

Lesson 3

COUNSELING AND MINISTRY TO THE NEEDY

INTRODUCTION:

Purposes of study:

- To understand Basic Pastoral Counseling
- To understand Basic Types of Counseling
- To identify various Defense Mechanisms
- To understand the Basic Counseling Skill
- To help minister to the needy

LESSON OUTLINE

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 - B. Basic Pastoral Care Functions
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I. INTRODUCTION

"Comfort, comfort my people, says your God."

Isaiah 40:1

"For lack of guidance a nation falls, but many advisers make victory sure."

Proverbs 11:14

"The way of a fool seems right to him, but a wise man listens to advice."

Proverbs 12:15

A. Definition and Importance of Pastoral counseling

1. Pastoral counseling is a response to the need for someone to really **care** for the troubled within the church fellowship and those numerous persons who have no church, but who turn to a minister for help when crises strike.
Howard J. Clinbell Jr.

2. As a Pastor looks over his congregation on a Sunday service, he is bound to see people who have **problems** or burdens.

"And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone." **1 Thessalonians 5:14**

B. Basic Pastoral Care Functions

1. **Healing**
This pastoral function aims to help believers overcome their problems by **restoring** the person to wholeness.

2. **Sustaining**
Helping hurting believer to **endure** his difficult circumstances.

3. **Guiding**
Assisting believer to make right **choices** among many alternative course of action.

4. **Reconciling**
Helping believer **re-establish** broken relationships between man and fellow man or man and God.

C. *Advantages of a Pastor as a Counselor*

1. **Trust**
Generally speaking, people trust the pastor.
2. Established **relationships**
The pastor has an added advantage in that he has established relationships with his members. He has continuous contacts with families in the course of his work.
3. **Crisis** ministry
The pastor is frequently present in crisis such as bereavement, sickness and accidents.
4. **Availability**
The fact that a pastor is available to help his members in time of need is an added advantage.
5. **Training**
The unique aspects of a Pastor's training gives him an advantage as he deals with problems on marriage or religious issues.

D. *Biblical Examples of Counseling*

1. **Moses** counseled the children of Israel.
"The next day Moses took his seat to serve as judge for the people, and they stood around him from morning till evening." **Exodus 18:13**
2. Prophet **Nathan** counseled and confronted David. **2 Samuel 12:1-15**
3. **Mordecai** counseled Esther. **Esther 4:1-14**
4. **Samuel** counseled Saul. **1 Samuel 15:10-23**
5. **Jesus** counseled Nicodemus. **John 3:1-17**
6. Jesus counseled the **Samaritan** woman. **John 4:1-30**

E. *Basic Qualities of a Counselor*

1. He must be **mature**.
"Now Jesus was about thirty years old when he began his ministry." **Luke 3:23**

2. He must have a consistent **devotional** life:

- a) **Prayer** Mark 1:35
- b) **Praise** Psalm 57: 8-9
- c) **Word** Psalm 119: 97- 100

3. He must be **compassionate**. Jesus ministered out of compassion.

"I have compassion for these people; they have already been with me three days and have nothing to eat." **Mark 8:2**

"Filled with compassion, Jesus reached out his hand and touched the man. 'I am willing,' he said. 'Be clean!'" **Mark 1:41**

4. He must be **well-read** and **balance**.

"When you come, bring the cloak that I left with Carpus at Troas, and my scrolls especially the parchments." **2 Timothy 4:13**

Example of Paul's general knowledge: e.g., **1 Corinthians 10:23**

"For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge." **2 Peter 1:5**

"Sometimes psychological problem such a depression, anxiety, irrational fears, uncontrolled temper, sexual problems, chronic lying, sudden mood swings are the result of a person trying to cope with unmet personal needs."

Selwyn Hughes: A Friend in Need, pg. 36

There are basically 3 psychological needs:

- a) need to **belong**.
- b) need for **self-worth**
- c) need to **achieve**.

5. He must be **ethical**.

a) He should not minister to a member of another church without first seeking the approval of the counselee's Pastor/ leader except in real emergencies or a person who has left church for a long period of time.

b) He should not degrade or speak ill of another church.

6. He must be **trustworthy**.
 - a) *A gossip betrays a confidence but a trustworthy man keeps a secret.*
Proverbs 11:13
 - b) *If you argue your case with a neighbour, do not betray another man's confidence, or he who hears it may shame you and you will never lose your bad reputation.*
Proverbs 25: 9-10
7. He must have a good knowledge of the **scripture**.
 - a) Powerful in its effect
Hebrews 4:12
 - b) Useful for guidance
2 Timothy 3:16

II. BASIC TYPES OF COUNSELING

A. Informal and Short-term Counseling

The Pastor in the course of his work such as visiting can engage in informal counseling.

1. It can take place **anywhere**:
2. Look out for typical **signals**:
 - a) **Disturbed** children (which usually reflect marital unhappiness).
 - b) Unusual **embarrassment** at the pastor's visit.
 - c) **Depression** - including symptoms such as insomnia, loss of interest in food and pleasures, agitation, etc.
 - d) Frequent **intoxication**.
 - e) Radical change in usual **behavior**.
 - f) **Avoidance** of the pastor.
 - g) Attempt to keep conversation **superficial** so that it don't get into deep issues.

3. Use helpful **“openers”** statements:
 - “How are things with you in your situation?”
 - “How are you spiritually?”
 - “How do you feel about ... ?”
 - “You seem discouraged about ...?”

4. Some realistic **goals** of short-term counseling:
 - a) Provide a **supportive** relationship.
 - b) Help reduce **pressure** through your understanding.
 - c) Help the person see a **clearer** perspective amidst his confusion.
 - d) Provide useful information or **alternatives** to help the person arrive to a wise decision.
 - e) Establish **relationship** for future counseling.

B. Family or Marital Counseling

More than **50 percent** of a Pastor’s counseling involves family problems!

“A good marriage is a marriage in which all those involved have maximum opportunity, through mutual need-satisfaction, to grow toward the fulfillment of their God-intended potentialities as persons.”
Howard J. Clinebell Jr.

1. Some goals for helping family or marital problems:
 - a) Reopen **communication** between family members.
 - b) Interrupt the cycle of mutual **retaliation**.
 - c) Face the need to **strengthen** relationship.
 - d) **Learn** from the conflict.
 - e) Begin to show areas of **irresponsibility** in the marriage.
 - f) Make **plans** to strengthen areas of weaknesses.

2. Practical Pointers to remember
 - a) Make effort to involve the **couple**, not just one spouse.

 - b) If one spouse is absent, do the following:
 - (i) avoid the trap of the counselee to spend time criticizing the absent partner.
 - (ii) focus on the counselee on how he himself can change in his behavior.
 - (iii) avoid taking sides.

- d) When both are present give equal opportunity for each party to **express** his view on **each** topic.

C. Crisis Counseling

"... who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." **2 Corinthians 1:4**

Through centuries, the Pastor has been a helper in personal crises.

The challenge for the Pastor is to help crisis-stricken believers to discover the **meaningfulness** of a life lived in relationship with God, whose love is real and steadfast even in the midst of crisis.

Psychiatrist *Gerald Caplan* distinguishes two types of crises: **developmental** and **accidental** crisis.

1. **Developmental Crisis**

This happens as a result of the growth process.

