

**Cross Walk Church**  
**Position Statement: Psychology and Counseling**

A common belief even among some Christians is: “Since God gave us doctors for our physical body it only stands to reason that He would give us doctors for our minds.” While this may sound plausible at first glance, there is a serious flaw in the reasoning. Our bodies are material and can be touched, observed, scanned, x-rayed, tested and objectively diagnosed. However, when it comes to the mind, there is no way to observe the mind, touch it, test it, x-ray it or scan it. Brains can be examined. Actions can be observed. However, the mind itself cannot be diagnosed.

If there is a problem with our bodies, then a proper diagnosis based upon empirical science can be used to prescribe the correct course of action. But when it comes to actions, there are only two possible reasons for explaining them: 1) something in our bodies is functioning in such a way as to produce the action or reaction (good or bad). For example, a virus will produce a fever, congestion, headache and so on, but a virus will not produce anger, adultery, drunkenness, etc. 2) our desires produce our actions (good or bad). A life of greed will produce overspending, stealing, gambling, hoarding, etc.

We believe that the Bible is sufficient to address every behavior of man produced by desires. Hebrews 4:12 states: *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.* An example of this could be as follows: As I am working on a building project, I hit my thumb with a hammer. It hurts badly, but I don’t swear or get angry. I go back to work and hit my sore thumb again. This time I let out a string of expletives and the “blue smoke” roles out of my ears. My sore thumb didn’t make me swear and get angry; I got angry because I believed that doing so would ease the pain or that I had a right to be angry at what had happened to me.

Let’s take this a bit farther. The common psychological and medical belief is that depression is caused when neurotransmitters, which send signals via synapses to receptors in the brain, malfunction. However, no one has ever proven this. In fact, up to this point in history, it cannot be proven. It is simply a “best guess” at the cause of depression. All of psychology is built upon this unproven model. The DSM-IV (the diagnostic manual for psychology) describes depression in great detail without any proof that it is caused by a medical condition. Depression can be precipitated by a medical condition but cannot be the cause of it. Depression is a “feeling” and not an observable illness. Depression is classified and categorized in the DSM-IV by behavior not by any medical diagnosis.

We believe that behavior without any scientifically proven cause falls under the biblical category of the “heart”. Jesus made this statement: *For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander* (Matthew 15:19 ESV). In the book of James, Jesus half-brother wrote: *What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?* (James 4:1 ESV).

It is our firm belief that behavior problems can and must be addressed with the Bible since its answers are far superior to anything that psychology can offer.