**Biblical Counseling – Part II  
July 28, 2019**

**Q. Why do we say that the Scriptures are sufficient for the task of counseling?**

**A. Because God says so**

1. God says (II Timothy 3:16-17) that the Scriptures make the man of God complete, fully equipped for every good work.

The Scriptures are the Divinely-given resource for:

* Doctrine/Teaching
* Reproof/Rebuking
* Correction
* Instruction in Righteousness

2. God says (Psalm 19) that it is the Scriptures that:

* Convert the soul
* Make the simple wise
* Rejoice the heart
* Enlighten the eyes

3. God says (Psalm 119) that it is by the Scriptures that:

* An individual is brought into a blessed state (v.1)
* Shame is removed (v.6)
* The soul is revived (v.25)
* The soul is strengthened (v.28)
* Liberty is attained (v.45)
* Comfort is attained in affliction (v. 50, 52)
* Affliction may be understood (v. 71, 75)
* The soul has hope (v. 81)
* Superior wisdom and understanding are gained (v. 98-100)
* The soul is revived
* Our path is illuminated (v. 105)
* The soul is revived (v. 107)
* The heart rejoices (v. 111)
* Delight is maintained amidst trouble and anguish (v. 143)
* The soul is revived (v. 156)
* Great peace is attained (v. 165)

4. God says that it is He and His word that give an individual soundness of mind

Is. 26.3 - Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Phil. 4:6-7 - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

II Tim. 1:7 - For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

5. God says that the Scriptures produce a strong, stable, fruitful, persevering life…(Ps. 1:2-3)

**Q. Don’t you think that we should avail ourselves of the wisdom of secular psychologists?**

**A. Unbelievers are fools and have no wisdom. They may accidentally arrive at conclusions that are *in form* agreeable to the wisdom of God. Notwithstanding, God commands us to flee the “wisdom” of this world.**

1. God says that the unregenerate:

* Have debased minds (Rom. 1:28)
* Have carnal minds at enmity with God (Rom. 8:7)
* Have minds that are blinded by Satan (II Cor. 4:4)
* Have minds set on earthly things unto destruction (Phil. 3:19)
* Have minds alienated from and at enmity with God (Col. 1:21)
* Have corrupt minds, destitute of the truth (I Tim. 6:5)

Therefore, God commands us to renew our minds

Rom. 12:2 - And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Eph. 4:23 - And be renewed in the spirit of your mind;

Col. 3:10 - And have put on the new man, which is renewed in knowledge after the image of him that created him: