in darkness, we lie, and do not the truth. But if we walk in the light, we have fellowship one with another, and the blood of Jesus Christ His Son cleanses us from all sin. If we say we have no sin, we deceive (lie) ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us of all unrighteousness. If we say we have not sinned, we make Him a liar, and His word is not in us.”

First we lie to ourselves and stop practicing the truth (vs. 6). Once we start lying to ourselves, then we lost the truth (vs. 8). Finally, we begin lying to God and make Him a liar. As a result, we lose His word (vs. 10). Look at some of the lies we believe about ourselves and the truth from God’s Word

which refutes them:

## Self lies Vs Truth

Self-Lies	Truth
SELF-RELIANT LIE: "I HAVE TO TAKE CARE OF MYSELF."	GOD WANTS US TO TAKE RESPONSIBILITY FOR OURSELVES. BUT HE ALSO WANTS US TO RELY ON HIM AS OUR ULTIMATE SOURCE (MATTHEW 6:33; PROVERBS 3:5-6; PROVERBS 28:26).
SELF-RIGHTS LIE: "I AM FREE. I DO WHAT I WANT."	APART FROM GOD, WE ARE SLAVES (ROMANS 6:16; LUKE 9:23-24; ROMANS 13:1; HEBREWS 13:17).
SELF-UNIQUENESS LIE: "NO ONE CAN UNDERSTAND MY PROBLEMS."	YOUR PROBLEMS ARE COMMON TO ALL PEOPLE (1 CORINTHIANS 10:13).
SELF-ASSURANCE LIE: "I AM IN CHARGE OF MY LIFE."	YOU ARE NOT YOUR OWN SOURCE (DEUTERONOMY 11:18; PROVERBS 11:28; 16:18; 1 CORINTHIANS 10:12; JOHN 15:15; PHILIPPIANS 4:13).
SELF-ASSERTIVE LIE: "I HAVE TO MAKE IT HAPPEN."	THE SCRIPTURES NEVER TELL US TO ASSERT OURSELVES (ROMANS 8:35-39; 2 TIMOTHY 1:7; MATTHEW 6:33-34).
SELF-CONFIDENCE LIE: "I CAN DO ANYTHING I WANT TO DO."	DO NOT TRUST IN YOURSELF (PSALM 60:11-12; 73:26; JEREMIAH 9:23-24; 17:5-8; ROMANS 7:14-8:8; 1 CORINTHIANS 1:26-31; 2 CORINTHIANS 3:6; PHILIPPIANS 3:3).
SELF-RIGHTEOUS LIE: "I AM ALWAYS RIGHT."	WE HAVE NO RIGHTEOUSNESS APART FROM CHRIST (PSALM 14:2-3; ECCLESIASTES 7:20; ROMANS 3:10-12; TITUS 3:5).
SELF-EXALTATION LIE: "IF YOU DO NOT BLOW YOUR OWN HORN, NO ONE WILL."	PSALM 10:4; 66:7; 94:4; 1 CORINTHIANS 1:3; 1:31, 2 CORINTHIANS 10:12, 18; 11:30; 12:9

John continued with his contrast of lies versus the truth in 1 John 2, in order to establish that there is a difference. In verse four, he gave us an example of truth versus lie. “He that saith, ‘I know Him,’ and keeps not His commandments, is a liar and the truth is not in him.” In verse 21, he established the purity of the truth. “I have not written unto you because you know not the truth, but because you know it, and that no lie is of the truth.” In verse 27, he told us that the truth only comes through sacred, divine appointment, an unction from the Holy One: “But the anointing which ye have received of Him abide in you, and ye need not that any man teach you: but that as the same anointing teacheth you of all things, and is truth, and no lie, and even as it hath taught you, ye shall abide in Him.”

This is the reason we teach in Biblical Therapy that until God shines His light of truth into the darkness of a lie, no change will take place. Truth comes by divine appointment. Dr. Archibald Hart, in his book, *Habits of the Mind: Ten Exercises to Renew Your Thinking*, says, “You cannot control your feelings directly, only individually through your thoughts. I speak as a psychotherapist. And my estimate is that 75 percent of the psychotherapy delivered across the country is of little value, precisely because it focuses too much on past hurts, unmerited self-aggrandizement, and a culture of anger enhancement. It would be a lot more effective if it focused on the present, and what a troubled person can do to change unhappy circumstances. In short, change your thoughts first, and the desired feelings will follow. Feelings are the consequences, not the cause, of our emotional problems. This truth opens up a whole new world of freedom and control for us.”

This is precisely the reason why God wants us to guard our hearts and minds against lies. It is also the purpose why we are told to repent of telling lies as well as listening to and believing lies. The darkened emotions that so easily beset us are rooted in the lies we believe. Jeremiah takes on the lying priests. The priest and false prophets peddled a popular brand of religion that gave the people enough experience to make them happy, but not enough to make them holy. They would worship Baal one day, and then go to the temple the next day to worship Jehovah. It was very much like the “big

religious business” of today.

Jeremiah cried out against the prophets and priests condemning them for what they were telling the people (Jeremiah 5:30-31). The nation was destroyed “because of the sins of her prophets and the iniquities of her priests” (Lamentations 4:13). Jeremiah even named the culprits: Pashhur (Jeremiah 20:1), Hananiah (Jeremiah 28:1), Shemaiah (Jeremiah 29:24), Ahab and Zedekiah (Jeremiah 29:21). The popularity of these false prophets and priests existed because they dealt only with surface issues. They would never address the root of the people’s problems – the desperate need for repentance. When the diagnosis was wrong, how could the remedy be right? The ministry of the Biblical Therapist is not to smooth things over, but to help hurting and healing people identify the lies, process them, and replace them with the truth.

## **FOUR THINGS THE TRUTH WILL DO.**

With the use of alliteration, there are four things truth will do. The truth will set you free, sanctify you, sterilize you, and secure you.