Examples include:

- adolescence
- pregnancy
- menopause
- retirement
- parenthood

2. **Accidental crisis**

Usually caused by unusual unexpected **loss**. It could be a loss of:

- job
- savings
- position
- loved one

Other examples that result in accidental crisis are:

- accidents
- illness
- marital infidelity or divorce
- natural disaster eg. flood, earthquake
- war

3. Signs of negative responses to a crisis:
 - a) **Denial** that a problem exists.
 - b) **Evasion** of the problem. e.g., alcohol or drugs.
 - c) **Refusal** to seek/ help.
 - d) Inability to **express**/ master negative feelings.
 - e) Inability to explore **alternative** solutions.
 - f) **Projection** on to others for causing crisis.
 - g) Turning away from **friends** or family.

D. *Group Counseling*

1. Advantages of Group Counseling:
 - a) Sometimes, in a group setting; it is more **effective** than individual counseling.
 - b) It is a better stewardship of **time**.
 - c) People who dare not come for individual counseling may be **open** to come for counselling in a group setting.
 - d) There's opportunity to **relate** and bear one another's burden.
Galatians 6:2
2. Guidelines of Group Counseling:
 - a) Don't let the group be too big, usually a maximum of **fifteen** people would be ideal.
 - b) Remember - this is not a lecture or teaching session. After 15 minutes of sharing, encourage participants to give **feedback**.
 - c) Encourage the **quieter** ones to speak and share.

E. *Long-term or In-depth Counseling*

Some people require long-term or in-depth counseling if they are to be helped. This type of counseling demands **time** and **emotional** energy.

F. *Confrontation Counseling*

"When Peter came to Antioch, I opposed him to his face, because he was in the wrong."
Galatians 2:11

1. Confrontation counseling is counseling that brings the Counselee face to face with his **problem**.
2. The goal is to help the counselee develop the moral strength to **avoid** similar problems in the future.
3. Situations that require such confrontational counseling:

- a) Any **illegal** or **immoral** action.

An example is Nathan's confrontation of David regarding his immorality. **2 Samuel 12:1-14**

- b) Any action which society, the local church or the Scriptures define as **wrong**.
- c) Any action that causes **division** in the church.

4. Confrontation counseling basically involves the following:

- a) Confronting the person with his **problem**.
- b) Establishing **support** and **acceptance**.
- c) Getting the person to confess his **guilt**.
- d) Assuring the person that God will **forgive** and that he must forgive **himself**.
- e) Helping the person to make **restitution**.
- f) Develop new **behavior** patterns.
- g) Build spiritual **growth** through prayer, Bible reading and fellowship.

5. Be very careful that whatever you do must be done in **love**.

"Do everything in love."

1 Corinthians 16:14

III. THE DEFENSE MECHANISMS

All of us have sometime or another used some of these defenses.

Dr. Fred J. Greve list 11 defense mechanisms in his book 'Counseling':

A. Daydreaming:

It is a form of evasion

B. Rationalization:

It derives from the Latin word for **reason**.

Some people use this as a socially **acceptable excuse** for their behaviour. It is sometimes known as the "*sour-grapes*" mechanism.

C. Projection:

This is to shift-blame.

In **Genesis 3**, Adam blamed Eve; Eve blamed the devil.

D. Compensation:

It's an action to **counter-balance** a weakness

E.g. of Positive compensation: A blind person develops great sensitivity in hearing and touching.

E.g. of Negative compensation: An inferior person to counter-balance his complex he strives to be successful in life, stepping on others and pushing others down to be up.

E. Identification:

This is a situation whereby one tries to evade his problems by being another person who perhaps has a better personality or skill.

F. Denial

Here, the person just **outright denies** that he has a **problem** or **fault**.

G. Attention-getting:

They are people who have a weak **self-concept** but in order to “*off-set*” it they **boast** about themselves

Mark 12: 38-40 speaks of “*attention-getting*” of the Pharisees:

- a) Go in long clothing.
- b) Love salutation in public places.
- c) They take the important seats.
- d) They make long prayers for show.

H. Negativism:

This describes a person who desires attention and gets them by being **negative, critical** about people and things.

I. Regression:

It literally means “*to go backward*”. Here the person goes back to more **pleasant** period of their lives.

J. Repression:

It’s the “*act of pushing down*” sometimes people repress their **hurtful** and **unpleasant** memories into the **sub-conscious**.

K. Displaced aggression:

It’s the act of “*taking it*” on someone else when we can’t “*hit*” the actual person.

IV. BASIC STEPS IN COUNSELING

A. Evaluation

1. Evaluate the **nature** of the problem:

According to **1 Thessalonians 5:25**, we understand that God made man with a **spirit, soul** and **body**. Therefore, in trying to help the counselee; we must evaluate the nature of the problem.

Is it a **spiritual** problem due to spiritual factors?

Is it an **emotional** problem due to psychological factors?

Is it a **physical** problem due to physical factors?

Is it a problem with a **combination** of the above factors?

a) **Spiritual factors:**

Here are some questions we can ponder on:

- is it due to guilt or sin?
- is it due to disobedience to the WORD?
- has the person been daily reading the Word?
- has the person been daily praying?
- has the person been fellowshipping in a church?

b) **Psychological factors:**

Here are further questions to consider:

- how has the counselee's childhood been?
- where is the counselee in the sibling's order?
- is the problem due to unmet psychological need?
- the need to belong
- the need for self-worth
- the need to achieve.

c) **Physical factors:**

Has the person been through a thorough medical check-up?
We must eliminate physical causative factors such as lack of vitamins, glandular malfunctions injuries, etc. Otherwise we might be administering spiritual help when it could be a physical need.

2. Evaluate the **level** of the **need**:

Professor Paul Welter of USA categorizes problems into 5 areas:

a) **Problem:** It is an issue which has a solution.

b) **Predicament:** It is an issue in which there is **no easy** or **satisfactory** solution.

- c) **Crisis**: It's a large predicament, usually short-term but requires **immediate action**. It causes the person to be **unable to cope** with the situation.
- d) **Panic**: It's a state off fear whereby a person becomes **disoriented** and **irrational**.
- e) **Shock**: A **dazed** or **numbed** condition in which a person's mind may lapse for minutes or even hours.

B. *Fact-Finding*

"The purposes of a man's heart are deep waters, but a man of understanding draws them out."
Proverbs 20:5

1. **Questions**:

- a) Try not to use "Why" : The question "Why" has a **negative connotation** and the counselee may feel that he is being **judged**.

- b) Avoid questions that receives **one-word** answer:

E.g. "Do you think your wife is part of the problem?"

You may just get a 'yes' and the conversation stops here.

"How have your wife contributed to the problem?" might be a better way to draw out answers.

- c) Do not exhibit **surprise** or **shock** when receiving facts.

- d) Gather **concrete** facts rather than **abstract** description:

- who is involved in the situation?

- How are they related?

Illus.: Insomnia : When did it happen? How did it happen?

What caused the nervous breakdown? Who took your money?

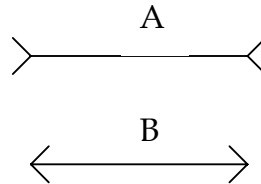
Has your husband contributed to the problem?

2. **Perceptions**:

Sometimes the counselee feels that his view of the situation is right when it is actually wrong.

E.g., In the natural world there's optical illusion.

The surrounding lines cause A to seem to be longer than B while in actuality, they are the same. Likewise, sometimes there may be faulty perceptions due to surrounding factors in a situation.



