

Biblical Sufficiency vs Psychology

Week 2

I. Introduction

- A. The word “psychology” originates from Greek roots: “psyche” meaning soul or mind, and “logy” meaning study or science. The term was first recorded in 1693 and became widely accepted in the 1830s. Psychology means “the study of the _____”.¹ Yet what is the best source to study the soul of man? Biblical Nouthetic Counseling believes the Bible is the sufficient source for counseling over against the theories of secular psychology.
1. MacArthur – “True soul-study cannot be done by unbelievers. After all, only Christians have the resources for comprehending the nature of the human soul and understanding how it can be transformed.”²
 2. MacArthur – “The first commitment is to the authority and sufficiency of Scripture. This truth, more than any other, distinguishes biblical counseling from all other counseling approaches. The Word of God, used by the Spirit of God, is sufficient to solve all the spiritual, psychological, and relational problems of the child of God (2 Tim 3:16–17). No other branch of knowledge is to be integrated with the Bible—it stands alone and speaks with absolute and final authority.”³
 3. While affirming the Bible’s sufficiency does not mean completely rejecting psychological insights, it does mean that Scripture must be the final counseling authority. Any psychological teaching contrary to Scripture is considered wrong and dangerous. Christian counselors are tasked with carefully examining psychological perspectives, keeping those that align with scriptural teachings and discarding those that do not.⁴

II. Meaning of Biblical Sufficiency

- A. When we talk of the Word of God as being sufficient, what do we mean? We mean that the Word is enough; it is sufficient to bring the lost soul into a right relationship with God as well as accomplish the work of God in the life of a believer.
- B. **The Scriptures declare they are sufficient.**
1. **2 Timothy 3:15–17** — *and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus. 16; All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 17; that the man of God may be complete, thoroughly equipped for every good work.*
 - a. **This passage teaches that Scripture is sufficient to save (v.15) and sanctify the believer (v.16).**

¹ Billie Davis, “A Perspective on Human Nature,” in *Elements of a Christian Worldview*, ed. Michael D. Palmer and Stanley M. Horton (Springfield, MO: Logion Press, 1998), 182.

² John MacArthur F., Jr and Wayne A. Mack, Master’s College, *Introduction to Biblical Counseling: Basic Guide to the Principles and Practice of Counseling*, Electronic ed. (Dallas, TX: Word Pub., 1997), 8.

³ *Ibid.*, 379.

⁴ James T. Draper Jr and Kenneth Keathley, *Biblical Authority: The Critical Issue for the Body of Christ* (Nashville, TN: Broadman & Holman Publishers, 2001), 125.

- b. How does Scripture sanctify the believer?**
- i. Doctrine – teachings or instructions.
 - ii. Reproof - God’s Word is the standard for testing or proving something; it “refutes” error and convicts the sinner of their error.
 - iii. Correction – Scripture fixes the *problem that “reproof” pointed out*.
 - iv. Instruction in righteousness – Scripture teaches man how to live right before God.
- c. According to verse 17, what is the end result of the life that has verse 15-16 applied to it? _____**
- d. Also: Psalm 19:7–9, Col. 2:8, Ephesians 4:11-13**
- 2. 2 Peter 1:3 - as His divine power has given to us _____ things that pertain to _____ and _____, through the knowledge of Him who called us by glory and virtue,**
- a. **“As His divine power has given to us all things...”**
 - i. **This is God’s power** – the sufficiency of a thing is only as good as its supply. However sufficient, capable, and able anything is – is based on what is supplying them. What is resourcing and sustaining them.
 - ii. What does Paul say is the supply for the life of the believer? _____
 - iii. **“All things”** – (Gr. pas) this is a Greek adjective that means “all” or “every”; it is an encompassing statement.⁵
 - b. What does God’s unending power supply provide us with? _____
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- (1) “life”** (Gr. zoe) – this can refer as it often does in the NT to salvation life – to eternal life. But here it is referring to our natural life, our physical life, but in the sense that we can now live the real, genuine life the way God intended us to live it. It is living a life devoted to God.⁶
- (2) “and godliness”** – (Gr. eusebeia) from a root word (sebo) that means “to feel awe before God – to worship God”. This root inward attitude of awe and worship creates a life that is godly – which speaks of living devout, living with devotion to God. It is the inward awe of God that creates the outward obedience to God.⁷
- b.) B.) So, where is this found?**
- (1) “Through the _____ of Him”**
 - (a) Knowledge** – (Gr. epignosis) from the root “gnosis” – which refers to imperfect, partial knowledge. *epignosis* speaks of a full, perfect, precise knowledge. This is a more personal intimate knowledge.

