Psychology and Psychotherapy (part 2)

Dr. Martin & Deidre Bobgan and T. A. McMahon

Professional psychotherapy, with its underlying psychologies, is questionable at best, detrimental at worst, and a spiritual counterfeit at least. On one hand, there’s enough biblical and scientific evidence to shut down the secular psychology industry and with it the “Christian Psychology” industry. On the other hand, we’re not naïve enough to believe that the overwhelming amount of scientific evidence supporting its demise will be heeded by the majority of Christians.

Regrettably, many will not be interested in reading about the biblical and scientific evidence because it contradicts their established assumptions about psychological counseling. According to sound research, not only is psychotherapy less effective than it is purported to be, but in many cases it’s even harmful. After examining numerous efficacy (effectiveness) studies on psychotherapy, university professor and widely recognized researcher Dr. Robyn Dawes says, “There is no positive evidence supporting the efficacy of professional psychology.” Dawes further says “Evaluating the efficacy of psychotherapy has led us to conclude that professional psychologists are no better psychotherapists than anyone else with minimal training—sometimes those without any training at all; the professionals are merely more expensive.”

In fact, Dr. Lawrence LeShan, when he was president-elect of the Association for Humanistic Psychology, said: “Psychotherapy may be known in the future as the greatest hoax of the twentieth century.”

Although biblical ministry to the soul has existed for thousands of years, psychotherapy is relatively new. It has only been during the latter half of the twentieth century that Christians began to trust psychology more than the Bible in dealing with problems of living. As a result, psychology has displaced much of Christianity and the care of souls. Even for those who are Christians, psychotherapy and its underlying psychologies have contaminated the pure ministry of souls. Even for those who are Christians, psychotherapy and its underlying psychologies have contaminated the pure ministry of the Word of God and the life of Christ in the believer.

Today people wholeheartedly believe that psychological counseling theories, dressed in a wide variety of styles and shades, contain the secrets and answers for helping troubled souls. Their confidence in the curative power of psychotherapy has increased in spite of the absence of substantial proof of any great degree of effectiveness. Persuaded by the claims of psychotherapists, they fail to question the validity of those claims, refuse to examine research, and blindly believe popular myths about psychotherapy.

In our local and national surveys, we have found that the large majority of churches refer their people with personal, marital, and family problems to these licensed professionals. Prior to 60 years ago, no such referral from a church to a psychotherapist’s office ever happened, because licensed psychotherapists did not exist then. Now the church that does not refer out to the licensed therapist or use their books is a major exception.

What’s the problem with pastors directing their people away from the oracles of God to the offices of the God-usurpers? The radical wrongdoing in all of this is that by sending people to psychotherapists, pastors and other ministers in the church are, in effect, denying the sufficiency of the Word of God and the Holy Spirit to minister to the trials, tribulations, and suffering that we face in life!

The church has great and godly promises available in the Word, which always trumps the current-day prestige, promises, and pronouncements of the psychotherapists, but there are many Christian leaders and organizations that, by their actions, must not believe this. Their very acts contradict their claims of belief in the sufficiency of Scripture.

We have repeatedly said that Christians should not become psychotherapists. Neither should Christians go to psychotherapists for help. In spite of our warnings, for which we have provided biblical and scientific support, Christians continue to become licensed psychotherapists or are using their services.

All licensed psychotherapists have been educated in clinical psychology, from which psychotherapy (counseling psychology) comes. When they counsel, they must do so according to their secular psychological training and their license. Each state licenses its own psychotherapists, with the two most popular titles being Clinical Psychologist and Marriage and Family Therapist. The standard that psychotherapists must follow is that they are to practice according to the educational requirements for licensing. A licensed-by-the-state psychotherapist who is honest cannot turn the therapist/client relationship into a godly Christian session, as that would be a dishonest use of the license and could lead to suspension of it.

Any licensed-by-the-state psychotherapist must serve clients without discrimination. That means a Christian who is licensed by the state to be a psychotherapist must perform professional services for married lesbians and gays, homosexual singles, Satanists, cult leaders, et al. For example, if two married gays come to a psychotherapist licensed by the state, she14 must do her best to assist the gay couple with all of her professional training to help them live more happily with one another. Some of these Christian psychotherapists will tell you that they would rather lose their license than to do that. However, no Christian should be involved in such unfaithfulness to begin with.