1. The truth will set (make) you free. Jesus said, “Ye shall know the truth, and the truth shall make you free” (John 8:32). (“Set” used for the sake of alliteration.)
2. The truth will sanctify you. Jesus prayed, “And for their sake I sanctify Myself, that they may be sanctified through the truth” (John 17:19).
3. The truth will sterilize you. The Scripture says in 1 Peter 1:22, “Seeing you have purged (purified) your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently.”
4. The truth will secure you. The Scripture says in 2 Peter 1:12, “Wherefore I will not be negligent to put you always in remembrance of these things, and be established in the present truth.”

The Bible points us to four sources of truth, all of which are centered in God, surrounded by Jesus Christ His Son, the Word of God, and the Holy Spirit of God.

- Truth came by Jesus Christ. John 1:17 says, “For the law was given by Moses, but grace and truth came by Jesus Christ.”
- Jesus Christ is the truth. John 14:6 says, “Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father but by Me.”
- The Word of God, the Bible, is the truth. Jesus prayed in John 17:17, “Sanctify them through Thy truth: Thy word is truth (with Ephesians 1:13).
- The Holy Spirit is truth. The Scripture says in 1 John 5:6, “This is He that came by water and blood, even Jesus Christ; not by water only, but by water and blood. And it is the Spirit that beareth witness, because the Spirit is truth.”

### ***The Truth about the Past and the Present***

Before we journey into the ten conditions of the mind or ten mind-sets, there is one other truth to be aware of. Satan is “mindful” of the things of men. Satan is the formidable enemy of mankind, especially believers. Mark chapter eight records an interesting exchange between Jesus and Peter. Jesus had just told the disciples that He would go to the cross. In verse 32, Peter took Jesus by the hand and led Him aside from the other disciples. Privately Peter rebuked Jesus for saying such a thing. In verse 33, Jesus said to Peter, “Get thee behind me Satan! For you do not have a mind intent on promoting what God wills, but what pleases men [you are not on God’s side, but that of men]” (Amp).

Satan is a thinker! He is interested in the condition of your mind. If, through his efforts, he can promote a spiritually unhealthy mind- set, then he

can have control of your mind – both the way you think and what you think.

The enemy has the power to blind the mind of man (2 Corinthians 3:14; 4:4). Jesus came to open the eyes, both spiritual and physical, of the blind (Luke 4:18; John 11:37). Satan's intent is to conceal

the truth and to promote spiritual blindness. The enemy wants you to forget. God wants you to remember (Revelation 2:5; 3:3).

A quick reaction to what I am saying might be: But the Bible says in Philippians 3:13, "...forgetting those things which are behind."

To forget does not mean not to remember. The past can still come to mind; it can be remembered. Forgetting means that the past is no longer an issue. For example, you may be hurt by someone, and unless you internalize that hurt, it will not become a wound. (A sin is self-inflicted, but a wound is otherwise inflicted.) You can forget that past experience to the degree that it no longer is an issue when it comes to mind. You get over it, get beyond it, and get on with it.

The enemy wants you to forget. God wants you to remember (Revelations 2:5; 3:3). There is a rather long passage in 2 Peter 1:4- 10, that I call The Second Peter Principle, which clearly makes this point. Let us read it from The Amplified Bible.

"By means of these He has bestowed on us His precious and exceedingly great promises, so that through them you may escape [by flight] from moral decay (rottenness and corruption that is in the world because of covetousness lust and greed), and become sharers (partakers) of the divine nature. For this reason, adding your diligence [to the divine promises], employ every effort in exercising your faith to develop virtue (excellence, resolution, Christian energy), and in [exercising] virtue [develop] knowledge (intelligence). And in [exercising] knowledge [develop] self-control, and in [exercising] self-control [develop] steadfastness (patience, endurance), and in [exercising] steadfastness [develop] godliness (piety). And in [exercising] godliness [develop] brotherly affection, and in [exercising] brotherly affection [develop] Christian love. *For*

*as these qualities are yours and increasingly abound in you*, they will keep [you] from being idle or unfruitful unto the [full personal] knowledge of our Lord Jesus Christ (the Messiah, the Anointed One). For whoso lacks these qualities is blind, [spiritually] short sighted, seeing only what is near him, and has become oblivious [to the fact] that he was cleansed from his old sins. Because of this, brethren, be all the more solicitous and eager to make sure (to ratify, to strengthen, to make steadfast) your calling and election; for if you do this, you will never stumble or fall.” (Bold emphasis added by the author.)

Note the phrase, “For if these qualities are in you...” The meaning here is that the qualities must go beyond mental assent to believing in your heart. It is not enough to agree that the Word is truth and that these qualities are desirable and even preferable. One must take the Word into his heart until it is solidified in his thinking and believing so that his acting conforms to the qualities listed. If he truly believes to the point of incorporating these qualities into his character, the Apostle Peter is telling us that there are benefits, i.e., it will make you effective (vs. 8), it will make you productive (vs. 8), and it will keep you from falling (vs. 10).

By contrast, note the phrase, “For whoso lacks this.” The meaning here is that the Word has not become solidified in one’s thinking and believing. Therefore, the qualities are lacking. The behaviour does not conform to the Word of God. If this is the case, there are consequences which are listed in verse 9: spiritual blindness, spiritual short sightedness, and loss of memory.

The point being that the devil wants to muddle your memory, while God wants you to remember.

Remembering brings conviction from the Holy Spirit. Conviction is the state of being convinced of error or compelled to admit the truth. Change cannot occur until one is convinced of his error. This will never happen in the mind of one who is spiritually blind, spiritually short sighted, or who does not remember what God has said. Remembering brings the conviction of one’s error as illustrated in Matthew 26:75. After Peter had denied the Lord

three times, he heard the cock crow, and he remembered the Lord had said it would happen, and he went out, and wept bitterly. Remembering brought conviction.

The Bible speaks of remembering in several places. In Luke 24, when the women returned to Jesus' tomb to discover He was gone, two angels spoke to them and told them to remember (vs. 6) the words Jesus had spoken to them. In verse eight, "They remembered His words."