⁵ Rick Brannan, ed., *Lexham Research Lexicon of the Greek New Testament*, Lexham Research Lexicons (Bellingham, WA: Lexham Press, 2020).

⁶ Grant Richison, *Verse by Verse through the Books of 1 & 2 Peter* (Bellingham, WA: Logos Research Systems, 2006), 2 Peter 1:3.

⁷ Walter Bauer, *A Greek-English Lexicon of the New Testament and Other Early Christian Literature*, rev. and ed. Frederick William Danker, 3rd ed. (Chicago: University of Chicago Press, 2000), s.v. “εὐσέβεια.”

(b) So all that you need for life and godliness is supplied from the unending power source of God and it comes through the knowledge of Jesus Christ our Lord.

B Scriptures claim man is not sufficient as a source of truth on his own.

- 1.) The city of Corinth elevated man's wisdom and oratory. How do the following passages reflect Paul's view of man's wisdom?
- 2.) **1 Corinthians 1:19–21** - *For it is written: "I will destroy the wisdom of the wise, And bring to nothing the understanding of the prudent." Where is the wise? Where is the scribe? Where is the disputer of this age? Has not God made foolish the wisdom of this world? For since, in the wisdom of God, the world through wisdom did not know God, it pleased God through the foolishness of the message preached to save those who believe.*
- 3.) **1 Corinthians 1:25** - *Because the foolishness of God is wiser than men, and the weakness of God is stronger than men.*
- 4.) **1 Corinthians 2:1–5** - *And I, brethren, when I came to you, did not come with excellence of speech or of wisdom declaring to you the testimony of God. For I determined not to know anything among you except Jesus Christ and Him crucified. I was with you in weakness, in fear, and in much trembling. And my speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power, that your faith should not be in the wisdom of men but in the power of God.*
- 5.) **1 Corinthians 2:14** - *But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.*
- 6.) **1 Corinthians 3:19** - *For the wisdom of this world is foolishness with God. For it is written, "He catches the wise in their own craftiness";*
- 7.) **2 Corinthians 3:5–6 — 5;** *Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God, 6; who also made us sufficient as ministers of the new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.*
 - a.) Sufficiency speaks of the ability of competency to do something. What is Paul teaching in this passage?
 - b.) Paul disdained his own ability to reason, judge, or assess truth. Left to his own abilities, he was useless. He was dependent on divine revelation and the Holy Spirit's power. Paul recognized his total dependency upon God.
 - c.) Garland (NAC) - *"He no longer places any trust in his own heritage, devotion, or natural powers and now knows that the only resource from which he can draw is the infinite reservoir of grace provided by God's empowering Spirit".⁸*
- 8.) **2 Corinthians 9:8,11 (underline the superlatives as you read)** - *"And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. 11; while you are enriched in everything for all liberality, which causes thanksgiving through us to God."*

⁸ David E. Garland, *2 Corinthians*, vol. 29, The New American Commentary (Nashville: Broadman & Holman Publishers, 1999), 162.

III. The _____ on Biblical Sufficiency

A. **Colossians 2:8–10** - *Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ. For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power.*

1. **“cheat you”** - This is a word for robbery; Paul gives us the image that false teachers who are successful in getting people to believe lies, rob them of truth, salvation, and blessing.
2. **How do they cheat and rob you of the truth?** Through **philosophy and empty deceit**.
 - a. **“Philosophy”** (literally: “love of wisdom”); it appears only here in the NT. It broadly represents humanity’s attempt to explain the universe, existence, thought, ethics, and behavior.⁹
 - i. Those embracing the Colossian heresy used it to describe the supposed higher knowledge they claimed to have attained. Paul, however, equates the false teachers’ philosophy with “empty deceit”; that is, with worthless deception.
 - b. **“according to the basic principles of the world”**
 - i. Instead of being some great advanced wisdom and profound knowledge and deep insight; Paul says the false teachers’ beliefs are simplistic and immature like all the rest of the speculations, ideologies, philosophies, and psychologies the fallen sinful world comes up with.
 - ii. **Romans 1:22** - Professing to be wise, they became fools,