From the very beginning of the Christian church there was a method and a ministry for dealing with mental/emotional problems. The method depended upon the Word of God, which describes both the condition of man and the process of relief for troubled minds. The ministry within the early church was a prayer-and-healing service, and they referred the cure of souls, it has shifted its faith to a secular cure of minds. Dr. Thomas Szasz very ably describes how this change came about: “…with the soul securely displaced by the mind and the mind securely subsumed as a function of the brain—people speak of the ‘cure of minds.’” The brain is a physical organ; the
mind is not. With this subtle semantic twist, the mind (disguised as an organ of the body) was elevated as a scientific and medical concept in contrast to the soul, which is a theological reality. A choice was made between a so-called scientific concept and a theological one. The average person does not see that both mind and soul are abstract concepts. One is an abstraction of psychotherapy and the other is an abstraction of religion.

At the same time that a physical organ (the brain) was replaced by an abstraction (the mind), another change took place. Whereas the church had believed that there was a relationship of sin and circumstances to mental/emotional disorders, the psychotherapist introduced the medical concept of sickness to explain such disorders. Nevertheless, mental suffering is not synonymous with sickness—we’ve only been deluded into thinking that it is. We easily accepted the word “sickness” to refer to mental-emotional problems because that was the “loving” and “understanding” way to cover up moral responsibility—ours as well as theirs.

There’s a serious problem when people confuse emotions with tissue and sin with sickness. Such confusion of words leads to erroneous thinking. This very confusion and error virtually ended the cure-of-souls ministry in the church. Through a semantic trick, the mind was confused with the brain, and the misnomer of sickness replaced the concept of sin. Thus the entire subjective, theoretical process of psychotherapy ensconced itself safely in the realm of science and medicine. In reality, psychotherapy is a misfit as medicine and an impostor as science. With the rise in psychotherapy, there was a decline in the pastoral cure of souls until that ministry is now almost nonexistent.

Christianity is more than a belief system or a theological creed. Christianity is faith in a living Lord and in His indwelling Holy Spirit. Christianity involves the entire life: every day, every action, every decision, every thought, and every emotion. One cannot adequately treat a Christian apart from Christ’s indwelling presence. Neither should one segment the mental and emotional from a Christian’s faith.

True Christians, who have God’s Holy Spirit living in them, are spiritual beings; they need spiritual solutions, not mere psychological attempts at solving the problem. Yet, for too long Christians have looked to the church to answer our theoretical questions and have looked elsewhere for answers to problems of living.

It’s understandable that the world would reject the Living Water when attempting to understand and help individuals suffering from problems of living. However, as the world rejected biblical answers, the church began to doubt its own doctrine of sin, salvation, and sanctification in the area of personal and relationship problems. Many ministers even left their pastorates to become licensed psychotherapists.

In the past sixty years, psychological theory has usurped the place of spiritual practice, and even Christians turn to psychotherapy rather than to sanctification as a means of dealing with soul problems. The Bible provides both a spiritual basis for mental/emotional health and a spiritual solution for non-organically caused mental/emotional disorders. True mental health involves spiritual and moral health as well as emotional wellbeing. It’s imperative that Christians take a fresh look at the Bible and at the provisions that God has made available for mental-emotional health and healing. No one has ever proved that psychotherapy produces better results than biblical ministry in the church from the day of Pentecost onward.

The Bible is the only authoritative document that is sufficient when it comes to matters of the soul. God himself created humans. He not only gave them a soul, but He gave them His Word concerning matters of the soul, including “all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue” (2 Pt 1:3). The soul itself is a person’s nonphysical inner life, the core of one’s being. No psychological theory, psychotherapist, or psychological counselor can even approach what the Bible is able to do regarding the soul: “For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do” (Heb 4:12-13).

The soul resides in every person in his inborn nature, which is common to all who are “in Adam” (they have inherited the sin nature.) The human spirit is made alive when people are “born again” (Jn 1:12-13; 3:3-5) and have the life of Christ in them. This plays out in Galatians where the “flesh lusteth against the Spirit, and the Spirit against the flesh” (Gal 5:17). This battle within every believer between the flesh and the spirit continues until believers enter into glory with Jesus Christ. The Word of God reveals a person’s “thoughts and intents of the heart.” The Word of God is not only powerful and authoritative; it is God-breathed and sufficient to enable a Christian to live a life pleasing to God: “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works” (2 Tm 3:16-17).

The Word of God ministered by the Holy Spirit in the fellowship of believers has far more to offer than the psychological wisdom of men. God’s plan for salvation and sanctification is clearly laid out in the Bible. Instead of turning to psychotherapy, believers need to turn to Scripture, which describes both what God accomplishes in a believer and how the believer is enabled to respond.

