



## *Psychology: Study of the Soul* First in the “Mental Health” Series

**Dr. Elliott Rodriguez**

**PhD. in Pastoral Clinical Psychology and Ministry  
Adjunct Professor at Maranatha Christian College**

“Biblical psychology is no science of yesterday. It is one of the oldest sciences of the church.”

Franz Delitzsch, 1861

In Psalm 139:13-14, David prays, “For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.”

And in Romans 1:20, 24, Paul teaches us that, “For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse: Wherefore **God also gave them up to uncleanness through the lusts of their own hearts**, to dishonor their own bodies between themselves.”

### **THE STUDY OF THE SOUL**

Humanists would have us simply believe that Psychology is “The Study of the Mind”, when in reality it’s “The Study of the Soul.” They also believe that Christians and the Bible do not have any real solutions to the human challenges facing us today – depression, anxiety, abnormal stress, etc. Oh, but how wrong they are!

Unfortunately, instead of looking to the One from where our true help comes, many Christians, from leadership down, have taken the therapeutic models developed by the secular world, such as Reality Therapy by Glassar or Client-Centered Therapy by Carl Rogers, mixed in a Biblical approach and Christian-ese language, and call it “Christian Counseling.” Most seminaries widely teach their clergy the Client-Centered Therapy because with this therapeutic method a minister can “do the least amount of damage.” Client-Centered Therapy and all other model techniques, including Gestalt, Rational Emotive Therapy and Psychoanalytic Therapy, are all based on ONE ASSUMPTION, a highly-flawed one at that – that man has evolved and is his own god. I believe that it is intolerable (as well as impossible) to take these models built on an atheistic assumption and modify them for use in any type of truly effective therapy, especially Christian counseling.

I also must say here that pointing to God as the solution does not mean that all “psychological” challenges are caused by sin. Many of today’s challenges are the result of the complicated, fast-paced world in which we live, a world that threatens man’s emotional stability. Because modern life has become increasingly stressful, the

counseling challenges of the past (those using any of the humanistic models) remain unresolved and are becoming even worse. Divorce rate, sexual abuse, and violence in the home are skyrocketing. Suicide, alcohol, and drug abuse are common. High blood pressure and heart dis-ease have become two of the nation's biggest killers. Carnality is threatening the quality of life outside and inside the Church, and even the most cutting-edge secular solutions are predictably ineffective.

Our goal at Biblical Health TV is to help God's people reach their full potential through the counsel of the godly.

So, other than prayer, what Biblically-consistent therapy options does a Believer have if he is suffering from symptoms that the world labels a "mental/emotional health issue" and wishes professional counseling?

## **CREATION THERAPY**

**Creation Therapy** is centered on the core understanding of "Temperament" and uses this knowledge to help us understand ourselves.

*Temperament* is the part of the inner-man, placed within him in the womb by God, and remains throughout his life. Man is a spiritual being, created by God with a precise order and balance of body, soul and spirit. The spirit encompasses man's temperament and the heart is the binding, blending, and balancing agent within the temperament that overlaps the soul and the spirit providing this precise order of God. These temperament needs are met either by the lower soul (humanistic) or by the higher soul (spirit). Consequently, this insight allows us to be the best that God has created us to be, by meeting the needs of our temperament equally and Scripturally. This therapeutic model is a fairly new concept (developed in 1983); but it has already proven to be highly effective.

The Creation Therapy counselor is not to hold to a rigid therapeutic model so as to be closed to the leading of the Spirit of the Lord. NOTHING can exceed the wisdom from above which the therapist receives from being open to hear "the still small voice". The number-one priority should be to minister the Gospel of Jesus Christ, as the complete restoration of the human being is always an act of God. Therefore, Creation Therapy is not "the silver bullet for all of man's challenges", but is a viable approach that does not conflict with the Christian worldview. It helps the person understand his own uniqueness in the presence of his Creator, which further allows God to effect the change in his life.

*Creation Therapy is a tool utilizing these three steps:*

1. Coming to an understanding of one's uniqueness
2. Surrendering to the Lord Jesus Christ and his plan for your life
3. Learning how to minimize your weaknesses and maximizing your strengths.

A great practice of “creation self-therapy” is something I have regularly practiced for many years: reading the book of Proverbs. I prayerfully read one chapter according to the current date of that current month. As I pray and read the verses of Scriptures, one verse, or verses of Scripture stand out, and I then mediate on these verses all day. I follow the advice outlined of Proverbs 2:1-10. This renews my mind and improves the quality of my life. I highly recommend this to all Believers!

I pray this short article has provided you with a fresh perspective on Psychology and value of counseling when done “according to the Scriptures.” It’s so important to have proper direction and hope when you or someone you love is in need of advice you can trust, counsel that will never conflict with your Biblical Worldview.

**For More information about Creation Therapy** (including certificate and degree studies): [www.MarCollege.com](http://www.MarCollege.com)

**Also, National Christian Counselors Assoc:** [www.NCCA.org](http://www.NCCA.org)

### **Recommended Books**

*Soul and Psyche* by Wayne G. Rollins (Oct 1, 1999)

*Spirit-Controlled Temperament* by Tim LaHaye (Sep 21, 1994)

*Your Temperament: Discover Its Potential* by Tim LaHaye (Oct 1984)

*Understand Your Man: Secrets of the Male Temperament* by Tim LaHaye (May 1, 2006)

*Understanding the Male Temperament: What Women Want to Know about Men But Don't Know How to Ask* by Tim LaHaye (Apr 2001)

*I Love You, But Why Are We So Different? Making the Most of Personality Differences in Your Marriage* by Tim LaHaye (Jan 1, 2002)

*Why You Act the Way You Do* by Tim LaHaye (May 26, 1988)



Dr. Elliott Rodriguez came to the Lordship of Jesus Christ in 1974. He was awarded a Doctorate in Pastoral Clinical Psychology from Maranatha Christian University in 2008, and a Doctorate in Ministry from Messiah Theology Seminary in 2011.

“Dr. E” is an adjunct at Professor Maranatha Christian College Teaching-Biblical Studies, and Pastor of a Home Group at Ebenezer Christian Center of Margate.

He has been married to Elizabeth for 25 years, and they have 4 daughters, 1 son, and 8 grandchildren.

### **Contact info:**

Website: [www.MarCollege.com](http://www.MarCollege.com)

Email: [DrE@TunedforLife.com](mailto:DrE@TunedforLife.com)

Phone: (954) 840-3240