B. Sigmund Freud (1856-1939), is the father of modern psychology. He was an atheistic Jew who had a strong bias against religion. Freud’s conclusion of religion was that, “Religion is an interim social neurosis which man must grow out of if he is to become educated and able to cope with reality.”¹⁰

1. He referred to religion as “neurotic relics,” and those in religions as being under “mass delusions,” and “blissful hallucinatory confusion.”¹¹
2. He believed that one’s attitude toward God derives from childhood attitudes toward one’s father, with the heavenly Father conceptualized as an exalted version of the earthly one.¹²
3. The problem with Freud's conclusion is that when you study the false gods of the world, they are not reassuring deities who bring comfort, but rather capricious deities you need to appease through human effort. In these religious systems, the deity becomes a monster to be avoided or appeased, with rituals designed to bribe or manipulate the god.¹³ Only in biblical Christianity do you have the truth of a loving Father who is compassionate, merciful, and fundamentally a Savior, who desires to save people and takes no pleasure in the death of the wicked (Ezek. 33:11).

⁹ John MacArthur F., Jr., *Our Sufficiency in Christ* (Dallas, TX: Word Publishing, 1991), 171.

¹⁰ Sinclair B. Ferguson and J.I. Packer, *New Dictionary of Theology* (Downers Grove, IL: InterVarsity Press, 2000), 544.

¹¹ E. R. Wallace IV, “Freud, Sigmund,” in *Baker Encyclopedia of Psychology & Counseling*, ed. David G. Benner and Peter C. Hill, Baker Reference Library (Grand Rapids, MI: Baker Books, 1999), 475.

¹² *Ibid.*

¹³ James Henley Thornwell, *The Collected Writings of James Henley Thornwell: Theological*, ed. John B. Adger (Richmond; New York; Philadelphia; Louisville: Presbyterian Committee of Publication; Robert Carter & Brothers; Alfred Martien; Davidson Bros. & Co., 1871), 91

IV. Psychologies Opposing Presuppositions

- A. Psychology's view of the _____ of man is at odds with Scripture.
1. The psychological "of model" views humans as fundamentally good moral-spiritual creatures, attributing pain to environmental or psychological factors rather than sin.¹⁴
 2. Family Psychologist, John Rosemond states, "*Psychology holds that the individual is fundamentally good.*"¹⁵
 3. Psychology teaches that human nature is basically good, whereas the Scriptures teach that man is sinful from the womb (Ps. 14:2-3, 58:3).
 - a. **Psalm 14:2-3** - The LORD looks down from heaven upon the children of men, To see if there are any who understand, who seek God. They have all turned aside, They have together become corrupt; There is none who does good, No, not one.
 - b. **Psalm 58:3** - The wicked are estranged from the womb; They go astray as soon as they are born, speaking lies.
 4. Man's nature is without good (Romans 7:18), wholly opposed to God and unable to please God (Romans 8:7-8).
 - a. **Romans 7:18** - For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find.
 - b. **Romans 8:7-8** - Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God.
 5. Man's mind has been darkened by sin (Eph. 4:17-19), and his heart is deceitful and untrustworthy (Jer. 17:9; Prov. 28:26).
 - a. The Bible teaches us that the world gropes in darkness without the light of Christ (Eph. 4:17-19); that we are sinners by nature and are bent toward sin (Rom. 7:18, Ps. 14:2-3); that our heart is deceitful above all things and desperately wicked (Jer. 17:9), that there is none righteous no not one (Rom. 3:10), and none good (Rom. 3:12).
 - b. Do we really think the answer to our problems will flow out of a dark world of lost sinners who are without the knowledge of God and who are unrighteous, unholy, and deceived by their own hearts?
- B. Psychology's view of the _____ of man is at odds with Scripture.
1. Question: If you are basically good and there is a problem in your life, whose fault is that?
 2. Freudian psychology can be credited as one of the greatest causes for the collapse of _____ in American society.
 - a. Rosemond – "*Psychology's central doctrine is one of nonresponsibility – fundamentally, the individual is the product of his upbringing; therefore, his vices are reflections of psychic conflicts engendered by his parents' inadequacies (i.e., the individual, fundamentally good, is messed up by his parents, who were messed up by their parents, and so on).*"¹⁶

