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<thead>
<tr>
<th>CONTRASTS</th>
<th>SECULAR</th>
<th>BIBLICAL</th>
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| **Goals** | To esteem self  
  - To become a functioning member of society  
  - To become self-sufficient | To deny self  
  - To develop holiness  
  To become more like Christ |
| **Approach** | Many “schools” of Psychology with no consensus  
  - No central focus -- No absolutes  
  - No acknowledgment of emotional problems caused by personal sin | Based on the direction, promises and concepts of God found in the Bible  
  - Values based upon what God values  
  - Emotional problems are really spiritual problems |
| **Methods** | Client is to seek his own solution within himself and his abilities  
  - Based on Man’s ideas - relative value system  
  - Often “non-directive” | Solutions are in the resources found in a relationship with Christ  
  - Based on God’s ideas - absolute value system  
  - Very directive, often confrontive |
| **Qualifications of the Counselor** | “Professional Degrees” in Psychology -- you must see an “expert”  
  - Understanding of Psychological principles  
  - Clinical/professional relationship with “client”  
  - Character of counselor is not important  
  - No role modeling | Evidence of Godly wisdom -- seek counsel from a righteous Godly person  
  - Understanding of God’s truth  
  - Life to life discipling relationship with “brother/sister” in Christ  
  - Character is crucial  
  - Modeling/imparting of life to life |
| **Context for Counseling** | Primary context - Professional office  
  - Professional - client relationship  
  - Practice of psychological “therapy”  
  - No relationship outside of the office  
  - One-on-one isolated relationship  
  - Group therapy or self-oriented support groups  
  - Strive for independence and autonomy  
  - Responsible/accountable to self | Primary context - Local Church  
  - Intimate discipling relationship  
  - Practice of the “one another” commands of Scripture  
  - Ongoing “Body life” dynamic of the church  
  - Multiple relationships with godly mature believers  
  - Nurturing/accountable small group relationships  
  - Strive for interdependence and mutual submission  
  - Responsible/accountable to godly leadership in the context of the Christian community |
| **View of God** | Atheistic or however you define him  
  - The “God in all of us”  
  - A “higher power”  
  - Impersonal and-uninvolved | Creator and sustainer of life as revealed in the Bible  
  - God ordains man’s life and all his circumstances  
  - Involved in a very personal way |
| **View of Man** | No personal sin -- basically good  
  - Man is an animal, a product of evolution  
  - Controlled by instincts or environment | Totally depraved, sinful and evil  
  - Man is created individually/ uniquely by God  
  - Controlled by sin |
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| **Man’s Purpose** | - To glorify himself  
- To become self-sufficient  
- To live for temporal pleasure | - To glorify God  
- To find his sufficiency in God and dependency upon Him  
- To live for eternal, Kingdom purpose |
| **Man’s Responsibility** | - No personal responsibility/accountability  
- Autonomous - no concept of God’s judgment  
- It is not man’s fault - he is a victim therefore encouraging blame shifting  
- Self-centeredness encouraged in form of venting, anger, boundaries | - Man is responsible/accountable to God  
- Dependent - answer to man’s problem is outside of himself - in God and His Word  
- Obedience to God and reliance upon Him produces positive results  
- Freedom comes through confession, repentance and forgiving others |
| **Causes of Problems** | - Problems are defined as “disease” or “addiction” or result of environment  
- Parents/others who have victimized  
- Guilt or shame  
- Poor self-image | - Problems are caused by personal sin & the reality of living in a fallen world  
- Not understanding the character of God  
- Not understanding personal sin  
- Not seeing one’s need of Christ  
- Not living by Biblical principles |
| **View of Needs** | - Greatest need = to love self  
- Hierarchy of needs must be met  
- Self-esteem needs must be met  
- Self-fulfillment is a legitimate need  
- “Needs” are met through people and circumstances  
- Almost any desire can be classified as a “need” | - Greatest need = to love God  
- Very few legitimate “needs”  
- “Hierarchy of needs not necessary to be godly and mature  
- No “self-esteem” need  
- Physical needs of food and clothing provided by God in response to our obedience |
| **View of Guilt** | - Environmentally or self-induced  
- Sin rationalized  
- Result of mental “illness” or disease  
- Root problem that must be eliminated  
- Minimized or invalidated  
- Shock therapy to obliterate memory | - Guilt is God-induced  
- Result of sin  
- Guilt is warning that one has transgressed God’s law  
- Guilt is resolved through facing one’s sin and experiencing the provision of the Cross of Christ. |
| **Means to Change** | - Turn to self to build self-reliance  
- Build self-acceptance/self-love  
- Find freedom from moral restraint  
- Learn to ignore/deny sin  
- Use of mind-altering drugs | - Turn to God in confession, brokenness and repentance  
- Depend on the power of the Holy Spirit  
- Rely on God’s spiritual resources |