

Why Biblical Counseling Is Better Than Psychotherapy

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This is how MayoClinic.com defines psychotherapy:

“Psychotherapy is a general term for addressing mental health concerns by talking with a psychologist or other mental health provider. During psychotherapy, you learn about your condition and your moods, feelings, thoughts and behaviors. Psychotherapy helps you learn how to take control of your life and respond to challenging situations with healthy coping skills. There are many specific types of psychotherapy, each with its own approach. The type of psychotherapy that's right for you depends on your individual situation.”

You probably noticed that God isn't included in Mayo Clinic's definition.

This isn't an accident. It is a secular and thus God-less. Of course, psychotherapy offers a level of help to counselees. It helps to talk about one's difficulties to a caring listener.

However, secular counseling – of which there are hundreds of different approaches – depends upon **human** reason to answer life questions about people, problems, and solutions. Biblical counseling depends upon **scriptural revelation** to build a comprehensive, compassionate approach to who we are, what went wrong, and how to solve the issues of the soul.

Secular counseling assumes that there is **no final answer** that explains the meaning of life. Biblical counseling believes that God has given us all that we need for life and godliness. The Bible provides real answers for real people with real problems.

A biblical counselor has special training and experience in applying the truths of the Bible to life. While the Bible speaks to all of life and its problems, a biblical counselor uses prayer and godly wisdom to make the connections and to provide care of the soul. The Bible is not used like a recipe book or a “take two verses and call me in the morning” resource. The Bible points to a person: Jesus Christ, the ultimate healer.

What about Christian psychotherapists?

Do they use the Bible in counseling?

The answer: Some do, some don't. Do not assume that because the psychotherapist is a Christian, he or she counsels using biblical principles. You need to ask questions. Here's a sampling of questions you might ask:

1. Do you believe the Bible provides the answers I need for life? If not, why not?
2. Do you pray for or with your clients during a session? Between sessions?
3. What training do you have in applying the truths of the Bible to life problems?

I encourage you to remain hopeful as you seek help. It takes courage to counsel. God will continue to help you.