

Making  
Christian Counseling  
More  
Christ Centered

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BOY, LOOK AT IT RAIN...WHAT IF IT FLOODS THE WHOLE WORLD?

IT WILL NEVER DO THAT...IN THE NINTH CHAPTER OF GENESIS, GOD PROMISED NOAH THAT WOULD NEVER HAPPEN AGAIN AND THE SIGN OF THE PROMISE IS THE RAINBOW.

YOU'VE TAKEN A GREAT LOAD OFF MY MIND...

SOUND THEOLOGY HAS A WAY OF DOING THAT!

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**HOW CAN SOUND THEOLOGY AND SOUND COUNSELING PRACTICE WORK TOGETHER??**

- A Brief History of How this MCMCC Project Came to be
- Pastors, theologians, and counselors together, learning from each other.... Next Steps Concordiatheology.org blog!!
- The book is even more explicitly Christ-centered and cites more than 400 Bible verses (more than this presentation will be able to do.....)
- With more quotes from Luther.... (500+, but not "Lutherans")

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- “Look to Jesus as a model... Jesus emphasized right behavior... Jesus encouraged people to accept responsibility... Jesus was obedient to God...” (Headings from a popular Christian counseling book I use for a class, but which has little explicit Gospel. Many Christian counseling books say similar things...)

- “You are a Christian suffering from depression (or anxiety or eating disorder or ...). If you will now follow these six steps, you will help yourself alleviate your symptoms...” (mixes L/G)

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## WHAT DOES CHRIST-CENTERED MEAN?

- Romans, especially 1-8 (devo recommendation)
- Galatians
- 2 Corinthians 1:3-7 (AACC Theme verses 3-4)
- 2 Corinthians 5:16-21 (AoR theme verses)
- Luther used ALL of Scripture, but pulled heavily from Paul to debate with Roman papacy of 1500s
- Luther emphasized our lifelong struggle with “the Devil, the world, and our sinful flesh”.....



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## 2. THE ROLE OF CHRISTIAN COUNSELORS IN THE BODY OF CHRIST

- Private Practice or Soul Care?
- Pastor as Preacher or Soul care giver?
- A brief History of Soul Care (Marrs, 2014, *Concordia Journal*)
- Why I became a pastor after being a psychologist.....
- The “vocations” of soul healing have expanded in the past generation.....

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## THE ROLE OF CHRISTIAN COUNSELORS AND RECONCILERS IN THE BODY OF CHRIST

- How should the different vocations remain distinct?
- Romans 12:8 He who parakaleos in his parakaleoing

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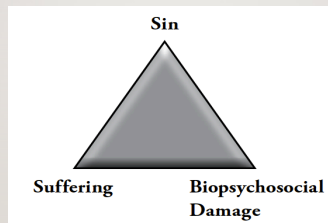
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## ERIC JOHNSON'S TRIAD OF SOUL CARE



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## LUTHER'S GENIUS: FIRST HALF

3. We are Creatures
4. Theology of the Cross vs. Theology of Glory
5. Understanding the Law/Gospel Distinction
6. New Adam / Old Adam lifelong struggle
7. God's Creative and Promising Word
8. Luther as a Soul Care Giver



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## LUTHER'S GENIUS



- What was Martin Luther like as a Soul Care Giver? (Seelsorger)
- Soul Care was his motive for posting the 95 Theses
- Soul Care is even more evident in his Heidelberg Disputation
- 2600+ of Soul Care letters written throughout Europe
- First to be compassionate toward psychoses, suicide, etc.
- Bob Kelleman (2017), Stephen Pietsch (2016), Tappert (1960)
- Own struggles with "Melacholia"

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## WE ARE CREATURES

I believe in God, the Father Almighty, Maker of heaven and earth.  
WDTM?

I believe that God has made me and all creatures; that He has given me my body and soul, eyes, ears, and all my members, my reason and all my senses, and still takes care of them. He also gives me clothing and shoes, food and drink, house and home, wife and children, land, animals, and all I have. He richly & daily provides me with all that I need to support this body and life.....

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## WE ARE CREATURES

He defends me against all danger and guards and protects me from all evil.

