***Hello Valley Heights Ladies!*** Reviewing our October 22nd Bible Study!

*“Attitudes of a Transformed Heart”*

Chapter Three—Psychologized Man (Woman) “Most High”- ***Part 1***

Martha says, “If our mind is to be transformed to think Scriptural beliefs about God, we ***MUST*** also have a *biblically accurate* view of man. In order to have this biblically accurate opinion of man, it is crucial that we formulate our view from the ***SCRIPTURES*** (such as Genesis 1:26-27; Ephesians 2:1). We must be especially careful ***NOT*** to base our thoughts about man on psychological theory, some church flyers, many ladies’ seminars, or the bulk of what is currently popular in Christian bookstores and on Christian radio. Society (even the Christian society) today is being bombarded with ***“MAN”*** instead of ***GOD***…”

***GUILTY!!*** Ladies, I don’t think there is one of us that have not been *affected* or *influenced* or are still being *impacted* by the destructive **philosophy of psychology** and what even has been profoundly embraced within the church today as *“Christian”* psychology. This topic is **MASSIVE**! My heart is incredibly burdened because I know that in this one chapter and my two encouragement e-mails to you, we will not even begin to scratch the surface of how psychology has impacted our world! [www.nanc.org](http://www.nanc.org) I pray will open a window of fresh clarity for you on this topic including “the epidemic of mental illness.”

**Psychology** and its damaging lies come at us every day like a tsunami through magazines, books, radio, television programs, movies and courses being taught in our educational institutions. We have been engulfed by its ever changing theories and perspectives born out of ‘self-admitted, godless men’ since the late 1800’s.

*Sigmund Freud*, *Abraham Maslow*, *Erik Erikson* and other psychologists, who I’m sure had a desire to help others, have had a devastating impact not only on Christian ***thinking*** but on a Christian’s ***confidence*** in the *Word of God* to help with **ATTITUDES** and **BEHAVIOUR**. For many years now Christian therapists/counselors have approached helping people and finding the causes of their ‘emotional’ struggles *using the same* secular, *depraved theories* that are ***ABSOLUTELY*** contrary to Scripture.

The biggest deception among Christian psychologists and others, whether they realize it or not, is that they have ***integrated*** ***the philosophies*** of these ungodly men ***with Scripture*** and the name of Jesus. It has absolutely caused *chaos and confusion* for those within the church. The impact of its *destructive* wave has left many casualties, many continuing to grope for answers, many blinded and paralyzed by its *‘professionalized’* and *‘legitimized’* ‘wisdom’, and many hopeless because of its *‘empty* *deception.’* Psychology’s conflicting theories have produced a lack of confidence in the ***GRACE of GOD***, the ***LIGHT of THE GOSPEL***, the ***SUFFICIENCY of the SCRIPTURES*** and the ***SANCTIFYING power of the HOLY SPIRIT*** among Christians today.

“From Adam and Eve to the present, mankind has ***sinfully exalted self***. Death to self can only occur through ***Jesus Christ*** (Romans 5:12-21). Disregarding God’s ways, man habitually turns to his own inadequate wisdom to deal with problems (Prov. 14:12; Isa. 55:8-9) and has developed unbiblical solutions that focus on self instead of focusing on God.” (\*Biblical Counseling Foundation)

“Man’s philosophies, having rejected God’s redemptive solution, place ***MAN*** on the throne and substitute *a self-oriented focus* as the substance and solution to life’s failures and successes. Since this is the essence of *humanism*, the ***integration*** of man’s way and God’s way is an impossibility.” (\*)

**We have not given Christ pre-eminence in all things**. Spurgeon writes, “Any teaching, wisdom of men, traditions of men… **MUST** be false which puts ***JESUS*** in the second place, or even lower than that, and that system of *teaching is wrong* when it does not put Christ ***ALWAYS*** in the front. ***HE MUST in ALL*** ***THINGS, ALWAYS*** stand first.” (Colossians 1:18)

In this chapter, Martha introduced us to a woman in her thirties experiencing anxiety and depression. She helps us view her through a **PSYCHOLOGY** lens and how her Christian therapist would “help”:

**P** robably would be encouraged to *get in touch* with her deep emotional pain

**S** he is told that her anxiety and depression are coming from *repressed trauma* (hurts, rejection, etc..)

**Y** ardage is now gained in her thinking because she’s becoming convinced she’s *a victim of her past*

**C** omes to a place where she is encouraged to *go back in her past* and *uncover the pain* inflicted on her

**H** urled into countless *hours of self-focus*; talking about *her feelings*, journaling, group therapy…

**O** *nly after* she has experienced *the deepest level* of *her emotional pain*, can she turn to Christ and heal

**L** istening to her *dreams* is encouraged so she *can discover the ‘driving forces’* behind her behaviour

**O** ften brought to a place of, “*Something MUST have happened* to you as a child. Try to remember…”

**G** iven the ***conclusion*** that *her anxiety/depression was caused by feelings of worthlessness* because her *love and security needs* were ***not*** met as a child.

**Y** ears of *psychotherapy is the only “hope”* for someone struggling with ongoing anxiety and depression

Martha says, “There are several modern day Christian psychologists who have tried to “Christianize” secular psychological theories. No matter how you try to ***SCRIPTURE-COAT*** their counseling beliefs, ultimately, you still end up with ***ERROR***!”

Now let’s look at how we would start to *Biblically* help this woman through a **BIBLICAL** lens. A *compassionate* *calling* to:

**B** ring her life into *complete submission* to the ***LORDSHIP of CHRIST,*** bowing before Him and His Word!

**I**  dentify *sinful desires* and *sinful responses*! ***PRAY*** for *a repentant heart* and *illumination of any sins*.

**B** egin to *correct her wrong THINKING* about God, herself, others and her circumstances.

**L** ink her lack of HOPE from focusing on self and circumstances to *“fixing her eyes on Jesus Christ…”*

**I** nfuse her with ***HOPE*** that *God will enable her* to take the necessary steps toward *lasting Biblical change*

**C** onfront her gently and lovingly towards *God’s solutions* to her problems *from the scriptures. Ro.15:14*

**A** lert her *to accept a goal* of not getting rid of the anxiety and depression ***BUT*** aiming to ***PLEASE GOD*** *despite how she feels* 2 Cor. 12:9

**L** ead her to ***“PUT OFF”*** *self-centered concerns (Phil.2:3-5)* and ***“PUT ON”*** *‘doing the Word’*, emphasizing *prayer*, *thanksgiving* and *dwelling on the things of God*! (Matt. 6:25, 34; Luke 12:22-34, Ps. 119:165; Matt. 6:33-34; Phil. 4:6-9; Heb. 5:14; James 1:22-25, Col.3:2; 1 Thessalonians 5:17-18)

Ladies, ***the Bible*** gives us ***SO MUCH HOPE*** because it teaches that ***SIN is our problem*** and **JESUS CHRIST** is our solution! A TRANSFORMED LIFE controlled by the Holy Spirit allows us to learn to *die to self* and learn to live to ***SERVE*** our Lord and others! Praise be to God that ***ONLY HE*** knows the heart and ***NO MAN*** can plumb its depths! (Jer.17:8, 9; Heb.4:12)

Let’s continue to have an ***ATTITUDE of SUBMISSION*** to CHRIST as we continue to *meditate on and memorize* ***Colossians 2:8*** “SEE TO IT that ***NO ONE*** takes you captive through ***PHILOSOPHY*** and ***EMPTY*** ***DECEPTION***, according to the tradition of men, according to the elementary principles of the world, rather than according ***TO CHRIST***.” Joyfully, Christyn