“As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, for in him dwelleth all the fulness of the Godhead bodily. And ye are complete in him, which is the head of all principality and power…” (Col 2:6-10).

In this passage, we see that just as Christians receive salvation by grace through faith, they are to live each day by grace through faith. And just as Jesus is central in salvation in that He offered Himself for their sins and gave them new life, He is to be central on a daily basis—moment by moment. Their new life is to be grounded in Christ and built up in Him. They need to be established in the faith (the teachings and doctrines) by remembering what Christ has done and responding accordingly. And they are to be thankful, not just a bit here and there but “abounding therein with thanksgiving!” Christianity is not a part-time activity. It must be full-time—when life is easy and when it gets hard.

The scripture above also warns about psychotherapy: being spoiled through “philosophy and vain deceit, after the tradition of men, after the rudiments of the world,” all of which ruin believers by taking away from their dependence on Christ and God’s Word. The passage extols Christ, in whom is “all the fulness of the Godhead bodily” (v. 9) and who is “the head of all principality and power.” Christ has made believers to be “complete in Him.” Believers need to encourage one another with these God-breathed words from Scripture, because there is a tendency to forget these truths, which are so very essential and life giving.

Twice in the book of Proverbs (14:12; 16:25) we’re told that there’s a way (the world’s way) that seems right to a man but it leads to a separation from God’s truth (i.e., the ways of death). Pray that we all might heed the counsel of the Lord given in Jeremiah 6:16: “Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls.”

TBC
QUESTION: The Bible says, “For it is God which worketh in you both to will and to do of his good pleasure” (Philippians 2:13). Then why do I so often fail to do His will and to please Him? I more often please myself by doing my own will. Why?

RESPONSE: The previous verse says, “work out your own salvation with fear and trembling.” We don’t “work for salvation” but must “work out” the salvation God has given us. Paul declares that “we are his [God’s] workmanship, created in Christ unto good works, which God hath before ordained that we should walk in them” (Eph 2:9-10). It is God’s will that we should do good works—but it is our responsibility to do them.

Created in a beautiful garden, Adam was “to dress it and to keep it [and] freely eat” its fruit (Gn 2:15-16). God gave Adam the ability, but he had both to harvest and to eat the fruit. God didn’t do either of these tasks for him. So it is with the life we are to live by faith in God and in obedience to His will. God’s work in us neither overrides our will nor our efforts but guides and empowers us as we obey Him. Just as Adam failed to do God’s will, we too fail at times. God had a provision for Adam’s sin, and He has one for ours as well. “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness” (1 Jn 1:9). Why do we so often seek our own will? Whether we live for Christ or for self depends upon our understanding and faith.

Christ loves us so much that He paid the full penalty that His justice demanded for our sins. When this fact becomes more real to us than this passing world, we become overwhelmed with love for Him and the desire to do His will. When we really believe that this life is brief and eternity is unending, the shortness of time in relation to eternity compels us by logic and even self-interest to live for eternity. The life we live day-by-day depends upon what we really believe. Paul’s passion was to “present every man perfect in Christ Jesus.” To that end he said, “Whereunto I also labour, striving according to his working, which worketh in me mightily (Col 1:28-29). Understanding, faith, and love provide the foundation for a partnership in which God is able to work mightily in us as we work diligently and trust Him.

QUESTION: You justify God for sending people to hell because He has provided salvation for them in Christ. That won’t do, for millions and probably billions will spend eternity in hell. God knew that! How could a good God create anyone whom He knew would suffer eternally?

RESPONSE: God created each person with the capability to choose. One cannot have real human beings without the possibility of evil. So the issue is the existence or nonexistence of the human race: “To be or not to be.” The only way to have forever eliminated evil and suffering on this earth would have been not to create man at all. Although that would have eliminated all suffering and sorrow, think of the beauty and joy and love it would have eliminated as well.

God wants no one to go to hell, and He has provided salvation for everyone through Jesus Christ, whom He sent into the world “that the world through Him might be saved” (Jn 3:17). He is not “willing that any should perish” (2 Pt 3:9) but desires for “all men to be saved” (1 Tm 2:4). Those in hell have only themselves to blame for rejecting the full forgiveness of sins and the gift of eternal life offered to all freely, by His grace, through Christ’s payment of the penalty for their sins.