All this He does only out of fatherly, divine goodness and mercy, without any merit or worthiness in me. For all this it is my duty to thank and praise, serve and obey Him. This is most certainly true. (Luther's *Small Catechism*, 1<sup>st</sup> Article)

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## WE ARE CREATURES

- We are fragile creatures
- We are creatures with *Anfechtung*
- We are creatures with an Identity Crisis
- We are creatures struggling with sin
- Who cannot fully understand mysteries (distinguished from secrets)
- Luther: "Reason & all our senses" -- Creatures with neural wiring that is wonderful, and broken (IPNB; Curt Thompson)

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## WE ARE CREATURES

- What "First Article" creaturely attributes do we have that are most relevant to counseling and pastoral care situations?
- How do we tend to forget these First Article attributes when we are counseling others?
- In what ways might professional counselors emphasize the First Article in their work whereas pastors & deaconesses emphasize Second & Third?

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## WE ARE CREATURES

- Counselees often come to us, realizing they are **fragile**
- Pastors and counselors comfort counselees when they realize they are most **fragile**
- How has, in general, the Law worked already when people recognize their **FRAGILITY**? (How maybe not?)
- How has, in general, the Law worked already when people have a sense of *Anfechtung*?

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*ANFECHTUNG: "DEFIES TRANSLATION"*  
*DAVID SCAER, CTQ, JANUARY 1983*

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- Tentatio (Latin): testing, trials, tribulation, temptation - multifaceted
- distress... suffering... affliction... (brought on by God? Only of Christians?)
- doubt... despair... without peace (How do we interpret suffering? How does Satan intend it? How does God use our suffering?)

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*ANFECHTUNG: "DEFIES TRANSLATION"*  
*DAVID SCAER, CTQ, JANUARY 1983*

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- "In this God has accomplished his purpose of bringing the Christian closer to himself. Though the Christian can through faith conquer one *Anfechtung* - and indeed he must if he is to survive - he must face a lifelong series of *Anfechtung*. Resurrection is the only permanent solution." (p. 16 quote of Buehler)
- Luther had terrible *Anfechtung* when he saw Christ mainly as Judge, not redeemer
- Predestination as *Anfechtung*...

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LUTHER'S  
 THEOLOGY OF THE CROSS

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- Heidelberg Disputation (more important than 95 Theses)
- Suffering as the "Alien Work" of God
- Paradox
- Our struggle with Idolatry, even good works
- Theology of Glory: Prosperity Gospel, Moral Therapeutic Deism, Theodicy
- Ask a counselor: How do you handle suffering?



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## LAW/GOSPEL DISTINCTION

- Feelings were very important to Luther, BUT....
- Why is it misguided to point people to their own prayers and wrestlings with God to feel his grace?
- Why is it misguided to focus on FAITH?
- Law dominated holiness theology (follow steps, pray...)
- We have Two Kinds of Righteousness in Christ

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## HOW WE INADVERTENTLY USE LAW

- Anytime we starting spelling out steps Christians should follow, we are spelling out "Law" for them to follow. **This may be good and healthy law**, but it is **not** Gospel.
- We may need to use Law, but not **always**....

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## HOW WE INADVERTENTLY USE LAW

- All interventions that are derived from the field of secular psychology will be, by definition, "Law".
- For example, Behaviorism, Positive Reinforcement, Behavior Mod, Token economies; Cognitive therapies self-regulation, self-statements, self-efficacy; Humanism's self-actualization, Unconditional Positive Regard; Family/systems Triangles; Attachment theory
- Secular Psychology is more comfortable with Buddhism than Christianity, because Buddhism is Law

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## LAW: GOD'S EXPECTATIONS – OUR SHORTCOMINGS

- Thou shalt not...
- The wages of sin is death.... (Rom 6)
- No one is righteous, no not one... For all have sinned and fall short of the glory of God...(Rom 3)
- Shows us our SIN, **especially** our covetousness & idolatry
- We do.... and mess things up
- Exposes the sinful, world we struggle in...
  - Curb, Mirror, Guide (FC VI)

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## BUT LAW IS EVEN BROADER

- Shows us the complex, deteriorating, assaulting, groaning (Rom.8) creation we live in...
- Shows us our own self-accusing (the Law always accuses, and says try harder), anxiety-ridden, shame bound, despairing reactions to this world....
- Many people experience Law as a burden like disease, addiction, pain, trauma.... Gen 3 curse

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## OUR NATURAL INCLINATION...

- is to look for answers from the Law, from our own strength, even as Christians
- To be “theologians of glory” rather than “theologians of the cross”
- Ultimately, according to Luther, all our most important questions in life point to Christ and his cross....

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### GOSPEL – GOD' S UNDESERVED LOVE SHOWN TO US IN JESUS

- Saved by *Grace Alone* through *Faith Alone* (& faith is not a work we do... Eph 2: 8-9)
- Show us our Savior - Jesus Christ
- Emphasizes God' s action and our inability
- God as subject, as active in our rescue, historically and currently!
- Because of our *Anfechtung*, we need his grace and forgiveness **DAILY!!**

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### GOSPEL – GOD' S UNDESERVED LOVE SHOWN TO US IN JESUS

- Is built upon God' s **PROMISES**
  - Paul uses "promise" language frequently, see Romans 4:13-21.

**Promise** may be better metaphor in our culture than "Good News". **Promise** highlights:  
 Unity of Old and New Testaments  
 Personal and relational character of God  
 Pledge and guarantee in the eschaton  
 Creative Word with immediate effect

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### GOSPEL – GOD' S UNDESERVED LOVE SHOWN TO US IN JESUS

- Christ's innocent death like an umbrella protecting us from God's wrath
- Like a lightening rod attracting, absorbing and dissipating the wrath of God
- The Joyous Exchange (marriage) – What is Christ's becomes ours, what is ours becomes his (Kolb and Arand, p. 46-47)

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### GOSPEL – GOD’S UNDESERVED LOVE SHOWN TO US IN JESUS

- More than just a one time event, ongoing... DAILY...
- Is completely foreign to our “Old Adam”
- Our “good works” only show our identity, and our desire to show love to our neighbor

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### LAW/GOSPEL DISTINCTION WHAT IT IS NOT –

- NOT thinking that all human maladies are a result of personal sin (Jay Adams), but is a result of our sinful condition and sinful world in which we live... (1st Article issues vs 2nd/3rd Article issues)
- NOT Biblical counseling vs Christian Counseling
- NOT jumping to the Scriptures for easy, pat, quick answers

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### UNDERSTANDING THE LAW/GOSPEL DISTINCTION: LUTHER’S GENIUS



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## FOR MARTIN LUTHER, L&G WAS THE WATERSHED FOR ALL DOCTRINE

- "Unless the *Gospel* is clearly distinguished from the *Law*, Christian doctrine cannot be kept sound."
- "Whoever knows well how to distinguish the *Gospel* from the *Law* should give thanks to God and know that he is a real theologian" (LW 26, p. 115)

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## LUTHER

- "A preacher of the law comes down on people with threats and punishments. A preacher of divine grace coaxes and urges people by reminding them of the goodness and mercy God has shown them. This is because He does not want unwilling workers or cheerless service. He wants His people to be glad and cheerful in the service of God." (LW 12:318)

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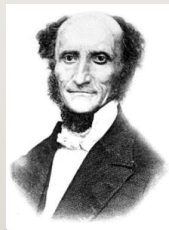
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## UNDERSTANDING THE LAW/GOSPEL DISTINCTION: AN AMERICAN LUTHER



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FROM C.F.W. WALTHER' S *PROPER  
DISTINCTION BETWEEN LAW AND GOSPEL*,  
1897, 2010

(CONDENSED VERSION *GOD 'S YES AND GOD 'S NO*, 1973)

- Thesis III: To rightly distinguish Law and Gospel is the most difficult and highest Christians art – and for theologians in particular. It is taught only by the Holy Spirit in combination with experience.
  - (2010 translation used for these)

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FROM C.F.W. WALTHER' S *PROPER  
DISTINCTION BETWEEN LAW AND GOSPEL*,  
1897, 2010

(CONDENSED VERSION *GOD 'S YES AND GOD 'S NO*, 1973)

- Thesis IX: You are not rightly distinguishing Law and Gospel in the Word of God if you point sinners who have been struck down and terrified by the Law toward their own prayers and struggles with God and tell them that they have to work their way into a state of grace. That is, do not tell them to keep on praying and struggling until they would feel that God has received them into grace. Rather, point them toward the Word and Sacraments.

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FROM C.F.W. WALTHER' S *PROPER  
DISTINCTION BETWEEN LAW AND GOSPEL*,  
1897

(CONDENSED VERSION *GOD 'S YES AND GOD 'S NO*)

- Thesis XIII: You are not rightly distinguishing Law and Gospel in the Word of God if you explain faith by demanding that people are able to make themselves believe or at least collaborate toward that end. Rather, preach faith into people' s heart by laying the Gospel promises before them.

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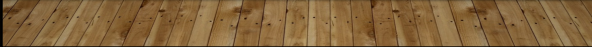
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*WALTHER'S FINAL WORD  
ON THE SUBJECT.*

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- Thesis XXV: You are not rightly distinguishing Law and Gospel in the Word of God if you do not allow the Gospel to predominate in your teaching.



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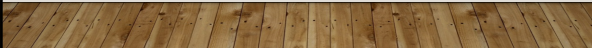
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**WALTHER UNDERSTOOD HOW  
DIFFICULT SOUL CARE IS....**

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- "It is even more difficult to properly distinguish Law and Gospel when a pastor is ministering to individuals privately. In the pulpit he may say various things, hoping they will strike home. But when people seek his pastoral counsel, he has to deal with a far greater difficulty."
  - (see p. 64 for Walther's understanding of Law/Gospel & human personality types.



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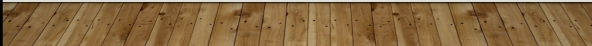
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**TWO KINDS OF RIGHTEOUSNESS**

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- **Passive – Vertical (e.g., Romans 3-5)**
- **Active – Horizontal (e.g., Romans 12-13)**

We live and serve in Two Kingdoms  
God is in control of both, but differently  
Both are necessary, both must be kept within their limits, both are inseparable (Kolb and Arand)



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**WHEN TO USE THE LAW IN COUNSELING?**

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- When do/should pastors use the Law when working one-on-one with parishioners?
- When do/should professional counselors use the Law when working with counselees?
- What is your goal in using the Law?
- How do you use the Law (Galatians 6:1)?
  - Let them read it from Scripture out loud themselves?

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**6. THE OLD ADAM/NEW ADAM STRUGGLE:**  
***SIMUL JUSTUS ET PECCATOR***

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- <sup>18</sup> For I know that nothing good dwells in me, that is, in my flesh; for the wishing is present in me, but the doing of the good is not. <sup>19</sup> For the good that I wish, I do not do; but I practice the very evil that I do not wish. <sup>20</sup> But if I am doing the very thing I do not wish, I am no longer the one doing it, but sin which dwells in me. (Rom 7:18-20 NAS; cf Rom 8 flesh)
- Rom 6:6 Paleo-man; Mark 14:38 spirit is willing; flesh is weak; cf Gal 5:16ff; Rom 7:22 inner man joyfully concurs with the law of God

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## THE LAW CAN ONLY "MOTIVATE" THE OLD ADAM



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## THE LAW CAN ONLY "MOTIVATE" THE OLD ADAM

- And only by fear, as a curb or restraint, except that the Law can bring repentance
- (I want a better little prison to put Old Adam in, but haven't figure out how yet)



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## LAW ALSO ACTIVATES AND MULTIPLIES SIN, LEADING TO RESISTANCE

- e.g. Rom 7:5ff the sinful passions, which were aroused by the Law.....
- How might "resistance" seen in counseling be interconnected with resistance to the Law?
- How might these two resistances be distinct from one another?
- How is the Old Adam similar to Freud's concept of Id?

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## THE GOSPEL

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- Restores & Heals
- Forgives
- Frees
- Feeds
- Strengthens
- Gives purpose
- Motivates by LOVE



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## THE GOSPEL

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- Restores & Heals
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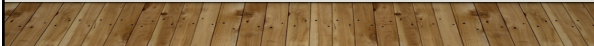
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## SIMULTANEOUSLY SAINT AND SINNER

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- FYI, while Old Adam has some similarity to Id, New Adam has almost no similarity to the Ego or Superego. Freud was theorizing from an earthly perspective.