C. Guidance

1. Guidance or direction must be **scripturally** based. The Word of God bears the **authority** of God.

Psalm 119

"Direct me in the path of your commands, for there I find delight." **v.35**

"Your word is a lamp to my feet and a light for my path." **v. 105**

"The entrance of your word gives light; it gives understanding to the simple."

v. 130

"Direct my footsteps according to your word; let no sin rule over me." **v. 133**

2. Encourage counselee to **renew** their thinking:

"As a man thinks in his heart, so is he."

Proverbs 23:7

3. Give guidance or counsel that are **concrete**.

Counselee needs to know concrete or specific actions rather than general abstractions.

4. Discourage **hasty** actions or decisions:

*"It is not good to have zeal without knowledge, nor to be **hasty** and miss the way."*

Proverbs 19:2

*"He is a **double-minded** man, **unstable** in all he does."* **James 1: 8**

5. Take actions that are **sensible**.

6. Apply **action-therapy**:

Illus.: Get the depressed person to do 'actions' such as:

In the morning go for a walk

In the noon-time sweep the floor

In the evening time to water the plants

7. Get counselee to **commit** himself to the counsel.

Remember that the Holy Spirit is the Counselor. Rely on Him to help the counselee.

"Unless I go away, the counselor will not come to you; but if I go, I will send him to you."

John 16:7b

8. Remember the power of **prayer**:

"And I will do whatever you ask in my name, so that the Son may bring glory to the Father."

John 14:13

V. BASIC SKILLS IN COUNSELING

A. *Establish a rapport*

"When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?"

John 4:7

Jesus established a rapport with the Samaritan woman by embarking on a casual note of asking for a drink. This further led to the sharing of the gospel. Later on Jesus moved on to the confrontation of her sin of adultery.

B. *Listen attentively*

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak ..."

James 1:19

We need to train our minds not to wander but concentrate.

Norman H.: "Listening is not thinking about what you are going to say when the other person has stopped talking."

"A fool finds no pleasure in understanding but delights in airing his own opinions."
Proverbs 18:2

Examples of language connotations:

- a) **Worried:** "What if I do this ..."
"But, what will I do if ..."
- b) **Fear:** "I'm afraid that ..."
"I feel so frightened that ..."
- c) **Unfairness:** "Why did this have to happen to me?"
- d) **Urgency:** "I need help immediately."
- e) **Discomfort:** "I feel so downcast and unhappy."
- f) **Confusion:** "I just don't know where to begin."
- g) **Desperate:** "I have to do something but I don't know what."

C. *Don't jump to a conclusion too quickly:*

"He who answers before listening - that is his folly and his shame." **Proverbs 18:13**

We must take extra caution especially if it involves more than one party.

"The first to present his case seems right, till another comes forward and questions him."
Proverbs 18:17

D. *Refer counselee to others if it's beyond your capacity.*

It is not being foolish or silly if you have to refer your counselee to another counselor. In fact, it is wiser and helpful for one to do so when necessary.

E.g., Doctors practice referrals.

VI. MINISTRY TO A FALLEN LEADER

A. *The realistic view of God's leaders*

“Realistic” because unconsciously we develop an unrealistic image.

1. They are not **perfect** people:

“Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.”

Philippians 3:12

2. They are **human beings**:

James 5: 17a: *“Elijah was a man just like us.”*

The emphasis here is that as a human being they also have to face temptations. They are liable to **succumb** to **temptations**.

E.g., Elijah gave in to fears, discouragement and depression.

3. They have **weaknesses**:

The emphasis here is that some may even have had bad past records which can be contributory factors to their fall.

It is the grace of God that despite current weaknesses yet God uses them.

Examples of such cases:

- a) Moses: Here we see that Moses was an **impulsive** man. Perhaps this weakness led to his hasty act of murder. **Exodus 2:12**
- b) Samson : Due to his **lust of the flesh**, Samson was brought to shame and captivity.

Judges 14:1-2:

Saw a Philistine woman
now get her for me ...

Judges 16:1:

Samson a prostitute ...

B. Contributory Factors to a Leader's Downfall

We are **shocked** to hear of a leader's downfall or hypocrisy. But God is not taken by **surprise**.

Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. **Hebrews 4:13**

1. Not **abiding** or **walking** with the Lord:

"So I say, live by the Spirit, and you will not gratify the desires of the sinful nature." **Galatians 5:16**

Q: What is to live by the Spirit?

a) Maintaining a **worshipful** life:

"Come, let us bow down in worship, let us kneel before the Lord our Maker." **Psalms 95:6**

b) Meditating and obeying the **Word**:

"But his delight is in the law of the Lord, and on his law he meditates day and night." **Psalms 1:2**

"How can a young man keep his way pure? By living according to your word." **Psalms 119:11**

c) Maintaining a **prayerful** life:

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." **Matthew 28:41**

2. Not in **fellowship** with fellow brethren:

And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another and all the more as you see the Day approaching. **Hebrews 10:24-25**

Sometimes leaders are in such a situation because they caused it to be so willfully. At other times, it's so by virtue of his position that made him to be lonely.

Leaders do testify that for one to be at the top can be very lonely.

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has on one to help him up!"
Ecclesiastes 4:9-10

3. **Pride**

"Pride goes before destruction, a haughty spirit before a fall." **Proverbs 16:18**
"For lack of guidance a nation falls, but many advisers make victory sure."
Proverbs 11:14

4. **Unhappy home-life**

"Better to live on a corner of the roof that share a house with a quarrelsome wife."
Proverbs 21:9

"A wife of noble character is her husband's crown, but a disgraceful wife is like decay in his bones."
Proverbs 12:4

5. **Abuse of power:**

"... not lording over those entrusted to you, but being examples to the flock."
1 Peter 5:3

6. **Subtle compromise**

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind."
Romans 12:2a

"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour."
1 Peter 5:8

7. **Psychological Problems**

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."
3 John 2

"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."
1 Thessalonians 5:23

8. **Undealt-With Past Problem**

"The axe is already at the root of the trees, and every tree that does not produce good fruit will be cut down and thrown into the fire."
Luke 3:9

9. **Satanic Targeted Attack on Leaders**

"Now the king of Aram had ordered his thirty-two chariot commanders, "Do not fright with anyone, small or great, except the king of Israel."

1 Kings 22:31

"Strike the shepherd, and the sheep will be scattered, ..." **Zechariah 13:7b**

10. **Psychosexual Development**

This last point is direct quotation from Dr. Clyde Narramore's book: *Why a Christian Leader May Fall*. He explained that the term "psychosexual" has to do with **mental** and **emotional attitudes** which a person holds towards himself as a sexual being and toward other people as sexual beings.

According to Narramore, pornography is often used by man for dominance and conquest over the less powerful, namely women and children. It is also a weapon of violence and it provides sexual stimulation.

C. ***Ways to help when faced with such a situation***

*"Brothers, if someone is caught in a sin, you who are spiritual should **restore him gentle.**"*

Galatians 6:1a

1. Separate facts from **gossips**:

"Do not entertain an accusation against an elder unless it is brought by two or three witnesses."

1 Timothy 5:19

2. Be a **friend** to him:

"A friend loves at all times, and a brother is born for adversity."

Proverbs 17:17

"There is a friend who sticks closer than a brother."

Proverbs 18:24b

3. **Empathize with him**

"The body is a unit, though it is made up of many parts, and though all its parts are many, they form one body. So it is with Christ."