¹⁴ R. L. Timpe, "Christian Psychology," in *Baker Encyclopedia of Psychology & Counseling*, ed. David G. Benner and Peter C. Hill (Grand Rapids, MI: Baker Books, 1999), 194.

¹⁵ John Rosemond, *Parenting by the Book: Biblical Wisdom for Raising Your Child* (New York: Howard Books, 2007), 4.

¹⁶ Rosemond, *Parenting by the Book*, 4.

- b. Critically, psychology has undermined personal responsibility by suggesting that behaviors are determined by factors beyond individual choice.¹⁷
3. According to Jay Adams, Freud’s approach to counseling typically involves analyzing a person to determine who or what influenced them, with the goal of resocializing them, essentially removing personal responsibility.¹⁸
4. Before Freud, human behavior was judged by biblical moral standards, with clear personal accountability. Now, psychological analysis has become so pervasive that subconscious motivations are constantly scrutinized, leading to a trend of excusing behaviors—even criminal actions—based on emotional states. This has contributed to increasing permissiveness in parenting and teaching.¹⁹
5. The Bible teaches man’s problem as being “moral”, it is a sin problem. Psychology teaches man’s problem is “medical/physical”.
6. People who committed crimes were once seen as “criminals”, but under psychology, they have been seen as victims who are mentally ill. Just as a physically ill person cannot be held responsible for his inability to perhaps walk or do some activity, so the mentally ill cannot be held responsible for what they could not control.
 - a. Jay Adams - *“Freudian psychoanalysis turns out to be an archeological expedition back into the past in which a search is made for others on whom to pin the blame for the patient’s behavior.”*²⁰
 - b. When a mass shooting happens in today’s society, how often do you hear the blame going to the persons parents or how society failed them?
7. The Bible teaches personal accountability
 - a. **Ezekiel 18:20** - The soul who sins shall die. The son shall not bear the guilt of the father, nor the father bear the guilt of the son. The righteousness of the righteous shall be upon himself, and the wickedness of the wicked shall be upon himself.
 - b. **Galatians 6:7–8** - Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.
 - c. **Isaiah 3:10-11, Genesis 4:7, Joshua 7:14-15, Jonah 1:7-8**
8. Question: is man’s natural tendency to take responsibility or to shift the blame on others?
 - a. Why do we want to shift the blame to others?
 - b. What does that free us of? guilt/shame
 - c. Yet what does that keep us in bondage to? our sin
9. Man’s natural tendency is to shift blame to others.
 - a. When God called Adam and Eve to give account of their sins, what was their first response (Gen. 3:11-13)?
 - b. What does that tell us about man’s fallen nature?

¹⁷ John S. Hammett and Katie J. McCoy, *Humanity*, ed. David S. Dockery, Nathan A. Finn, and Christopher W. Morgan, *Theology for the People of God* (Brentwood, TN: B&H Academic, 2023), 23.

¹⁸ Jay Edward Adams, *The Christian Counselor’s Manual* (Grand Rapids, MI: Zondervan, 1973), 81.

¹⁹ Daniel E. Schneider, *Education From the Biblical Worldview: A Study in the Philosophy of Education* (Lexington, KY: Nehemiah Institute, Inc., 2004), 55.

²⁰ Adams, *Competent to Counsel*, 5.

- c. Our natural tendency is to shift the blame to others. Freud did not discover some new esoteric insight into the nature of man. He rather diverted back into the same guilt-shifting tendency the fallen nature started with.
- d. Man will never be free from sin until they take personal responsibility for what they do. Many people want to have some kind of “diagnosis” for their sin so they can be excused for it. They want to rid themselves of the shame of their sin.