The writer of Hebrews says in chapter 10 verse 32, "But call to remembrance the former days, in which, after ye were illuminated, ye endured a great fight of afflictions." The Amplified Bible translates the verse like this: "But be ever mindful of the days gone by in which, after you were first spiritually enlightened, you endured a great and painful struggle."

Paul quoted Jesus in 1 Corinthians 11:24-25, as saying about the Lord's Supper, "Do this in remembrance of Me."

Peter told his readers in 2 Peter 1:12-13, "Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the truth. Yea, I think it meet, as long as I am in this tabernacle, to stir you up by putting you in remembrance."

We are told to remember Lot's wife, (Luke 17:32), to remember His words (John 15:20), remember the poor (Galatians 2:10), and remember those who are in bonds (Hebrews 13:3).

The enemy does not want us to remember so he can blind us, make us forget, and thus alienate us from the life of God. Ephesians 4:18 says, "Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart."

### **God has a fourfold function for our memory:**

- (1) to bring conviction, like Peter,
- (2) to be a form of protection against repeating our godless behavior,
- (3) to promote stability,

(4) to promote fellowship.

The weeping prophet Jeremiah listed in painful detail his feelings of depression in the Book of Lamentations chapter three. The very least of his troubled spirit is expressed in verse five: “He has built up [siege mounds] against me and surrounded me with bitterness, tribulation, and anguish” (Amp).

In addition, notice what he says in verse 20: “My soul has them continually in remembrance and is bowed down within me.” He is weighted down with the memory of his troubles. Then the prophet suddenly gushes forth some of the most precious words ever spoken. Beginning with verse 21 and through verse 26 we read:

“But this I recall and therefore have I hope and expectation: It is because of the Lord’s mercy and loving-kindness that we are not consumed, because His [tender] compassions fail not. They are new every morning; great and abundant is your stability and faithfulness. The Lord is my portion or share, says my living being (my inner self); therefore will I hope in Him and wait expectantly for Him. The Lord is good to those who wait hopefully and expectantly for Him, to those who seek Him [inquire of and for Him and require Him by right of necessity and on the authority of God’s word]. It is good that one should hope in and wait quietly for salvation (the safety and ease) of the Lord.”

Remembering brings hope!

With this foundation of the importance of remembering having been laid, we will now look at the biblical insight into the ten conditions of the mind which will produce an addictive-compulsive lifestyle.

Dr. Earl R. Henslin, a Christian who is a Doctor of Psychology and author of the excellent work, *Forgiven and Free*, says, “Addiction is anything that consumes the focus of our attention: anything that distracts us from God, anything that prevents us from facing ourselves, or anything that hinders us from being emotionally available in our relationships. Thus,

addiction encompasses an almost limitless range of substances or activities – anything from alcohol to potato chips to exercise to gambling. And addiction is any compulsion we become obsessed with, anything that becomes our main attraction and hinders our ability to be in relationship with God or with people.”

As we study each of the ten conditions of the mind, consider what addictive-compulsive behavior you think that state of mind might produce. I suggest a few, but you can expand on these. With each mind-set, you will find a biblical example. With the help of Dr. Herbert Lockyer’s great book, *All the Men of the Bible*, I have included men in the Bible whose actions seem to reflect the mind- set.

There are also certain demonic spirits that are specifically responsible for these addictive-compulsive mind-sets. We will identify them by name and reference them without comments.

Biblical Therapy researchers have identified 14 demonic spirits recorded in the Scriptures that perform certain tasks assigned to them. It is not surprising that the characteristics of these demonic spirits would also be identifiable in these destructive mind-sets.





## Ten Common Mind-sets caused by evil spirits.

### 1. High-minded:

**C** *caused by the spirit of haughtiness (Proverbs 16:18).* High-Minded is identified in Romans 11:20-21: “Well; because of unbelief they were broken off, and thou standest by faith. Be not high-minded, but fear. For if God spared not the natural branches, take heed lest he also spare not thee.”

Contrast that statement with 1 Timothy 6:17, which says, “Charge them that are rich in this world, that they be not high-minded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to

enjoy.”

Paul identifies several godless conditions of the last days as people who are traitors, heady, high-minded, lovers of pleasure more than lovers of God (2 Timothy 3:4).

The literal meaning of the word in the New Testament is “to wrap in smoke.” It describes a mind held captive by conceit. It was a mind clouded with the obstruction of self-centeredness.

High-minded means to be arrogant or puffed up, like smoke.

Symptoms: overbearing – pompous – proud – domineering.

The Old Testament judge, Samson, stands as an example of someone who was high-minded. Samson judged Israel for 20 years. Supernaturally endowed, he killed a lion, thirty Philistines, and one thousand men. He broke the strongest bands, carried off the gates of Gaza, and pulled down the Temple of Dagon (Judges 13:24-16:30).

As long as Samson remained a Nazarite, he was unconquerable. He only, of all the judges of whom we have history, performed his feats single-handedly. Samson never called the armies of Israel together, and he never asked for assistance.

His complex life teaches us the evils of mixed marriages (Judges 14:3), the laxity of sexual relationships, and of playing with temptation. Samson is a classic example of impotence of mind because of high-mindedness.

The deadly results of his compulsive actions after he broke his Nazarite vow are chronicled in dark and ominous order:

1. Self-confidence: “I will go out” (Judges 16:20).
2. Self-ignorance: “He wist not” (Judges 16:20).
3. Self-weakness: “The Philistines laid hold on him” (Judges 16:21).
4. Self-darkness: “They put out his eyes” (Judges 16:21).

5. Self-degradation: "They brought him down to Gaza" (Judges 16:21).
6. Self-bondage: "They bound him with fetters" (Judges 16:21).
7. Self-drudgery: "He did grind in the prison house" (Judges 16:21).
8. Self-humiliation: "Call for Samson, that we may make us sport" (Judges 16:25, 27).

Samson stands out as a man of striking contrast. He had a Dr. Jekyll and Mr. Hyde personality.