1 Corinthians 12:12

"If one part suffers, every part suffers with it ..." **v. 26**

4. **Forgive** him:

"Forgive, and you will be forgiven"

Luke 6:37b

5. Deal with the **sin** at the right **level**:

As a brother, show him his fault.

As a body, deal with it at leadership level.

Matthew 18:16-17

6. **Restore** him:

John 21:15-17

Practical restoration such as:

- a) Arrange to meet him on a scheduled basis for encouragement and counseling.
- b) Sent him for professional help.
- c) Meet his practical needs until such time till he can *"stand on his feet."*

7. **Pray** for him:

"All things are possible for him who believes."

Mark 9:23

VII. MINISTRY TO THE DEPRESSED

A. Definition of Depression

It is a change of **mood** whereby a person's **feelings** go downward like a helical spiral. He begins to feel:

- sadness
- dejection
- hopelessness
- apathy

B. *Who are affected by Depression?*

Nearly everyone has encountered depression, whether they are rich or poor, educated or uneducated. Generally, studies have shown that depression is more common in women than in men.

E.g., Even Christians or great men of God faced depression: -

1. Job

Then Job replied: "If only my anguish could be weighed all my misery be placed on the scales!" **Job 6:1-2**

"What strength do I have, that I should still hope? What prospects, that I should be patient?" v.11

2. David

"... My soul is downcast within me, therefore I will remember you from the land of the Jordan, the heights of Hermon – from Mount Mizar." Psalm 42:6

3. Jeremiah

"Alas, my mother, that you gave me birth, a man with whom the whole land strives and contends! I have neither lent nor borrowed, yet everyone curses me." Jeremiah 15:10

C. *What causes depression?*

Just about anything can be the trigger to depression. Events such as an illness, loss of fortune, self-pity, jealousy, resentment, worry etc.

Such events really are not totally responsible for depression. It is the way we evaluate and respond to the event that determines the emotion.

Dr. Albert Ellis gave an explanation for the relationship between events and response leading to the consequent emotion:

A = event
 B = evaluation of event
 C = the consequent emotion.

One cannot go from A to C without going through B. According to this theory, no event can arouse a negative emotion.

The basic causes of depression:

1. Physiological causes
2. Psychological causes

3. **Spiritual** causes

D. *The Physiological Causes*

Some doctors diagnose the cause of depression as '*endogenous*' which means that it is '*internally generated*'.

Below are some examples of physiological causes.

1. **Pre-menstrual:**
For some ladies, once a month they get depressed due to hormonal changes in their bodies.
2. **Menopause:**
Due to chemical changes in the body, the person begins to feel depressed. For women, it is around 45-55 years old and for men it's about 60-65 years old.
3. **Post-partum:**
This happens after the birth of a child. The woman's body undergoes chemical changes which may result in depression.
4. **Body Infections:**
When an infection occurs in the body, high toxicity is produced (by e.g., virus) in the brain and nervous system. As such the patient may lapse into depression.
5. **Glandular Malfunction:**
E.g., Thyroid disorder can be the cause of depression.
6. **Lack of Simple Necessities in Life:**
The lack of sleep or proper food can contribute towards depression.

Elijah was tired and exhausted. God gave him sleep and food to eat.
1 Kings 19:4-6

E. *The Psychological Causes*

An adult's behaviour and attitudes are greatly rooted in his childhood and upbringing. The crucial years are the impressionable first six years of the child's life.

Such roots can result in lack of **self-worth** or **rejection**. These can be contributory factors to depression in a person.

Examples of some contributory factors to depression:

1. A **broken** relationship: Which eventually leads to feelings of rejection.
2. Suppressed **anger**:
3. False **guilt**: A feeling of guilt which God does not condemn. A parent who is extremely rigid and hard to please can produce false guilt in the child. As of false guilt is carried over into adulthood.
4. Wrong **thinking**: **Proverbs 23:7**

Dr. David D. Burns conducted a test to show that thought patterns do have connection with the emotions and recovery of depressed people.

- 40 depressed people were randomly divided into 2 groups.
- Group A received cognitive therapy with medication.
- Group B received medication without cognitive therapy.

Result: Group A showed superior results to anti-depressants in all aspects after 12 weeks of therapy.

F. The Spiritual Causes

1. Sometimes people are in depression because of hidden **sin** in their lives.
 - a) David

"When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me, my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord - and you forgave the guilt of my sin.'"
Psalm 32:3-5
 - b) Asaph

Due to envy, he went into depression. *"For I envied the arrogant when I saw the prosperity of the wicked."* **Psalm 73:3**

"When I tried to understand all this, it was oppressive to me..."
Psalm 73:16

2. **Satanic** oppression

"Your enemy the devil prowls around like a roaring lion looking for someone to devour."
1 Peter 5:8

G. ***How to Minister to a Depressed Person?***1. Encourage the counselee to **talk** about his problem.

E.g., The Lord talked to Elijah about his problem.

"And the word of the Lord came to him. 'What are you doing here, Elijah?'"
1 Kings 19:9

2. Encourage the counselee to go for a total **medical** check-up:3. Discern to see if there's the root of **unforgiveness** or **bitterness**:

- a) unforgiveness against others **Mark 11:25**
- b) unforgiveness against self **Matthew 22:39**

4. Renew the mind with the **word** **John 8:32, 17:17**5. Change the **confession** of the counselee

"For out of the overflow of the heart the mouth speaks." **Matthew 12:34b**

"... because God has said, ... So we say with confidence ..." **Hebrews 13:5-6**

6. Change the counselee's **behavioural** patterns:

"We walk by faith and not by sight." **2 Corinthians 5:7**

7. Encourage proper **care** of the body:

- a) Proper sleep: *"... fell asleep..."* **1 Kings 19:5b**
- b) Proper food: *"He ate and then lay down again"* **1 Kings 19:6b**
- c) Proper exercise: *"he travelled 40 days and 40 nights"* **1 Kings 19:8b**

8. Do something to **help** others:

"After Job had prayed for his friends the Lord made him prosperous again and gave him twice as much as he had before."
Job 42:10

9. **Pray** for counselee:

"The Spirit of the sovereign Lord is on me, ... to proclaim freedom for captives ..."
Isaiah 61:1

VIII. MINISTRY TO THE SUICIDAL PERSON

A. Examples of Persons in the Bible who committed suicide

1. **Saul**: **1 Samuel 31:4**
"Saul said to his amour-bearer, 'Draw your sword and run me through, or these uncircumcised fellows will come and run me through and abuse me.' But his amour-bearer was terrified and would not do it; so Saul took his own sword and fell on it."

(Saul's reason: fear and hopelessness)

2. **Ahithophel**: **2 Samuel 17:23**
*"When Ahithophel saw that his advice had not been followed, he saddled his donkey and set out for his house in his home town. He put his house in order and the **hanged himself**. So he died and was buried in his father's tomb."*

(Ahithophel's reason: pride)

3. **Zimri**: **1 Kings 16:18**
*"When Zimri saw that the city was taken, he went into the citadel of the royal palace and **set the palace on fire around him**. So he died, ..."*

(Zimri's reason: pride, hopelessness)

4. **Judas**: **Matthew 27:5**
*"So Judas threw the money into the temple and left. Then he went away and **hanged himself**."*

(Judas' reason: heavy guilt, despair)

B. Recognizing Suicidal Persons

1. **Verbal** threats:
Eight out of ten suicides have given verbal warnings. Therefore, it is imperative that we take **seriously** even if it's a threat and may not be true. Some people give threats to **manipulate** others.

A person who voices suicidal threats is:

- a) emotionally troubled.
- b) depleted in self-esteem.
- c) in dire need of counseling.

2. **Non-verbal** threats:

- a) He may not threaten suicide but may express feelings of :
 - hopelessness
 - meaningless living
 - desire to die
 - rejection e.g., "they're no longer needed" and "no one loves them"
 - despair
 - guilt

- b) Other general symptoms:
 - disorganized
 - confused
 - helpless
 - anxious
 - lonely
 - hostile
 - social withdrawal
 - loss of interest in previously prized activities.

3. Generally, they are people who have suffered great **loss**:

- loss of loved one through death
- loss of spouse through divorce
- loss of job
- loss of health
- loss of wealth

4. **Depression**:

Psychiatrist Karl A. Menniger commented that "all deeply depressed people are potential suicidal persons."

5. Chronic **illness**:

A person facing a terminal illness may feel hopeless and thus commit suicide.

6. **Mental** disturbances:

Sometimes a mental person may take an irrational action such as suicide.

7. **Enslaved** by habits:
Alcoholics and drug addicts may attempt suicide because they feel hopeless and helpless about their condition.

C. ***Recognizing the "High-Risk" Suicidal Person***

Below is a list of factors used to evaluate lethality in suicide threats devised by the Los Angeles Suicide Prevention Centre:-

1. **Male**:
Generally, men attempt less than women but if they do; they are more successful in their attempts.
2. **Older** age group:
This is not to say that younger age group is not on the "high-risk" group but that older age group feels that there is not much to look forward to.
3. Specific **plans** and **means**:
If you discover that the person had already decided how and when to commit suicide, then he/she really means it seriously and is liable to carry it out.
4. **Prior** suicidal **attempts**:
Although 65% do not try again after a first attempt, we must be very careful with those with prior consecutive attempts.
5. Recent **severe** loss:
E.g., Loss of wealth or relationship can trigger suicidal tendencies.
6. **Depression**:
A severely depressed person has no desire to carry on living.
7. **Addiction**:
Despair can engulf a person who wants to be free and yet is enslaved by habits. E.g., alcohol or drug addiction.
8. Poor **communication** with **significant** persons:
Significant persons are people whom the suicidal person looks up to and respect such as father, mother, psychiatrist, pastor, elder brother, etc.

9. **Defensive** reactions by **family**:
Family members who feel that the suicidal person is solely to be blamed and that they're not responsible for his behaviour can cause the person to really carry out his suicidal plans.
10. **Mental** illness:
For those who have more of the above factors, the higher the possibilities in carrying their suicidal attempts.

D. *Ways to minister to Suicidal Persons*

1. Build a **rapport** with the person.
 - show concern
 - listen carefully
 - respond with his feelings.
2. Gather **information**
 - Names and addresses of friends or relatives.
 - Prior attempts: When it occurred? How it happened?
 - Present plans: What kind of plans?
 - Future plans: When? How?
3. If a suicidal person contacts you by phone; **prevent** action by:
 - Keep talking while gathering information.
 - All family, friend, police by another line.
 - Persuade the caller to see him in person.
4. **Dissuade** the person from carrying out his plans.

A person who is in such a state is very often irrational and confused.

Say something like: *"To you it may seem to be the only way, but you are depriving yourself of a chance. Let me help you by proposing this solution ..."*
Show that *"Thou shall not kill"* (**Exodus 20:13**) also includes killing yourself.

5. Give **hope** to the person:

When he says, *"I want to commit suicide"* – it's a hopeful sign. It shows that he desires help. A suicidal person needs a *"frame of reference and object of devotion."* At such a time, it may be helpful to introduce Jesus Christ to that person.

*For I know the **plans** I have for you, declares the Lord, plans to **prosper** you and not to harm you, plans to give you a **hope and a future**. Then you will call upon me and come and **pray to me, and I will listen** to you. You will seek me and find me when you seek me with all your heart.*

Jeremiah 29:11-13

Actually the vacuum in his heart needs to be filled by Christ. Other scriptures: **Psalm 34:6, 2 Corinthians 4:8-9, 1 Corinthians 10:13, Hebrews 4:16 and 2 Timothy 2:13.**

6. Don't increase **guilt**: Do not judge or criticize the person but strengthen his self-esteem.

Scriptures on guilt: Romans 8:1
1 John 1:9
Psalm 103:12

Scriptures on self-esteem: Psalm 139:13-14
John 3:16
Ephesians 2:10

7. Refer person to a good **psychiatrist**:

This is where professional help may be needed.

8. Rally **family** support:

In times like these, it is vital for the family members to give all the help and encouragement that is needed.

If the person has attempted suicide for the first time, the family needs to know that the first **90** days are crucial because research has shown that further attempts occur during this period. Perhaps the family needs ministry too!

9. Rally on-going **pastoral** care:

This is where the body of Christ comes in. **Hebrews 10:24-25** speaks of the importance of fellowship.

10. **Pray** for the person.

IX. MINISTRY TO THOSE WITH THE PROBLEM OF UNCONTROLLED ANGER

A. *Biblical descriptions of Instances of anger*

1. **God:** *He (God) unleashed against them (Egyptians) his hot anger, his wrath, indignation and hostility – a band of destroying angels. Psalm 78:49*
2. **Moses:** *When Moses approached the camp and saw the calf and the dancing, his anger burned, and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain. Exodus 32:19*
3. **Nehemiah:** *When I heard their out cry and these charges, I was very angry. Nehemiah 5:6*

B. *Anger is not necessarily sinful*

1. **God** expresses anger: *God is a righteous judge, a God who expresses his wrath every day. Psalm 7:11*

God has no sin yet He expresses anger. Anger is part of God's nature and therefore in itself is not sin. Divine anger is controlled expression of indignation against sin in unrighteousness.

2. **Jesus** expresses anger: *He looked around at them in **anger** and, deeply distressed at their stubborn hearts, said to the man; stretch out your hand! He stretched it out, and his hand was completely restored. Mark 3:5*
- (John 2:14 : Jesus clearing the temple).*
3. **Paul's advice:** *"In your anger do not sin. Do not let the sun go down while you are still angry." Ephesians 4:26*

This scripture clearly shows that there is a kind of anger that is not sinful.

C. *Sinful anger*

Sinful anger is that which is **uncontrolled and causes** destruction. As a result it harms:

- physically (himself and/or others)
- psychologically

- spiritually
- socially

1. **Expressed** or “*blowing up*” of anger is sin

Such a situation is destruction because emotional energies are aimed and fired at someone else.

- a) **Cain:** So Cain was **very angry** and his face was downcast.
Genesis 4:5

Cain attacked his brother and **killed** him. **v: 8**

- b) **Asa:** Asa was **angry** with the seer because of this, he was so **enraged** that he put him in prison. **2 Chronicles 16:10**

- c) **Haman:** When Haman saw that Mordecai would not kneel down or pay him honor, he was **enraged**. **Esther 3:15**

... **idea of killing** Mordecai ... the Jews ... **v: 6**

“Like a city whose wall are broken down is a man keeps himself under control.” **Proverbs 25:28**

Examples of destructive expressions:

- verbal or physical aggression
- drinking
- performing actions to hurt such as failing exams or committing adultery.

2. **Repressed** or “*clamping down*” of anger is sin:

Such an action is also destructive in that the person himself is hurt and as a result he'll hurt other too. Repressed emotional energies will create tension within and it leads to bitterness and resentment.