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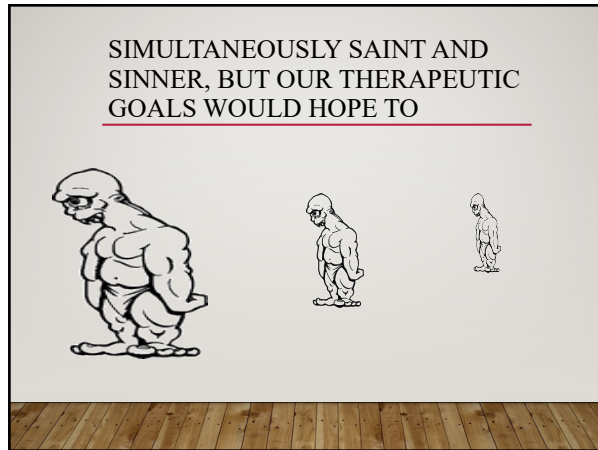
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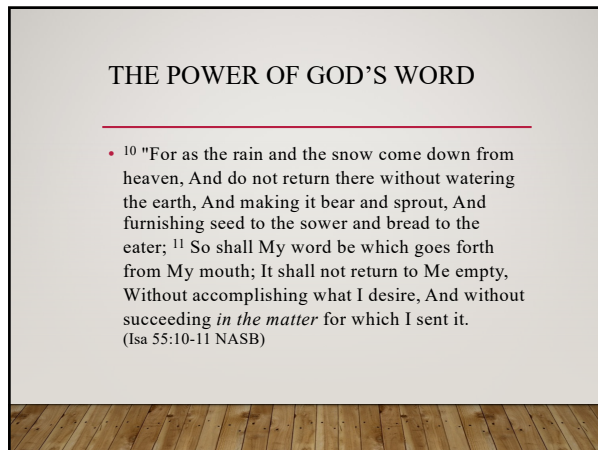
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## THE POWER OF GOD'S WORD

- Romans 10:17 So faith comes from hearing and hearing from the word of Christ.
- Ethical issues for professional counselors.....

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## GOD'S WORD

- Is Performative speech (not just info)
  - Consists of Varied Genres that Can be Used in Diverse Counseling Situations
    - Complaint Psalms
    - Historic similarities
    - Pauline theologic
- Romans 15:4 For whatever was written in earlier times was written for our instruction, so that through perseverance (upomone, patient endurance) and the encouragement (paraklesis) of the Scriptures we might have hope

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## STRATEGIES THAT FLOW FROM LUTHER'S THEOLOGY

9. Gospel Empty Chair Technique
10. Pointing to Explicit Gospel
11. Guilt and Forgiveness
12. Other Gospel Law Metaphors
13. Gospel Law Cognitive Behavioral Therapy
14. Theology of the Cross: Particular Disorders
15. Meditation for Christians
16. Mutual Encouragement of the Saints

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## STRATEGIES

- **Gospel Empty Chair technique!!**

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## STRATEGIES

- Pointing to explicit Gospel - Jesus showed his sacrificial love on the cross - and empowered that love through His resurrection. (His Word will not return to Him void, Isaiah 55)
- Example: For God so loved (name) that he gave his only begotten Son for (name) that since (name) believes in Him (name) shall not perish, but (name) shall have everlasting life.

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## STRATEGIES

- Explicit Confession - Forgiveness (see 2 Samuel 11-12, especially 12:13; also John 20: 19-23; Matthew 18:18, 1 John 1:8-10, Ps 51).
- Then David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The LORD also has taken away your sin;..."
- For more guidance, see Ted Kober, *Confession and Forgiveness*, CPH, 2002. Also Koehler *Counseling & Confession*

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STRATEGIES

- **Forgiveness emphasized (as in books by McCullough, Worthington, etc.)**
- **But we must always remember where that forgiveness comes from, or else forgiveness can feel like law?**

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STRATEGIES

- **Gospel Law Metaphors**
- Counselors and parishioners come to us with a variety of concerns, usually based in how they are struggling with the “Law” in their lives or the effects of the sinful world around them. They will use words that hint at their larger existential, spiritual concerns. Listen for the major “Law” metaphors they present, and then consider how you can share implicit or explicit “Gospel” metaphors to heal and replace their burdens.

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PREUS' *JUST WORDS*

- “Much of the language of the Gospel seems antiquated. The concepts seem foreign and unusual to 21<sup>st</sup> Century minds. The Gospel has an aura of ‘churchliness’ or otherworldliness, that frankly, sounds strange in the ears of modern people.... □

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### PREUS' *JUST WORDS*

- "Much of the language of the Gospel seems antiquated. The concepts seem foreign and unusual to 21<sup>st</sup> Century minds. The Gospel has an aura of 'churchliness' or otherworldliness, that frankly, sounds strange in the ears of modern people.... [Yet] Scripture is a veritable gold mine of terms and metaphors that are vivid and descriptive of God's love in Christ (p.28).

