

Series: On the Table
Title: How do I know the difference between good therapy and bad therapy?
Speaker: Eric Geiger | Senior Pastor
Date: Jan 16,18/19

The one who walks with the wise will become wise, but a companion of fools will suffer harm.
(Proverbs 13:20)

1. Unwise counsel focuses only on feelings; wise counsel applies truth to those feelings.

Why, my soul, are you so dejected?
Why are you in such turmoil?
Put your hope in God, for I will still praise him,
my Savior and my God.
(Psalm 42:11)

2. Unwise counsel sets you as the authority; wise counsel submits to God as the authority.

The heart is more deceitful than anything else, and incurable—who can understand it? (Jeremiah 17:9)

3. Unwise counsel over-comforts or over-challenges; wise counsel provides a healthy balance of comfort and challenge.

The people here were of more noble character than those in Thessalonica, since they received the word with eagerness and examined the Scriptures daily to see if these things were so. (Acts 17:11)

Reflection Question:

Why is it important that we "test everything" with Scripture? How has God's Word shaped your view of therapy?