*Potential Addiction(s):*

A high-minded person would be a prime candidate for sex addiction, drug addiction, a compulsive organizer, and a fanatic on structure.

**2. *Fleshly Mind/Carnally Minded:***

**C***aused by the spirit of infirmity (Luke 13:11).* The fleshly mind is described in Romans 8:5-7. "For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be."

The mind – phronema (fron<sup>2</sup>-ay-mah) – means mind-set or aspiration. Carnally – sarx (sarx) – means fragile, the weaker elements in human nature. It is often used to describe the unregenerate state. It always refers to the externals of life. It is a mind not controlled by the Holy Spirit. It is a non-submissive mind.

Contrasted with spiritual qualities described in 1 Corinthians 3:1-4, which says, "And I, brethren, could not speak unto you as unto spiritual, but as unto carnal, even as unto babes in Christ. I have fed you with milk, and not with meat: for hitherto ye were not able to bear it, neither yet now are ye able. For ye are yet carnal: for whereas there is among you envying, and strife, and divisions, are ye not carnal, and walk as men? For while one saith, I am of Paul; and another, I am of Apollos; are ye not carnal?"

We find a good example of the fleshly/carnal mind in the Biblical character, Demas. There seems to be an indication that he was not fully trusted when he first hooked up with Paul (Philippians 2:20). The Scripture identifies Demas as the young man who forsook Paul when he and Epaphras were in jail in Rome (2 Timothy 4:10).

Before he met Paul, he was probably an agreeable young man, with no known vices. He was fascinated by the apparent glamour of Paul's ministry. The thought of travel and crowds and attention intrigued Demas. Becoming a disciple, he was mesmerized, and became enamored by the enthusiasm of sacrifice. He wanted to live and die with Paul, have a throne, a crown, and be hailed as a martyred saint.

However, when Demas came to the great capitol of the then-known world with Paul and Epaphras, it was a different story. He was not in jail, but Paul and Epaphras were. He saw the contrast between the magnificent hall of Caesar, the homes of the rich and famous, and the glitter of the city that could be called a first-century Las Vegas. Such a setting cast its spell over Demas, and he yielded to its appeal. The darkness of the prison where his friends languished seemed pointless compared to the bright lights of Rome. Thus, Paul had to write, "Demas hath forsaken me having loved this present world."

Demas was a man of wavering impulse.

### *Potential Addiction(s):*

The fleshly, carnal mind would be particularly vulnerable to addictions like over-spending, problems with money and credit cards.

### **3. Forward Mind:**

**C***aused by the spirit of bondage (Romans 8:15).* The forward mind is mentioned in 2 Corinthians 9:2: "For I know the forwardness of your mind, for which I boast of you to them of Macedonia, that Achaia was ready a year ago; and your zeal hath provoked very many."

The forward mind is impulsive. The Greek word is prothumia (proth-

oo-mee-ah). Pro (before) thumos (impulse). The impulsive mind is quick to start, but slow to complete. It is prone to bad judgment because it is impulsive. It is connected in the Corinthian passage with zeal. It describes the person who will become excited about something and act impulsively. However, this mind-set seldom follows through – a person with such a mind is a starter, but not a finisher.

Our example of a “forward mind” is Joab. He was the son of David’s half-sister, Zeruiah. He became the most overbearing captain in his uncle’s army (1 Samuel 26:6; 2 Samuel 2:13).

Herbert Lockyer, the famous English Bible scholar, calls Joab “the man who was over ambitious.” The first person to be considered in Joab’s mind was Joab. What motivated his devotion to David was that he might have first place. He loved self. He murdered those who stood in his way (2 Samuel 3:27). He wanted a place of pre-eminence. He was a skilled military man, but was vindictive and ruthless. He manifested abundant energy, boldness, ability, shrewdness, and common sense, but he never manifested any actual faith in God. He apparently trusted more in providence than in the God of Israel (2 Samuel 10:12). His ‘forward mind-set’ was full of self-confidence, ambition, and selfishness, but he never strayed very far away from his own interest.

*Do you know any people like that?*

Perhaps you know someone like Naphtali. He was the sixth son of Jacob. His mother was Bilhah, Rachel’s maid. He is distinguished as lacking self-control. Naphtali was a fluent orator, but as erratic as the wild gazelle (Genesis 49:21). He had little self-control. He ran through life aimlessly and without a goal. There was a wild extravagance in his career of wrong-doing that marred his influence and spoiled his life; he had a forward mind.

*Only through God’s grace can one of such a mind-set be restrained.*

Then we have the classic example of Solomon who epitomized the “forward mind.” He was a man whom the Lord loved and to whom God

had given unusual gifts (2 Samuel 12:24-25). Young Solomon was influenced both by his mother, Bathsheba, and Nathan the prophet (1 Kings 1:11-12).

However, because of his mind-set, Solomon stands out as a disappointing figure in Hebrew history. Uncontrolled sensuality made him a castaway. Solomon inherited his wealth from his father David. His work reflected the vision of his father for a united kingdom. He gave Israel a glory, prestige, and splendour unsurpassed in the world's history. However, Solomon apparently ruled for his own aggrandizement and not for the benefit of the people. His lavish spending soon dissipated the wealth from his father for the building of the Temple.

His sacrifice at Gibeon indicated that Solomon desired external magnificence in his religious preference. Another indication of his impulsive mind-set was his marriage to Pharaoh's daughter, which made her Queen of Israel. A daughter of Pharaoh sitting on David's throne must have shocked the people. Naturally, with his pagan wife came her pagan gods. Nehemiah 13:26 talks about his harem of outlandish women who caused him to sin. His 700 wives and 300 concubines turned him into an idolater (1 Kings 11:1-8). Thus, sensuality, sexual perversion, and the pride of wealth brought about Solomon's deterioration.

Solomon's wisdom did not teach him self-control.

#### *Potential Addiction(s):*

The potential addiction to which this mind-set would be vulnerable include work, eating, gambling, or success.