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### STRATEGIES

#### • Gospel Law Metaphors – Guilt

- Guilt vs. Justification (objectively declared righteous; Rom 1:17; 3:21ff; Gal. 2:21)
- Guilt, perfectionism vs Forgiveness (1 John 1: 8-10, Luke 23: 34)

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### GOSPEL LAW METAPHORS – SHAME

- Dirty/unclean/filthiness vs Cleansing (Eph 5:26, Heb 10:22, Titus 3:5)
- Shame = Outcast, Unclean, Exposed, Ugly, Low Self-Esteem?
  - Excursus on Shame according to Ed Welch's thoughts in *Shame Interrupted* (2012)
  - Brene' Brown secular theories about shame

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STRATEGIES

• Gospel Law Metaphors –  
Existential/Meaning

- Death/hopelessness vs Resurrection/Hope/Life (1 Corinthians 15!)
- Non-existence, death, disease vs Rebirth & Identity (John 3: 1-8; Gal. 4:29; 1 Peter 1:23, **Ecclesiastes**, **Romans 6!**)
- Loss, danger vs Rescue (1 Corinthians 1: 18; Eph 2: 5, 8-9; Titus 3:5)

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STRATEGIES

• **Gospel Law Metaphors - Powerlessness**

- Captivity vs Ransom (Matthew 20:28, 1 Timothy 2:6)
- Earthly helplessness vs 2nd Coming (Romans 8, 1 Corinthians 15, 1 Thessalonians 4: 13ff)
- Trapped, slavery vs Freedom (Galatians 5: 1, Romans 5 & 6 & 7 & 8, John 8:31ff)
- Powerlessness, aloneness vs Indwelling of Holy Spirit (Romans 8: 9-11, 1 Corinthians 6:19)

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STRATEGIES

• **Gospel Law Metaphors - Relational**

- Disconnectedness or Anger vs Reconciliation (Romans 5:11, 2 Corinthians 5: 11- 6:2, Peacemakers)
- Non-relationship or hate vs Grace/Love (Eph 2: 8-9, John 3: 16)
- Drifting or perfectionism vs Vocation (Eph 2: 8-10)

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STRATEGIES

LAW-GOSPEL CBT THINKING CARDS

- By Rev. Daniel Lee Krueger in *Gospel Therapy: A New Vision of Life Through Christ* (2005)
- An Eleven Week Study Program Addressing the Physical, Mental and Spiritual Components of Depression
- First one-third of the book helps Christians understand the physical/mental interplay and helps convince them that medications can and do work on the physiological aspects of depression (and other disorders).
- The last two-thirds of the book uses Beck's Cognitive Behavioral Therapy (CBT) as a diagnostic framework, but then encourages Christians to realize the implicit Law messages ("fuzzy thinking") they are holding to. Christians can then hear (or read) the Word of the Gospel reality (which is more real and more true than any of our fuzzy thinking) to replace their mental distortions that conflict with God's World view of Grace and Love.  
[www.gospeltherapy.com](http://www.gospeltherapy.com).

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COGNITIVE DISTORTIONS

FRAMEWORK IN BURNS'

SECULAR CBT

**I: All or nothing thinking**

If it's not perfect it's no good at all!

My worth as a human being is based upon what I achieve by my own efforts.

If I'm not perfect in what I do, or can't make everyone happy,

I'm worthless and so are my efforts

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COGNITIVE DISTORTIONS

FRAMEWORK IN BURNS'

SECULAR CBT

**II: Overgeneralization**

**III: Mental Filter**

**V: Jumping to Conclusions ~ Mind Reading**

**VI: Magnification or Minimization**

**VII: Emotional Reasoning**

**IX: Labeling and Mislabeling**

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## KRUEGER'S LAW-GOSPEL THINKING CARDS

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**Law-Gospel Thinking Card I: All or nothing thinking**