Effects of Repressed anger:

Physical: headaches, increase high blood pressure, cause heart attack.

Psychological: anxiety, fears, tension, depression.

D. Dealing with anger

Before counseling, counselee must have the **desire to be helped**. Attitudes such as “*Who cares*”, “*What's the use*” must be corrected and dealt with.

1. Encourage counselee to confront the **problem** and not the person:

Withdrawal is the easiest but least effective:

- leaving the room or going on a vacation.
- occupy oneself with work or T.V.
- drinking or drugs addiction.
- denial or existence of anger.

In confrontation of the problem, the counselee must work with the motivation to solve problems and not to hurt persons. In solving problems, the guide to communication must be **Ephesians 4:29**:

“Do not let any unwholesome talk come out of our mouths, but only that is helpful for building others up according to their needs, that it may benefit those who listen.”

“Instead speaking the truth in love ...”

Ephesians 4:15

2. Encourage the **control** of anger:

Excuses like: *“I can’t control my anger”* is a lie because **Proverbs 16:32** tells us that anger can be controlled.

The common advice of counting 1-10 is quite scriptural as it encourages the idea of self-control.

E.g., One would not *“blow-up”* his anger at his boss because he is an important person. This shows that one can control his anger.

3. Get counselee to **repent**: Sin must be repented and confessed (1 John 1:9). The sole reason being that he is inconsiderate towards his own family members and considers them not important enough for him to control his anger.

4. Apply biblical **deterrents** to anger

Proverbs 15:1: Soft answer (not repressing anger)

Proverbs 17:14: Don’t allow quarrel to start. Avoid nasty words.

Proverbs 15:28: Think before speaking

Ephesians 4:27: Solve problems before the day is over lest it builds up to resentment and finally blow-up.

5. Get counselee to see his **own** fault first before seeing other’s faults

Matthew 7:3-5

6. Get counselee to **humble** himself and ask for forgiveness **James 5:16**
7. Give up activities that stir or encourage violence:

E.g., Violent T.V. shows.
8. If there's inferiority and rejection, minister inner-healing. **Isaiah 53:3,5**

Most times, people who are easily angered and flared-up is because they feel that they have been made inferior by others. Generally speaking, a secure person will not be intimidated by the remarks of others.
9. **Pray** in the midst of anger:

*Then Moses became very angry and **said to the Lord**, "Do not accept their offering. I have not taken so much as a donkey for them, nor have I wronged any of them."* **Numbers 16:15**

While angry, Moses still could pray!
10. If in the midst of ministry, both person begin a verbal attack at each other; **stop** the ministry. Tell counselee that you will not support such actions as it contradicts. **Ephesians 4:29**

X. MINISTRY TO THOSE IN BEREAVEMENT

A. *Death is a painful loss*

1. David lamented over the death of Jonathan. **2 Samuel 1:23-26**
2. Jesus grieved over the death of Lazarus. **John 11:1-44**

B. *Phases of Grief*

1. **Acute**: numbness, denial
2. **Transition**: anger, bargaining "*Lord, if you do this ... I will do that*"
3. **Acceptance**: depression, peace, wholeness.

C. *Common Expressions of Grief*

1. Loss of **appetite** (or to the extreme, excessive eating)
2. Disbelief or **shock** (failure to accept the reality of the loss)
3. **Nervous** behaviors (biting of nails, excessive use of T.V.)
4. **Sexual** disinterest
5. Inability to make **decisions**
6. **Anger**
7. Trouble maintaining close **relationships**
8. **Lethargy**
9. Short **attention** span
10. Seeming loss of short-term **memory**
11. Lack of interest in **spiritual** things (or opposite: sudden interest in spiritual things)
12. Need to **talk** about loss.
13. Lack of concern for **personal** care
14. **Sleeplessness** (or opposite : Excessive sleeping)
15. **Hopelessness**
16. **Fear**
17. Feeling that God has **abandoned** him.

D. *Ways to help those in bereavement*

1. Be **there**.
Jesus was present at Lazarus funeral. **John 11**
2. **Listen**.
Jesus listened to people a lot.
3. Encourage **emotional** expression.
Jesus wept. **John 11:35**
4. **Pray** with bereaved members.
5. Follow up with pastoral **visit**.
6. Offer **practical** help
Ask a family member rather than the bereaved what needs to be done.
E.g., cook, look after children, etc.

E. Things to avoid

1. Never say, "Don't cry"
2. Don't guess God's will or try to **explain** why the death occurred.

E.g., Saying that a tragic accident is God's will can be cruel and untrue.
3. Refrain from saying, "I know how you **feel** ..." unless you have gone through the same experience.
4. Don't assign **role** of the deceased to the eldest child by saying, "Now you are the man/woman ..." It only add unnecessary burden to the young person.
5. Don't suggest **remarriage** like saying, "You're still young, you'll marry again."
6. Don't be **critical** of the widow/ widower if he/she starts dating too soon according to your standard. Loneliness can be a terrible feeling.

F. Advice to the widowed

1. Don't make any major **decisions** during the first year unless absolutely necessary.

E.g., selling house, car, move to another country.
2. Make a list of **positive** things to do. Keep yourself busy.
3. Keep in **fellowship**. **Hebrews 10:24-25**

XI. CONCLUSION

A. *Referral*

There are times when some problems need specialized help. This is when you have to refer the counselee to the right person. This is sometimes called **referral counseling**.

It is not a failure to refer counselee to another person who is better equip to help.

Whom to refer?

1. Those who can be helped more **effectively** by someone else.
2. Those who do not **respond** after five or more sessions. In long term counseling – it certainly is more than five sessions – the difference is that the counselee is responding.
3. Those whose needs surpass his **time** or **training**.

B. *Practical Reminders*

1. Do not counselee the opposite sex **alone**.
2. Counsel in a **quite** place free from distractions and interruptions.
3. Keep careful **records** of the counseling.
 - It is helpful as we tend to forget what we have said the last time.
 - Keep all records in a safe place so that confidential information does not leak out to the public.

C. **Relevant Scriptures**

Below are Biblical passages that may be of assistance to the Christian counsellor as he handles various issues in life.

Adultery

Exodus 20:14

14 *YOU shall not commit adultery.*

Proverbs 6:24-29, 32-33

24 *To keep you from the evil woman, from the smooth tongue of the adulteress.*
25 *Do not desire her beauty in your heart, nor let her catch you with her eyelids.*
26 *For on account of a harlot one is reduced to a loaf of bread, and an adulteress hunts for the precious life.*
27 *Can a man take fire in his bosom, and his clothes not be burned?*
28 *Or can a man walk on hot coals, and his feet not be scorched?*
29 *So is the one who goes in to his neighbour's wife; whoever touches her will not go unpunished.*
32 *The one who commits adultery with a woman is lacking sense; he who would destroy himself does it.*
33 *Wounds and disgrace he will find, and his reproach will not be blotted out.*

Matthew 5:27-28

27 *You have heard that it was said, 'You shall not commit adultery';*
28 *But I say to you, that everyone who looks on a woman to lust for her has committed adultery with her already in his heart.*

Affliction

Job 5:6-7

6 *For affliction does not come from the dust, neither does trouble sprout from the ground,*
7 *For man is born for trouble, as sparks fly upward.*

Job 5:17-18

17 *Behold, how happy is the man whom God reproveth, so do not despise the discipline of the Almighty.*
18 *For He inflicts pain, and gives relief He wounds, and His hands also heal.*