C. Psychology points to a disease as the problem of the mentally ill, whereas the Bible points to _____ and _____.

1. Question: When Adam and Eve sinned in the garden, what did they do according to Genesis 3:7-10?
2. What caused them to hide themselves? _____
3. What was the cause of their shame? _____
4. They tried to cover their shame; how do people try to cover/mask their shame today? _____
5. Did God avoid their shame or seek to build their self-esteem? How did God deal with their shame? _____
6. What was the key to removing the shame? _____
7. Jay Adams rightly argues that a disease model leaves man without hope. He writes, *“Calling drunkenness a “disease” or a “sickness” rather than a “sin” may seem to them a gracious act, but it is just the opposite. You cannot be more gracious than God. To call drunkenness a “sickness” is to take away hope; there is no pill that will cure such a “disease”. But if, as the Bible says, drunkenness is a sin, then there is real hope, because Christ Jesus came not only to free us from the penalty but also from the power of sin.”*²¹
8. MacArthur – *“Sin is called sickness, so people think it requires therapy, not repentance. Habitual sin is called addictive or compulsive behavior, and many surmise its solution is medical care rather than moral correction.”*²²
9. Adams – *“Apart from the organically generated difficulties, the ‘mentally ill’ are really people with unresolved personal problems.”*²³
10. Listen to the following expert from Jay Adams:

“Steve was a young man of college age whom the writer met in a mental institution in Illinois. Steve had been diagnosed by psychiatrists as a catatonic schizophrenic. He did not talk, except minimally, and he shuffled about as though he were in a stupor. Upon sitting down, he became frozen in one or two positions. At first, communication with Steve seemed impossible. He simply refused to respond to questions or to any kind of verbal overtures. However, the counselors told Steve that they knew he understood fully what was going on, that though he might have fooled others—the psychiatrist, his parents, the school authorities—he was not going to fool them. They assured Steve that the sooner he began to communicate the sooner he’d be able to get out of the institution. Steve remained silent, but was allowed to continue as a part of the group, observing the counseling of others. The next week the counselors turned to Steve, and for more than an hour they worked with him. Steve began to break down. His hesitant replies gave evidence that he clearly understood everything. There was no reason to believe that he had withdrawn from reality. As Steve began to respond, the rough outlines of his problem emerged. But the third week he broke down entirely. Steve had no mental disorders or emotional problems. Steve’s problem was difficult but simple. He told us that because he had been spending all his time as

²¹ Jay E. Adams, *Solving Marriage Problems: Biblical Solutions for Christian Counselors* (Grand Rapids, MI: Zondervan, 1986), 14.

²² MacArthur Jr., *Biblical Counseling*, 14.

²³ Adams, *Competent to Counsel*, 29.

prop man for a play rather than working at his college studies, he was about to receive a raft of pink slips at the mid-semester marking period. This meant that Steve was going to fail. Rather than face his parents and his friends as a failure, Steve camouflaged the real problem. He had begun acting bizarrely, and discovered that this threw everyone off track. He was thought to be in a mental stupor, out of touch with reality, mentally ill. Steve had done this sort of thing many times before, but never quite so radically. Over the years, Steve gradually developed an avoidance pattern to which he resorted in unpleasant and stressful situations. When the college crisis arose, he naturally (habitually) resorted to his pattern. **Steve's problem was not mental illness, but guilt, shame, and fear.** As he spoke with the counselors, Steve recognized that they were asking him now to make the basic decision he had previously sought to avoid. Steve knew that now he must decide whether he was going to tell the truth to his parents and his friends and leave the mental institution, or whether he was going to continue the bluff. When we left, on the fifth week, Steve was still working on that decision. He was actually posing the question himself in these words: "Would it be better to continue the rest of my life this way or to go home and face the music?" In working with Steve, it became clear that the more others treated Steve as if he were ill, the more guilty he felt. This was so because Steve knew that he was lying. It is important for counselors to remember that whenever clients camouflage, whenever they hide to avoid detection, whenever they purport to be ill when they are not, sick treatment only makes them worse. **To act as if they may be excused for their condition is the most unkind thing one can do. Such an approach only compounds the problem.** When Steve was approached by those who held him responsible, he responded. For the first time since his commitment, he gained some self-respect. He began to talk about his condition. Contrary to much contemporary thought, **it is not merciful to be nonjudgmental. To consider such counselees victims rather than violators or their behavior as neutral or not blameworthy only enlarges their lie and increases the load of guilt.** Such treatment, Steve explained, had been for him sheer cruelty because of the mental anguish and distress it engendered. **Nothing hurt more, he said, than when his parents visited him and treated him kindly, like an innocent victim of circumstances.**"²⁴