*If it's not perfect it's no good at all!*

**Phrase Watch**

*I'm a total...; I'm always...; I've wasted...*

**Fuzzy Thinking Problem**

*My worth as a human being is based upon what I achieve by my own efforts.*

*If I'm not perfect in what I do, or can't make everyone happy,*

*I'm worthless and so are my efforts*

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## KRUEGER'S LAW-GOSPEL THINKING CARDS

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**Law Reality**

*You can't be perfect. No one can! (Rm 3: 10-20 NIV) "There is no one righteous, not even one;... no one will be declared righteous in his sight by observing the law;"*

**Gospel Reality**

*You are already perfect in Christ, (Rm 3:22 NIV) "This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference..."*

**Stop trying to prove yourself to others.**

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## WHAT ABOUT PARTICULAR DISORDERS?

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- Addictions
- Sexual addictions
- Same Sex Attraction & Transexualism
- PTSD & Victims of Sexual Abuse (Victor Vieth on Walther)
- Impulsivity (e.g., Tourette's)
- Personality Disorders?
  - To what degree do these First Article issues lead the fragile to struggle with Second Article?

**New Blog site at [Concordiatheology.org](http://Concordiatheology.org)**

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## MUTUAL ENCOURAGEMENT OF THE SAINTS

The Gospel comes to God's people through the Word, preached and read, and through the Sacraments. But the Gospel can also come through the social support of fellow Christians encouraging each other in the faith (Romans 1: 11-12).

Proverbs 17:17 A friend loves at all times,  
And a brother is born for adversity

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## INVITING COMMUNITY (CSL, 2013, KOLB ED.)

- "I am lonely." (M.Scott Peck, *The Different Drum: Community Making and Peace*)
- Robert Putnam
  - *Bowling Alone* (2000) – Social Capital, Bonding & Bridging; Generational change and electronic entertainment; Millennials' social connections via texting, Facebook & (now) other social media
  - *American Grace* (2012): membership declines from 1960
  - "Religious friendship seems supercharged" Religiosity + Community = Life Satisfaction

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## ATTACHMENT THEORY

	Positive View Of Self Low Anxiety	Negative View Of Self High Anxiety
Positive View Of Others	SECURE Comfortable with Intimacy & Autonomy	ANXIOUS Preoccupied with relationships and possible abandonment
Negative View Of Others	AVOIDANT Downplays Intimacy Overly Self-Reliant	FEARFUL Fearful of Intimacy Socially Avoidant

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## MUTUAL ENCOURAGEMENT OF THE SAINTS

- Assuming Robert Putnam's research is valid, what implications does that have for church community?
- Assuming Attachment Theory is valid, what implications does it have for church community?

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## MUTUAL ENCOURAGEMENT OF THE SAINTS

- How does the "idol" of individualism in our USA culture and psychotherapy processes work against us?
- How can counselors encourage and connect their counselees with Gospel-oriented fellow Christians and congregations?
- How can pastors grow this mutual encouragement culture in their congregations?

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- This will NOT work magic or miracles, and it assumes good therapeutic or pastoral care relationship, and First Article expertise
- But it can help - and IS GOD's WORD OF GLORIOUS, LOVING GOSPEL that ultimately conquers Anfechtung!
- Blog at [Concordiatheology.org](http://Concordiatheology.org) to highlight other soul care techniques that flow from Luther and other clear Reformation theology. Lead to a 2<sup>nd</sup> volume?

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*A HISTORY OF THE CURE OF SOULS,*  
J.T. MCNEILL, 1951, P. 330

- “The cure of souls has been a vast historic enterprise. The Christian Church has regarded it as the unending warfare against sin and sorrow.... The physician of souls has not taken his duties lightly. His has been the most demanding of all professions. Nobody would engage in it for wages alone... (recognizing own limitations, sustained by high faith, heroic devotion)... May their successors, equipped with new skills, profit by their insights, avoid their mistakes, and surpass their achievements!

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ROMANS 8:35, 38-39 REPHRASED

Who shall separate us from the love of Christ? Shall trouble or hardship or (depression or anxiety disorder or schizophrenia or bi-polar disorder)?.... I am convinced that neither death nor life, neither angels or demons, (neither fill-in-the-blank \_\_\_\_\_), nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord.

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**GOSPEL STRATEGIES**

- for those counselees of a sacramental persuasion
  - Pointing to Baptism (Romans 6)
  - Pointing to Lord's Supper (Matthew 26)

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