Psalms 50:15

15 *And call upon Me in the day of trouble; I will rescue you, and you will honour Me.*

Matthew 11:28

28 *Come to Me, all who are weary and heavy-laden, and I will give you rest.*

Romans 5:3-4

3 *And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance;*
4 *and perseverance, proven character, and proven character, hope.*

Alcoholism

Proverbs 20:1

1 *Wine is a mocker, strong drink a brawler, and whoever is intoxicated by it is not wise.*

Proverbs 23:29-33

- 29 *Who has woe? Who has sorrow? Who has contentions? Who has complaining? Who has wounds without cause? Who has redness of eyes?*
30 *Those who linger long over wine, those who go to taste mixed wine.*
31 *Do not look on the wine when it is red, when it sparkles in the cup, When it goes down smoothly;*
32 *At last it bites like a serpent, and stings like a viper.*
33 *Your eyes will see strange things, and your mind will utter perverse things.*

Isaiah 5:11-12, 22

- 11 *Woe to those who rise early in the morning that they may pursue strong drink; who stay up late in the evening that wine may inflame them!*
12 *And their banquets are accompanied by lyre and harp, by tambourine and flute, and by wine; but they do not pay attention to the deeds of the LORD, Nor do they consider the work of His hands.*
22 *Woe to those who are heroes in drinking wine, and valiant men in mixing strong drink.*

Ephesians 5:18

- 18 *"And do not get drunk with wine, for that is dissipation, but be filled with the Spirit.*

Anger

Psalm 37:8-9

- 8 *Cease from anger and forsake wrath; do not fret, it leads only to evildoing.*
9 *For evildoers will be cut off, but those who wait for the Lord, they will inherit the land.*

Proverbs 14:17

- 17 *A quick-tempered man acts foolishly ...*

Ephesians 4:26-27

- 26 *Be angry, and yet do not sin; do not let the sun go down on your anger,*
27 *and do not give the devil an opportunity.*

Colossians 3:8

- 8 *But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.*

James 1:19-20

- 19 *This you know, my beloved brethren. But let everyone be quick to hear, slow to speak and slow to anger;*
20 *for the anger of man does not achieve the righteousness of God.*

Anxiety

Psalm 37:5

- 5 *Commit your way to the LORD, trust also in Him, and He will do it.*

Matthew 6:25-34

- 25 *For this reason I say to you, do not be anxious for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing?*
26 *Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?*
27 *And which of you by being anxious can add a single cubit to his life's span?*
28 *And why are you anxious about clothing? Observe how the lilies of the field grow; they do not*

- toil, nor do they spin,
29 yet I say to you that even Solomon in all his glory did not clothe himself like one of these.
30 But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith?
31 Do not be anxious then saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?'
32 For all these things the Gentiles eagerly seek- for your heavenly Father knows that you need all these things.
33 But seek first His kingdom and His righteousness; and all these things shall be added to you.
34 Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Luke 21:34

- 34 Be on guard, that your hearts may not be weighted down with dissipation and drunkenness and the worries of life, and that day come on you suddenly like a trap.

Philippians 4:6-7

- 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
7 And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.

1 Peter 5:6-7

- 6 Humble yourselves, therefore under the mighty hand of God that He may exalt you at the proper time,
7 casting all your anxiety upon Him, because He cares for you.

Bereavement

John 11:25-26

- 25 Jesus said to her, 'I am the resurrection and the life; he who believes in Me shall live even if he dies,
26 and everyone who lives and believes in Me shall never die. Do you believe this?'

John 14:1-6

- 1 "Let not your heart be troubled; believe in God, believe also in Me.
2 In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you.
3 And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.
4 And you know the way where I am going.'
5 Thomas said to Him, 'Lord, we do not know where You are going, how do we know the way?'
6 Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father, but through Me.'

1 Corinthians 15:55-57

- 55 'O death, where is your victory? O death, where is your sting?'
56 The sting of death is sin, and the power of sin is the law;
57 but thanks be to God, who gives us the victory through Our Lord Jesus Christ.

2 Corinthians 5:1

- 1 For we know that if the earthly tent which is our house is tom down, we have a building from God, a house not made with hands eternal in the heavens.

Revelation 21:2-4

- 2 *And I saw the holy city, new Jerusalem, coming down out of heaven from God, made ready as a bride adorned for her husband.*
- 3 *And I heard a loud voice from the throne, saying, 'Behold, the tabernacle of God is among men, and He shall dwell among them, and they shall be His people, and God Himself shall be among them, and He shall wipe away every tear from their eyes; and there shall no longer be any death; there shall no longer be any mourning, or crying or pain; . . .*

Bitterness and Hatred

Psalm 66:18 *If I regard wickedness in my heart, the Lord will not hear.*

Matthew 5:43-44

- 43 *You have heard that it was said, 'You shall love your neighbour, and hate your enemy.'*
- 44 *But I say to you, love your enemies, and pray for those who persecute you...*

Ephesians 4:31-32

- 30 *Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice.*
- 31 *And be kind to one another, tender hearted, forgiving each other, just as God in Christ also has forgiven you.*

Hebrews 12:14-15

- 14 *Pursue peace with all men, and the sanctification without which no one will see the Lord.*
- 15 *See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled...*

1 John 3:15

- 16 *Everyone who hates his brother is a murderer; and you know that no murderer has eternal life abiding in him.*

Demonic Influence

James 4:7

- 7 *Submit therefore to God. Resist the devil and he will flee from you.*

1 Peter 5:8-9

- 8 *Be of sober spirit, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour.*
- 9 *'But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.*
- 10 *And after you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you.*

1 John 4:1-4

- 1 *Beloved, do not believe every spirit, but test the spirits to see whether they are from God; because many false prophets have gone out into the world.*
- 2 *'By this you know the Spirit of God; every spirit that confesses that Jesus Christ has come in the flesh is from God;*
- 3 *and every spirit that does not confess Jesus is not from God; and this is the spirit of the antichrist, of which you have heard that it is coming, and now it is already in the world.*
- 4 *You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world.*

Depressed

John 14:27

27 *Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful.*

Divorce

Matthew 5:31-32

31 *And it was said, 'Whoever divorces his wife, let him give her a certificate of dismissal'; but I say to you that everyone who divorces his wife, except for the cause of unchastity, makes her commit adultery; and whoever marries a divorced woman commits adultery.*

Matthew 19:9

9 *And I say to you, whoever divorces his wife except for immorality, and marries another woman commits adultery.*

Envy

Psalm 37:1

1 *Fret not yourself because of evildoers, be not envious towards wrongdoers.*

Proverbs 23:17

17 *Do not let your heart envy sinners, but live in the fear of the Lord always.*

Galatians 5:19-21

19 *Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality,*
20 *idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions,*
21 *envyings, drunkenness, carousings, and things like these, of which I forewarn you just as I have forewarned that those who practise such things shall not inherit the kingdom of God.*
Faithfulness (Fidelity)

Proverbs 5:18-21

18 *Let your fountain be blessed, and rejoice in the wife of your youth.*
19 *As a loving hind and a graceful doe, let her breasts satisfy you at all times; be exhilarated always with her love.*
20 *For why should you, my son be exhilarated with an adulteress, and embrace the bosom of a foreigner?*
21 *For the ways of a man are before the eyes of the LORD, and He watches all his paths.*