Why would God create those He knew would ultimately reject the gospel? Why didn’t He only create those who would believe the gospel and leave uncreated those who would reject Christ? God knew that many of those who would, by their own free will, reject Him (although having the same opportunity to receive Him as all the rest) would be the mothers and fathers, the aunts and uncles, the children and grandchildren and cousins of millions and millions who would believe in Christ and therefore whose destiny is the eternal bliss and joy of heaven. If the former hadn’t come into existence, then neither could the latter. The only place for those who do not accept His offer of salvation is to be consigned to the lake of fire for eternity. “Not fair!” you say? On the contrary. God created the lake of fire for “the devil and his angels” (Mt 25:41), and it is not His will (Jn 3:16) that any should perish.

QUESTION: “Broad is the way, that leadeth to destruction, and many there be which go in thereat” (Mt 7:13). How has God “won” if there are more souls in hell than in heaven?

RESPONSE: Are you sure there will be “more souls in hell than in heaven”? The verse you quote refers to those who reject the narrow way to life—it does not refer to those who die in infancy or to aborted babies. If these, having neither sinned nor rejected the gospel, are indeed purchased by Christ’s sacrifice for the sins of the world (as I believe they are), on that account alone there could be more in heaven than in hell because of the high infant mortality rate in most countries where the gospel is little known. Furthermore, even if no one went to heaven, God has “won.” He did not compromise His justice but insisted that the penalty be paid and will allow no one into heaven who has rejected Christ’s payment on their behalf. Christ conquered Satan by living a sinless life of perfect obedience to the Father—and then by laying down that life in full payment for sin. God has proved both His love and His justice, both His mercy and holiness. Through Christ’s payment for sin upon the cross, God has won the victory over Satan, sin, and death, and has made salvation available to all who will receive it as the free gift of His grace.

QUESTION: Is it really biblical for you or anyone else to point out others’ faults? Isn’t this judging when we are not to judge? Doesn’t the Scripture say that the servant is to be left to the correction of his master, who is Christ?

RESPONSE: It’s not a matter of pointing out “faults” but of correcting unbiblical doctrine and behavior. Publicly taught doctrinal error must be corrected publicly for the benefit of those who have been misled thereby. In fact, correction should be a major part of any teaching from God’s Word. Paul tells Timothy that “all Scripture is given by the inspiration of God” with the purpose being “for doctrine, for reproof, for correction, for instruction in righteousness” (2 Tm 3:16). A primary purpose of all of the epistles is correction! It’s impossible to teach sound doctrine and to instruct in righteousness without warning concerning what is false. Thus Paul declares that to “preach the word” one must “reprove, rebuke, exhort with all longsuffering and doctrine” (2 Tm 4:2). And reproof and correction are incomplete without specifically identifying the offenders. How many of today’s popular Christian leaders are being true to God’s Word in this regard? Could that be a major missing element in today’s church, explaining at least in part why “the time will come when they will not endure sound doctrine” (2 Tm 4:3-4)?
Dear Friends,
We have loved The Berean Call for years and have appreciated each issue you have been sending out. You’re carrying on for Dave beautifully. God bless you. AK (GA)

Dear T. A. McMahon,
As a ministry partner with Rabbi Jonathan Cahn and about a dozen other Messianic Jewish ministries, as I have written before, David James’s misunderstanding and criticism of The Harbinger will sooner or later cause YAH’s judgment to fall on him and the Berean Call as a whole. We are not being led astray! JM (NY)

Dear Friends at TBC,
I am writing to thank you so much for all you do. I truly enjoy your newsletters. They are excellent. All the editorials, subject matters, letters to the editor, and just the entire newsletter have been a truly great blessing. I get so much from it for my Christian walk. I read an article about you being a Christian and not a “Protestant” in your November 2017 newsletter. I, too, confess to being a Christian and nothing else. I have always thought I was the only one who felt this way. Keep up the good fight and run the good race. DF (CA, prisoner)

Dear TBC,
Thank you for posting past conference speakers on your website. Since I cannot attend the conferences in person, I surely appreciate their reaching me via the Internet. ES (PA)

Dear Berean Call,[Our donation] is given in the memory of our mother. She was a long-time reader and looked forward to receiving the newsletter every month. If it didn’t arrive on time, she would call me to ask if I had received mine. Many of our conversations were around the articles and topics you covered. We have been blessed by the newsletter, Dave’s books, and other materials you offer. One of these days we hope to make it to a conference! God bless. SQ

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From my own experiences during fiery trials, I can testify that the pain, the angst, and other suffering are conquered the instant I surrender to the flames. It is like falling backwards off a steep cliff into the hands of God. There is no parachute and no stopping halfway. If He doesn’t catch you, then you will hit the bottom and die. That is literally the goal of faith—to trust God with your life and everything in it. All that is not put into His hands is unprotected and causes us angst and suffering. However, when all is surrendered, we receive a deep serenity that the fire will not burn anything except what needs to be consumed. That’s when the gold shines.