#### **4. Otherwise Minded:**

**C***aused by a familiar spirit (1 Samuel 28;7).* This interesting and illusive mind-set is mentioned in Galatians 5:10, which says, "I have confidence in you through the Lord, that ye will be none otherwise minded: but he that troubleth you shall bear his judgment, whosoever he be."

The Greek word *allos* (al'-los) means another of the same kind. First

Timothy 5:25 says, “Likewise also the good works of some are manifest beforehand; and they that are otherwise cannot be hid.”

Otherwise, here, literally means otherwise minded. It is the same word. A contrast is not with works that are not good, but with works that are not present. In other words, a person who is otherwise minded may mean well, but the fruit of his actions is lacking maturity and grace. He may even think he is serving the Lord in his mind, but he is performing pagan practices.

*This is the mind that has believed lies, in particular, religious lies. They are shrouded in half-truths.*

To be otherwise minded is a pestilence to the religious. Numbers 22-24 and Deuteronomy 23:4 tell us about the prophet Balaam. Peter, Jude, and John deal with Balaam as a historical presence (2 Peter 2;15; Jude 11; Revelation 2;14). Balaam has a head full of light but a heart full of darkness. Though he was considered a prophet, he followed the practices of Eastern soothsayers. This is the man who, after the price was right, accepted the invitation of Balak, King of Moab, to pronounce a curse on Israel.

Balaam is the man who is famous for hearing the ass upon which he was riding speak. While he was on his way to curse Israel, an angel of God stood in his path. Balaam did not see the angel, but the donkey did. The donkey stopped dead in his tracks, refusing to move even at the beating of his master. Finally, the donkey spoke to Balaam and Balaam answered. Astonished at what he had seen and heard, Balaam cried, “I have sinned!” At that moment, he knew his conduct was displeasing to God.

What Balaam was about to do was for money. King Balak had bought himself a prophet of God. Balaam was self-willed (Numbers 22:5-22), saved from death by a donkey (Numbers 22:33), otherwise-minded (Numbers 23:24), a failure in his mission (Numbers 24:10, an evil counselor (Numbers 31:16), and overcome by the sin of avarice (2 Peter 2:13).

From this otherwise-minded man, we learn that knowledge without grace is worthless, sin is ruinous, especially covetousness, and the road to ruin is

paved with good resolve.

Consider further the case of Eliphaz, the chief of Job's friends (Job 2:11; 4:1; 15:1; 22:1; 42:7, 9). He was a religious dogmatist. He based his dogmatism on one religious experience he had had with a spirit passing before his face, causing his hair to stand up (Job 4:12-16). As a result, he felt he had a special message from God to deliver. In his hard, cruel, rigid, dogmatic message, he tried to press Job into the mold of his own experience. He suggested that Job was suffering because of his sins (Job 15:16). In his second appeal to Job, he actually charged Job with sin (Job 22:5).

He was religious but wrong. Many otherwise minded religious folks today have built the entirety of their ministry and lifestyle on some very weird physical and emotional experiences. That is such a truly accurate description of the otherwise minded.

*Potential Addiction(s):*

Addictions of particular vulnerability to the otherwise minded are religion, legalism, cults, and the welfare mentality.

**5. Vain Mind:**

**C***aused by a seducing/lying spirit (1 Timothy 4:1-2; 2 Chronicles 18:22).* The vain mind is mentioned in Ephesians 4:17-19: "This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart; Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness."

Vain is *mataites* (mat-ah-yot'-ace) in the Greek. It means disappointing misery. In 1 Peter 1:18, there is a reference to vain conversations. The phrase means empty and/or manipulative.

In Galatians 5:26, vain glory means vain-minded. It refers to a person who knows how or who attempts to achieve unfounded respect and by his actions demonstrates big talk, boasting and ambition. It is characteristic of people who are always going to do something, but who never do.

Nebuchadnezzar epitomized the vain-minded. This Gentile monarch captured Jerusalem and destroyed the city and the Temple. He carried Israel into Babylon as slaves, established golden images for them to worship, and cast three Hebrew youth into a fiery furnace when they refused to worship. He was drunk with pride. However, his pride drove him out of his mind. He was separated from men, grazed in the fields eating grass like the oxen; the hair on his body grew like eagles' feathers, and his nails like birds' claws (Daniel 5:33).

Esau was the eldest son of Isaac and the twin brother of Jacob. His biography provides us with one of the most tragic histories of men of the Bible. As the elder son of his father, even though he came from the womb only a half-hour before his twin brother Jacob, he was entitled by law and custom to inherit twice as much as the younger son's portion as well as the headship of the family. However, we all know the story of how, for a mess of pottage, he betrayed away his spiritual and temporal birth right. He sold his birth right because he despised it.

A vain mind will cause a person to part with the rich blessings to which he or she is heir.

*Potential Addiction(s):*

The vain-minded person would have a propensity for sexual addictions and a rescuing behavior. He/she will also have a problem overestimating personal worth. The vain-minded person will often price himself out of the job market because he thinks he is worth more than he actually is. If you could buy him for what he is worth and sell him for what he thinks he is worth, you could become an instant millionaire.

## 6. Earthly Mind:

**C** *aused by the spirit of fear (2 Timothy 1:7).* The reference passage is Philippians 3:19 which says, “Whose end is destruction, whose God is their belly, and whose glory is their shame, who mind earthly things.”

The word earthly means “on the earth.” Epi (on) ge (earth) = epigeios (ep-ig<sup>2</sup>-i-os). It relates to the terrestrial. It is the person who leaves God out of his planning because his focus is on things.

I must lay a good foundation for this Bible example of an earthly-minded behaviour pattern. John Mark’s mother was a godly, well- to-do widow in Jerusalem, and her house was a favourite meeting place for the saints (Acts 12:12; Colossians 4:10). Her brother, Barnabas, John Mark’s uncle, was a wealthy Levite from the island of Cyprus (Acts 13:1-5). In Barnabas, Mark had a staunch and gifted friend and counselor (Acts 11:24). While we are not told how or when Mark became a disciple of Christ, it is evident that he owed his conversion to Peter (1 Peter 5:13). After his conversion, he became Peter’s close companion for about twelve years.