- D. Psychology is fundamentally _____ as it sees the answer to man's problems from within man themselves – that with the help of a trained professional counselor, they can be set free; The Bible teaches God is the answer to man's problems, and our freedom is through Jesus Christ.
1. The Bible teaches that God is sufficient to help us when dealing with mental struggles.
 2. The book of Psalms constantly sees the writer turning to God for help.
 - **Psalm 43:5** - Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.
 3. When Jonah was angry with God and wanted to die, the answer to his anger and even desire to die was not human counseling or medication, but rather Jonah needed to see God's perspective on the situation (Jonah 4:5-11).
 4. The Church has fallen victim to the world's methods of trying to fix people.
 - a. Psychology and Psychotherapy are coming into the Church today as being the prescribed way to counsel. Instead of people turning to the Word of God, they turn to secular counsel and techniques.
 - b. Man's problem is not psychological, man's problem is _____. It's not a mental issue, it is a _____ issue.
 - c. Sin is what has destroyed man's lives. Because the world doesn't believe in sin – they have now diagnosed sin as an "_____".
 - d. Sin produces conviction inside of man, an inner turmoil and in response – psychology and the world's system call that "pseudo-guilt" from what Sigmund Freud called the "_____"; which the Bible calls the _____ of man. The cure, according to Freud, is to reject the false ethical ideals that this superego

²⁴ Adams, Competent to Counsel, 31-33.

imposes on you, and you need to love yourself more and think higher and better of yourself.²⁵

- e. The Bible teaches repentance of sin and getting right with God will free you from the internal weight of sin. But instead of preaching repentance to guilty sinners, who will be freed by recognizing their sin, turning from their sin, and to Christ, they are rather told their problem is that they need to think “better” of themselves. Their problem isn’t “sin”, it is “low self-esteem”.
- f. One of the most influential voices in Christianity was Robert Schuller, who for 50 years propagated his message on TBN’s “hour of power”. He came out in 1982 with a very influential book entitled “Self-Esteem, the New Reformation”. Other books he wrote were “Self-love” and “Living Positively One Day at a Time”.
- g. The Church in America has bought into the world’s teachings and now, instead of preaching that sin is the problem, we hear preachers tell people they need to love themselves more.
- h. Joel Olsteen – “Jesus said that if you don’t love yourself in a healthy way, you will never be able to love others in the way that you should. He goes on to say to stop focusing on your flaws and start loving yourself.”²⁶
 - i. Does the Bible ever say for us to “love ourselves”? _____
 - ii. Loving ourselves is our _____ position.
 - **Matthew 22:39** - And the second is like it: ‘You shall love your neighbor as yourself.’

E. Is Psychology working?

1. Adams - *“Surveys show that of patients who spend upwards of 350 hours on the psychoanalyst’s couch to get better – two out of three show some improvement over a period of years. The fly in that particular ointment, however, is that the same percentage get better without analysis or under the care of a regular physician. As a matter of fact, that same ratio – two out of three people – got better in mental hospitals a hundred years ago....patients get better regardless of what is done to them.”*²⁷
2. See MacArthur’s Biblical Counseling, pages 10-14.

²⁵ Adams, Competent to Counsel, 10.

²⁶ Joel Osteen, Daily Devotion: Love Yourself, February 14, 2020, Sermons-Online.org, accessed January 14, 2026, <https://sermons-online.org/joel-osteen/daily-devotional/love-yourself>.

²⁷ Adams, Competent to Counsel, 3.

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