—Cedric H. Fisher

End Notes

11 Ibid., 101-102.
12 Lawrence LeShan, Association for Humanistic Psychology, October 1984, 4.
14 Because counseling is essentially a female-friendly activity and because women make up the large majority of the counselors and counselees, the professional journals will often use the feminine gender alone when referring to the counselors and counselees.
17 Ibid., xxiv.

The Bobgans website is: www.psychoheresy-aware.org
**TRUMP RETURNS “JIHAD” TO INTELLIGENCE**

*FrontPageMag.com*, 12/20/17, “TRUMP RETURNS “JIHAD” TO INTELLIGENCE”

**Excerpts:** President Trump’s new national security strategy is set to return words relevant to understanding Islamic terrorism—such as “jihad”—that had been expunged from the Intelligence and Defense communities’ lexicon, most notably under the Obama administration. According to the new strategy document, “The primary transnational threats Americans face are from jihadist terrorists and transnational criminal organizations.”

This is significant on several levels—the first being as basic as “knowing one’s enemy,” which President Obama had refused to do. In 2011 it was reported that the Obama administration was pulling back all training materials used for the law enforcement and national security communities, in order to eliminate all references to Islam that some Muslim groups have claimed are offensive.”

(<https://goo.gl/4PSmuq>)

**RAPID FINCH SPECIATION COUNTERS EVOLUTION**

*ICR.org*, 12/18/17, “RAPID FINCH SPECIATION COUNTERS EVOLUTION”

**Excerpts:** About a dozen species of Darwin’s famous finches inhabit the various Galapagos Islands. Textbooks have long used these animals as examples of evolution. Now, Peter and Rosemary Grant, career researchers into Darwin’s finches, describe how a new finch species established itself as a bona fide population on the tiny island of Daphne Major. What do these new observations imply about textbook evolution?

It all began in 1981 when a male hybrid between Geospiza fortis and G. scandens, as later determined by genetic testing, appeared on Daphne Major, an island that was already home to three different Darwin’s finch (Geospiza) species. Body size, bill size and shape, song, and diet all help characterize each species.

The male hybrid mated with two G. fortis females that already lived on the island. The offspring had unique mixtures of their unlikely parents’ traits.

The new family line achieved species status first by surviving droughts, mostly using their larger bodies and beaks to reach food that their smaller counterparts couldn’t access. Then the family remained isolated from other species, which it did by preferring mates that looked and sounded like their parents. It only took three generations to establish this new finch species.

According to Science Alert, “Charles Darwin would have been delighted” with the results of this field work. But would he really? His book *On the Origin of Species* used several examples of hybridization to illustrate the supposed potential of gradual, natural changes to transform virtually any creature feature into anything else. In this finch example, as in the examples Charles Darwin described, changes were limited to certain aspects of certain features.

For example, the new finch species has a larger bill, but they all still have bills instead of something else, such as teeth and lips. They sing a slightly different song, but they all share the same vocal cord construction and they still all sing finch songs.

(<https://goo.gl/L2oA4C>)

**40% OF US BIRTHS OUT OF WEDLOCK**

*ChristianHeadlines.com*, 12/21/17, “REPORT: 40 PERCENT OF BIRTHS IN U.S. OCCUR OUT OF WEDLOCK”

**Excerpts:** A report from the Senate showed that about 40 percent of births in the United States happen out of wedlock.

The hike in non-marital births is likely a result of “moral, behavioral, and social changes” since the “Sexual Revolution overhauled the American landscape,” said...the National Review.

The Senate report, “Love, Marriage, and the Baby Carriage: The Rise in Unwed Childbearing,” was released this month.

Meanwhile, the report found that “shotgun” marriages have fallen. In the early 1960s, 43 percent of unwed pregnancies led to “shotgun” marriages. Today, that number is 9 percent.

“We ridicule this norm, because we forget that it had the benefit of protecting the interests of children in having relationships with both parents,” said Jennifer Roback Morse, president of the Ruth Institute. “The most just solution for the child, is for the parents to marry each other, and work together for a lifetime for the good of the child, and their whole family. We accept injustice to children as the price we are willing to pay for adult sexual freedom and ‘gender equality.’”

(<https://goo.gl/zT1eEo>)

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