Mark became an attendant of Paul and Barnabas when they set out on their great mission tour (Acts 13:5). These two godly men must have had a formative influence upon the character of Mark; however, our next glimpse of him is disappointing. In the early years of his service, he was guilty of vacillating (Acts 13:13; 15:38). He looked back. He failed Paul and Barnabas in an hour of crisis.

History seems to indicate that Mark could not handle the hardships of mission work and longed for the comforts of the wealthy home of his mother. The ministry was arduous. His abandoning Paul and Barnabas on the front line of battle served to sever their friendship.

His mind-set sent Mark running back to the ease of his Jerusalem home. That is typical of the earthly mind. It does not like to be inconvenienced. It wants the benefits, but none of the difficulties. It wants the easy road, but

does not want the hard road.

The good news is that John Mark was restored. The years the locusts had eaten were restored and he became a colleague of Paul (Colossians 4:10; Philemon 24; 2 Timothy 4:11)

*Potential Addiction(s):*

The earthly minded person has a propensity for materialism.

**7. Shaken Mind:**

**C***aused by the spirit of heaviness (Isaiah 61:3).* This mind-set is mentioned in 2 Thessalonians 2:2, which says, “That ye be not soon shaken in mind, or be troubled, neither by spirit, nor by word, nor by letter as from us, as that the day of Christ is at hand.”

The word shaken describes an agitated mind. It literally describes the action of a stormy wind shaken to make insecure as in Hebrews 12:27, which says, “Yet once more, signifieth the removing of those things that are shaken, as of things that are made, that those things which cannot be shaken may remain.”

It means to unsettle from one’s convictions. A number of factors have an easy influence on the shaken mind: trouble, the emotions (spirit), words, and literature. Any one of these factors can act as a trigger that can initiate a downward spiral.

The Apostle Peter is a prime example of one suffering from a shaken mind. He was a man of diverse character. He was naturally impulsive (Matthew 14:28; John 21:7), tenderhearted and affectionate (Matthew 26:75; John 13:9; 21:15-17), gifted with spiritual insight (John 6:68), yet sometimes slow to apprehend deeper truths (Matthew 15:15-16), courageous in his confession of faith in Christ, yet guilty of a most cowardly denial (Matthew 16:16; Mark 14:67-71; John 6:69), self-sacrificing yet inclined toward self-seeking (Matthew 19:27), and presumption (Matthew 16:22; John 13:8; 18:10), immovable in his convictions (Acts 4:19-20; 5:28, 29, 40, 42).

Peter became the leader of the apostolic Twelve. He witnessed the raising of Jairus' daughter, the Transfiguration, and our Lord's agony in the Garden. Peter became a miracle worker. He swore he would never deny the Lord (Matthew 26:31-35).

However, with all of his good qualities, Peter had a terrible flaw. He miserably failed the Lord in His hour of crisis because he was visibly shaken (Matthew 26:69- 75). His mind was so shaken by Christ's arrest that three times he openly denied he was one of His disciples. He even accented his denial with profanity.

God used a chicken to pull Peter back together. In his third denial, a cock crowed, just as the Lord had predicted. Matthew 26:75 states, "And he went out, and wept bitterly." Peter's shaken mind was restored. The entrance of truth restored it. After his restoration, he was re-commissioned by the risen Lord.

### *Potential Addiction(s):*

One compulsive behavior becomes especially threatening to the shaken mind – perfectionism.

### **8. Defiled Mind:**

**C** *aused by the spirit of perversion. (Isaiah 19:14).* This mind-set is described in Titus 1:15-16, which says, "Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled. They profess that they know God; but in works they deny him, being abominable, and unto every good work reprobate."

The word describes the worst form of contamination. You will notice that the mind and conscience are associated in this mind-set. It is a mind filled with polluted and moral defilement. There is a constant haunting presence of immoral, unclean thoughts in the defiled mind. It is a mind that will devise wicked imaginations (Proverbs 6:18).

Nothing outside can corrupt one who is internally pure, but someone who is internally impure corrupts all he touches.

The most compelling example of the defiled mind is Judas. His crime of betrayal was horrible and diabolical. It stands out as the darkest deed in human history. I have never met a man named after him. It is as if his name has been stricken from repetition. The word betray literally means to deliver up. This is what Judas did – he delivered up Jesus. He lived with Christ for three years. He saw His miracles and heard His sermons. He was the treasurer for the Twelve; however, Matthew 26:47-56 records Judas' betrayal by a symbol of affection – a kiss. Even when Christ met Judas face to face, He greeted him as a friend.

The journey of the defiled mind always gains momentum. The defiled mind never knows where the path of sin will end. It only needs opportunity to lead one into the depths.

Ham also stands out as an example of the defiled mind. He was the youngest son of Noah, the father of Canaan, and founder of many people (Genesis 5, 6, 9 and 22). After the flood, we are told that Noah planted a vineyard and began drinking his own manufactured wine. When he was drunk, red-eyed, yellow-breathed, naked, and sprawled out on the floor of his tent, Ham looked upon his nakedness.

To the ancients, however, even seeing one's father naked was a breach of family ethics. The sanctity of the family was destroyed and the strength of the father was made a mockery. Ham apparently stumbled onto his father's condition accidentally, but went out and exultingly told his two brothers, as if he had triumphed over his father. His brothers would not look upon their father, but covered him with their coats.

The defiled mind becomes a generational curse. What was a trivial incident to Ham turned out to be a major event. Noah's curse (Genesis 9:24-29) showed that the natures of his three sons would be perpetuated in their descendants.

In all but one verse in Leviticus 18:6-19, Moses used the causative form of the verb galah (gaw-law) to refer to the Canaanites' (Ham's descendants) uncovering another's nakedness. This euphemism reports the actual licentious and repulsively immoral behavior of the descendants of Ham (Leviticus 18:3). Ham's mind-set toward immorality bore fruit in the immoral acts of his descendants, the Canaanites.