Fear

Psalm 27:1

1 *The LORD is my light and my salvation; whom shall I fear?
The LORD is the defence of my life; whom shall I dread?*

Psalm 55:4-6, 22

4 *My heart is in anguish within me, and the terrors of death have fallen upon me.*
5 *Fear and trembling come upon me; and horror has overwhelmed me.*
6 *And I said, 'Oh that I had wings like a dove! I would fly away and be at rest.'*
22 *Cast your burden upon the LORD, and He will sustain you; He will never allow the righteous to be shaken.*

Isaiah 41:10-13

- 10 *Do not fear, for I am with you; do not anxiously look about you for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.*
11 *Behold, all those who are angered at you will be shamed and dishonoured; those who contend with you will be as nothing, and will perish.*
12 *You will seek those who quarrel with you. But will not find them. Those who war with you will be as nothing, and non-existent.*
13 *For I am the Lord your God, who upholds your right hand, Who says to you, 'Do not fear, I will help you.'*

Romans 8:15

- 15 *For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, 'Abba! Father!'*

2 Timothy 1:7

- 7 *For God has not given us a spirit of timidity, but of power and love and discipline.*

1 John 4:18

- 18 *There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.*

Guilt

John 8:36

- 36 *If therefore the Son shall make you free, you shall be free indeed.*

2 Corinthians 5:17

- 17 *Therefore if any man is in Christ, He is a new creature; the old things passed away; behold, new things have come.*

Isaiah 43:25

- 25 *I, even I, am the one who wipes out your transgressions for My own sake; and I will not remember your sins.*

Healing

Psalm 147:3

- 3 *He heals the brokenhearted, and binds up their wounds.*

Jeremiah 17:14

- 14 *Heal me, O LORD, and I will be healed; save me and I will be saved for Thou are my praise.*

Matthew 10:1

- 1 *And having summoned His twelve disciples, He gave them authority over unclean spirits, to cast them out, and to heal every kind of disease and every kind of sickness.*

James 5:14-15

- 14 *Is anyone among you sick? Let him call the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord;*
15 *and the prayer offered in faith will restore the one who is sick, and the Lord will raise Him up, and if he has committed sins, they will be forgiven him.*

Homosexuals

1 Corinthians 6:9-10

9 *Or do you not know that the unrighteous shall not inherit the kingdom of God? Do not be deceived, neither fornicators, nor idolaters, nor adulterers, nor effeminate,*
10 *nor homosexuals nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, shall inherit the kingdom of God.*

1 Timothy 1:9-10

9 *Realizing the fact that law is not made for a righteous man, but for those who are lawless and rebellious, for the unholy and profane, for those who kill their fathers or mothers, for murderers*
10 *and immoral men and homosexuals and kidnappers and liars and perjurers, and whatever else is contrary to sound teaching.*

Hope

Psalm 71:5

5 *For Thou art my hope; O Lord GOD, Thou art my confidence from my youth*

Jeremiah 17:7

7 *Blessed is the man who trusts in the LORD And whose trust is the LORD.*

Romans 8:24-25

24 *For in hope we have been saved, but hope that is seen is not hope; for why does one hope for what he sees?*
25 *But if we hope for what we do not see, with perseverance we wait eagerly for it.*

Insecurity

Romans 8:38:39

38 *For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers,*
39 *nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.*

1 Timothy 6:17-19

17 *Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy.*
18 *Instruct them to do good, to be rich in good works, to be generous and ready to share,*
19 *Storing up for themselves the treasure of a good foundation for the future, so that they may take hold of that which is life indeed.*

Hebrews 13:5-6

4 *Let your character be free from the love of money, being content with what you have; for He Himself has said, 'I will never desert you, nor will I ever forsake you,*
6 *SO that we confidently say, 'The Lord is my helper, I will not be afraid. What shall man do to me?*

Psalm 23

1 *The LORD is my shepherd, I shall not want.*
2 *He makes me lie down in green pastures; He leads me beside quiet waters.*
3 *He restores my soul; He guides me in the paths of righteousness for His name 's sake*
4 *Even though I walk through the valley of shadow of death, I fear no evil; for Thou art with me; Thy rod and Thy staff, they comfort me.*
5 *Thou has prepare a table before me in the presence of mine enemies; Thou has anointed my head with oil; My cup overflows.*

- 6 *Surely goodness and loving-kindness will follow me all the days of my life, and I dwell in the house of the LORD forever.*

Psalm 118:5-9

- 5 *From distress I called upon the LORD; The LORD answered me and set me in a large place.*
6 *The LORD is for me; I will not fear; What can man do to me?*
7 *The LORD is for me among those who help me; therefore I shall look with satisfaction on those who hate me.*
8 *It is better to take refuge in the LORD than to trust in man.*
9 *It is better to take refuge in the LORD than to trust in princes.*

Marriage

Genesis 2:23-24

- 23 *And the man said, 'This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man.*
24 *For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh.*

1 Corinthians 11:11-12

- 11 *However, in the Lord, neither is woman independent of man, nor is man independent of woman.*
12 *For as the woman originates from the man, so also the man has his birth through the woman; and all things originate from God.*

Pessimism

Philippians 4:8

- 8 *Finally, brethren, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.*

Philippians 4:13

- 13 *I can do all things through Him who strengthens me.*

Rejection

Psalm 68:5-6

- 5 *A father of the fatherless and a judge for the widows, Is God in His holy habitations.*
6 *God makes a home for the lonely; He leads out the prisoners into prosperity, only the rebellious dwell in a parched land.*

Psalm 139:17-18

- 17 *How precious also are Thy thoughts to me, O God! How vast is the sum of them!*
18 *If I should count them, they would outnumber the sand.*
When I awake, I am still with Thee.

Repentance

2 Chronicles 7:14

- 14 *And if My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sins, and will heal their land.*

Isaiah 55:6-7

5 *Seek the LORD while He may be found; Call upon Him while He is near.*
6 *Let the wicked forsake his way,
And the unrighteous man his thoughts;
And let him return to the LORD,
And He will have compassion on him;
And to our God,
For He will abundantly pardon.*

Acts 3:19

19 *Repent therefore and return, that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord.*

1 John 1:9

9 *If we confess our sins, He is faithful and righteous to forgive us our sins and cleanse us from all unrighteousness.*

Suffering

Romans 8:18

17 *For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.*

Romans 8:28

28 *And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.*

Romans 8:35, 37

35 *Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril or sword?*
37 *But in all these things we overwhelmingly conquer through Him who loved us.*

Temptation

Proverbs 1:10

10 *My son, if sinners entice you, do not consent.*

Proverbs 4:14-15

14 *Do not enter the path of the wicked, and do not proceed in the way of the evil men.*
15 *Avoid it, do not pass by it; turn away from it and pass on.*

Matthew 26:41

41 *Keep watching and praying, that you may not enter into temptation; the spirit is willing, but the flesh is weak.*

1 Corinthians 10:13

13 *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way to escape also, that you may be able to endure it.*

Unforgiveness

Matthew 6:14-15

- 14 *For if you forgive men for their transgressions, your heavenly Father will also forgive you.*
15 *But if you do not forgive men, then your Father will not forgive your transgressions.*

Mark 11:25

- 25 *And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your transgressions.*

Ephesians 4:32

- 32 *And be kind to one another, tender hearted, forgiving each other, just as God in Christ also has forgiven you.*

Vengeance

Romans 12:19

- 19 *Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, 'Vengeance is Mine, I will repay, 'says the Lord.*

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