

How is biblical counseling different from Secular and Christian counseling?

- Secular psychotherapy is needs-based. The needs for self-esteem, love and acceptance, and significance tend to dominate. If these needs are met, it is believed, people will be happy, kind, and moral; if these needs are unmet, people will be miserable, hateful, and immoral. Biblical counseling teaches that true satisfaction and happiness can only be found in a relationship with God and a pursuit of godliness.
- Secular psychology is based on the theories and subsequent teachings of psychoanalysts. These include Sigmund Freud, Carl Jung, and Carl Rogers and more recently ideas of post-modernism. In stark contrast, Biblical counseling is based on the revealed Word of God and subsequently on God's theories and teachings for humankind.
- Secular psychology promotes mankind as the highest standard of truth and morality and rejects faith, the supernatural, and the Bible. Biblical counseling sees God as the highest standard of truth and morality and that Scripture is sufficient to address the impact on humankind due to fallen human conditions (Genesis 3) as well as equip the child of God for every good work (2 Timothy 3:15-17; 2 Peter 1:4).
- Secular psychology is based on the ideas that man is basically good and that the answer to his problems lies within himself. The Bible states that humans are much worse than they think, but also loved so much more than they can imagine. Humans are "dead in trespasses and sins" (Ephesians 2:1), and the unregenerate heart is "deceitful and beyond all cure" (Jeremiah 17:9). Therefore, the biblical counselor takes a drastically different approach: rather than seeking solutions to spiritual problems within one's own mind, he seeks to confront sin, obtain wisdom from above (James 3:17), and apply the Word of God to the situation.

How is biblical counseling different from Christian counseling?

- In general, what is usually called "Christian counseling" is different from "biblical counseling" in that Christian counseling often uses secular psychology while viewing the client and their situation from a Christian worldview. Depending on the counselor, they may or may not use the Bible or even pray in the sessions.
- This is not to say that a Christian counselor is not also a biblical counselor, but often, Christian counselors are Christians who integrate secular psychology into their counseling. Biblical counselors counsel from Biblical theories and principles.
- Biblical counseling is committed to letting God speak for Himself through His Word. Biblical counseling seeks to minister the love of the true and living God, a love that deals with sin and produces obedience.