Of all the nine mind-sets discussed, the defiled mind carries the strongest generational inclination.

*Potential Addiction(s):*

The defiled mind has a propensity for the most destructive addictions: toxic people, sex, and pornography.

**9. Double Mind:**

**C***aused by the spirit of divination (1 Samuel 28:7).* James described millions of hurting and healing people in James 1:8. "A double-minded man is unstable in all of his ways." He again challenged the double-minded in James 4:8: "Draw nigh to God, and He will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded."

The phrase is comprised of two Greek words: Dis (dis) (twice) psuche (psoo-khay') (soul). Dispuchos (dip'-soo-khos) means two souls. It could be a multiple personality. It certainly describes an unstable person.

Jacob was the second son of Isaac and Rebekah and the younger twin brother of Esau. Jacob is an outstanding example of the presence of two natures. Like Dr. Jekyll and Mr. Hyde, Jacob was good and bad. His character was full of interest and difficulty, because of its weakness and strength. Jacob had a many-sided life, full of inconsistencies. He was a man of guile, yet a man of prayer. He was the victim of his mother's partiality (Genesis 25:28). He was selfish. When his brother came in from the fields

after working, Jacob would not give him food without bargaining over it.

He was naturally crafty and deceitful. He violated his conscience when he allowed his mother to draw him away from the path of honor and integrity. He practiced deception on his blind father with the covering of a kid skin. Then he told a deliberate lie to obtain a spiritual blessing. He violated the sacred when he blasphemously used the Lord's name to further his evil plans.

A quick survey of Jacob might help visualize this two-natured man. There were two remarkable spiritual experiences in his life – at Bethel and Peniel. Jacob cheated (Genesis 25:29-34), deceived (Genesis 27:1-29), was compelled to flee (Genesis 27:43; 28:1-5), was brought to a higher level of relationship (Genesis 28:10-22), had a romance spoiled and was paid back in his own style of deception (Genesis 29:15-30), was prayerful (Genesis 32:9-12, 24-30), received a divine call to the promised land (Genesis 31), was disciplined by God through affliction (Genesis 37:28; 42:36), was a man of faith (Hebrews 11:21), and was blessed with sons who became the foundation of a nation (Genesis 48:49; Numbers 24:19).

David shines as another classic example of the two-natured man. He was the youngest of the eight sons of Jesse the Bethlehemite, the second and greatest king of Israel. However, David was both a saint and a sinner. The general trend of his life was spiritual (1 Samuel 13:14; 1 Kings 15:5). What other man has had the distinction of being called a man after God's own heart?

However, driven by his darker side, David violated divine law (Deuteronomy 17:17; 2 Samuel 5:13), yielded to immorality, deception and murder (2 Samuel 11), and was rebuked by Nathan the prophet (2 Samuel 12). The sins of David produced a dysfunctional family filled with anger, hatred, incest, insurrection, and murder.

He covered his adultery and murder, but he could not escape the anguish of guilt. David's confession was not one of a cold, formal acknowledgment of guilt, but a true and heartfelt humbling of himself before God. His cry for

mercy, pardon, and restoration in Psalm 32 and Psalm 51 have pointed the way back for many people who have fallen into the power of the double mind.

*Potential Addiction(s):*

The double-minded person will be a prime candidate for co-dependency (James 1:8).

**10. Reprobate Mind:**

**C***aused by the spirit of whoredom (Hosea 5:4/Ezekiel 16:32-36).* You will find this frightening mind-set in Romans 1:28, which says, “And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient.”

The word reprobate means unapproving or undiscerning. In the context of Romans 1:28, since certain people had suppressed the revealed truth of God and refused to retain God in their knowledge, consequently, for the third time in only a few verses in Romans one, it is said that God gave them up (over) to what they wanted all along. The consequences of this mind-set were disastrous. The corrupt lifestyle that follows cannot be blamed on God. It is what they wanted. In effect, what God said was, “If that is what you want, that is what I will let you have.”

In verses 29 through 32, the list of sinful indulgences is heinous. They are permeated and saturated with unrighteousness, iniquity, perversion, greed, malice, envy, jealousy, murder, strife, deceit, treachery, cruelty, backbiting, slander, hatred, including hatred toward God, insolence, arrogance, boastfulness, inventors of new evils, and un-dutifulness to parents. If one could open the reprobate mind-set, you would find a garbage dump of perversion.

The Bible example I shall use for the compulsive-addictive or reprobate mind is King Saul. Doctor Lockyer accurately describes Saul as the “man who lost his kingdom.” No other Biblical figure had so many chances to

become successful, and no man ever so missed them as King Saul. He was literally an abuser of his God-given opportunities. He began in splendour and ended in tragedy.

His age-old story of pride, egotism, and the abuse of power makes Saul the classic example of someone with an addictive-compulsive mind-set.

In his early years, Saul was anointed with the Holy Spirit (1 Samuel 10:6) and he expressed humility and self-control (1 Samuel 10:13; 10:22; 10:27). However, self-will restricted his influence (1 Samuel 15:11-23). He became insanely jealous of David (1 Samuel 18:8; 19:1). He outlawed witchcraft and yet became a participant in witchcraft and his tragic life ended in suicide (1 Samuel 31:4).

*Potential Addiction(s):*

The reprobate mind-set is capable of every possible evil.





## FINAL CHAPTER

### **Biblical Mindsets:**

**C**aused by the work of the Holy Spirit in conjunction with the Word of God. By contrast to unhealthy mind-sets, The Word of God provides us with a description of five healthy conditions of the mind. The combination of these five elements makes the mind fertile for seed- planting. A person's mind is God's gift to provide him with the ability to think, learn, feel, imagine, create, dream, choose, etc. Our minds make us or break us. Quoting Proverbs 23:7 yet once again, "For as he thinks in his heart, so is he," we see that we become what we think. We become kings or paupers, victims or victors, sinners or saints, slaves of Satan or masters of faith, according to what we think. Our minds are too valuable a commodity to waste on unhealthy mind-sets.

### **1. Renewed Mind.**

“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the (entire) renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]” (Romans 12:2, Amp).

The miracle of a transformed mind is expressed by metamorphoo (met-am-or-fo'-o), the Greek word translated transformed, from which we derive our English word metamorphosis. It is a process of changing, the source of which is the Word of God. The process reflects the inward change of a person's character. The mind, from the Greek nous (nooce), the center of logical reasoning, ethical judgment, and moral awareness, must be completely changed or made healthy.

*A renewed mind has come under the control of the Holy Spirit.*

### **2. Willing Mind.**

“For if, there be first a willing mind, it is accepted according to that a man hath, and not according to that, he hath not” (2 Corinthians 8:12).

Though by interpretation this is a direct reference to giving, by application it is a reference to the condition of a healthy mind. The term willing mind refers to attitude. Attitude has everything to do with altitude. You will never rise higher your attitude.

### **3. Eager Mind.**

“And not that only, but who was also chosen of the churches to

travel with us with this grace, which is administered by us to the glory of the same Lord, and declaration of your ready mind” (2 Corinthians 8:19).

The word ready can more accurately be translated eager. The strong quality that caused the church in Jerusalem to select Titus to assist in delivering a large grace gift to Corinth was an eager mind. An eager mind learns and increases its knowledge as a dry sponge soaks up water. It is a wonderful and desirable quality.

#### **4. Sound Mind.**

“For God has not given us the spirit of fear, but of power, and of love, and of a sound mind” (2 Timothy 1:7).

A sound mind is a disciplined mind. The opposite of fear is not courage, but love. Natural fear is overcome by supernatural love in the company of a disciplined mind. There must be something healthy about a disciplined mind. Naturally, the opposite of a disciplined mind is a self-indulged and over-indulged mind.

#### **5. Sober Mind.**

“Young men likewise exhort to be sober minded” (Titus 2:6).

A sober mind is a moderate or balanced mind. The Greek word *sophroneo* (so-fron-eh'-o) is the same word translated in verses 2 and 5, as temperate and discreet. The idea behind the word is curbing one's impulses. Therefore, the cure for impulsive behavior is a sober mind.

These are the five biblical ingredients for fertile mind soil. Seeds of truth planted in this soil will take root, germinate, grow and bear fruit. In order to change the fruit of one's behaviour, one must change the root of his thinking

### Biblical Therapy Vs Modern psychology & psychiatry

Bible	Psychology & Psychiatry
The Bible as textbook is sufficient and authoritative	Many different theories and philosophies
One set immutable standard for morals	No defined role model for living morals
Real science; tested over thousands of years as effective and reliable, does not change values or outcome	Pseudo-science; very recent development that changes values with prevailing trends & secular mind sets
Christ and God centred	Man and society centred
Responsible for decisions	Product of environment
Accountability for actions	Blame shifting
Addiction is a sin	Addiction is a disease
Sin was forgiven in Christ Jesus	No medical cure
Faith in God required	Faith in self is required
Addiction has a spiritual root cause based on obedience to God	Addiction has external root causes beyond your control
Deals with spiritual inner issues, emotional/mental and physical issues.	Deals only with psychological and medical issues.

Promotes abstinence and total sobriety	Prescribes alternative addictive drugs
Promotes Christian love and discipline	Sympathizes and promotes self-pity
Protects society against criminals (confess your sins)	Protects criminals against exposure (protect your privacy)
Submit to laws of country	Stand on your rights to party
Holy Spirit led counsel	Counsel depends on human knowledge
God knows man fully	Man does not know himself.
Lasting and high success rate	Very poor prognosis

So then in order to conclude let us look at how our flow chart works at House Regeneration where we have successfully applied all of the above Biblical truths.

# Biblical Therapy Flow Chart



## **PHASE ONE (APPROX 3 MONTHS)**

### **Introduction to our model**

- Create awareness and education about Faith based Biblical Therapy Vs Secular models through radio, websites, blog, social media and community networks.

### **Admission**

- Complete contract documentation which includes:
  - Tri-partheid agreement, program information, disciplinary code, medical and transport T&C's, list items, personal admission form and financial documentation.

### **Induction**

- TLC Program 2-3 Months which includes:
  - Detoxification, life story, confessional, repentance, forgiveness, salvation, Master Outline series & Christian Foundations



## **PHASE TWO (APPROX 6 MONTHS)**

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### **Biblical Therapy**

- This course includes:
  - The Bible and the Mind, Biblical validity in psychotherapy,
  - 10 Foundations truths,
  - Belief Modification,
  - The Mind and lies,
  - 10 bad mind sets & 5 Godly mind sets,
  - Identify 36 common lies, correct & apply Truth.

### **Habits of the Mind**

- This course includes:
  - Thoughts that cause change your life,
  - How to control your thoughts
  - Control your thoughts control your behaviour,
  - Mental stability & spiritual Wisdom.

### **Empowering the Mind**

- In this course the student learns:
  - Teach yourself new thought habits,
  - Identify your unique list of power thoughts,
  - Operating in the Spirit versus Self.



## **PHASE THREE (APPROX 3 MONTHS)**

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### **New Beginnings**

- This course includes:
  - What to expect back in society,
  - What to do during temptation,
  - How to avoid temptation,
  - New social networks, places and people to avoid.
  - Work issues, realistic expectations & family redemption.

### **Leadership training**

- This course includes:
  - Obeying authority,
  - Exercising authority,
  - The example of Jesus in leadership,
  - And includes Weekly prefect meetings & disciplinary management

### **Release Prep**

- In this phase we cover:
  - Parent/sponsor/student liason meetings,
  - Preparing for homecoming, and finally
  - Readiness assessment by management, counselors, prefects & peers.

**FOR MORE INFORMATION VISIT**

**[www.hr7.co.za](http://www.hr7.co.za)**

