

# Healing Hurting Hearts

How the Gospel Binds Up the Brokenhearted

# Modern culture says:

- \* **If you have a physical problem, see a medical doctor.**
- \* **If you have a spiritual problem, see a pastor.**
- \* **If you have a psychological or emotional problem, see a psychologist or “counselor.”**

# What is a “counselor”?

- \* **Secular counselor:** “Let me be God for you.”
- \* **Christian counselor:** “Let me help you. If you like, we can involve God.”
- \* **Biblical counselor:** “Let’s examine how the Gospel applies to your situation.”



# What is Biblical counseling?

- \* **Helping people apply the Gospel to the difficult situations of daily life.**
- \* **The calling of every follower of Christ.**

# Why do we need Biblical counseling?

**“The condition of the mind affects the health to a far greater degree than many realize. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.”**

**Counsels on Health, p. 344**

# Why do we need Biblical counseling?

**“Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.”** *Testimonies for the Church*, Vol. 5, p.

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# Why do we need Biblical counseling?

**“But few realize the power that the mind has over the body. A great deal of the sickness which afflicts humanity has its origin in the mind, and can only be cured by restoring the mind to health.” Counsels on Health, p. 349**

**“A sore, sick heart, a discouraged mind, needs mild treatment, and it is through tender sympathy that this class of minds can be healed....If their minds can be directed to the Burden Bearer and they can have faith that He will have an interest in them, the cure of their diseased bodies and minds will be sure.” Counsels on Health, p. 349**



# Why do we need Biblical counseling?

- \* **While psychology can help us understand much about how the mind works, it cannot heal spiritual problems without Christ.**
- \* **God is the One Who “heals the broken in heart, and binds up their wounds” (Psalm 147:3).**
- \* **“Keep your heart with all vigilance, for from it flow the springs of life” (Proverbs 4:23).**
- \* **“Be transformed by the renewal of your mind” (Romans 12:2).**

**Physical healing and emotional healing work on exactly the same principles.**

# What hurts hearts?

- \* **Sins committed against us**
- \* **Sins we commit**
- \* **The results of living in a sinful world**



- \* **Pain is not the enemy.**
- \* **Sin is the enemy.**
- \* **Pain is a tool God can use to transform us into His image.**
- \* **God wants to use pain to help us overcome sin.**

# Why do we need emotional healing?

- \* **How does God define Himself? (I John 4:8, 16)**
- \* **What is God's law? (Matthew 22:37)**

# How does abuse cause sin?

- \* **Abuse wrecks our picture of who God is.**
- \* **Abuse wrecks our picture of who we are.**
- \* **Abuse makes it harder for us to obey God's law.**



# What is our central sin problem?

**“Every day, in some way, we buy the lies of autonomy and self-sufficiency, worshiping the creation rather than its Creator.” Instruments in the Redeemer’s Hands, p. 27**

# Satan's lies

**“God is not who He says He is.”**

**“You are not who God says you are.”**

# Satan's lies

- \* **“Ye shall not surely die.”**
- \* **“Has God said, ‘Ye shall not eat of every tree of the garden?’”**
- \* **“Ye shall be as gods.”**



# What is sin?

**“Sin is the ultimate disease, the grand psychosis...Rebellion is the inborn tendency to give in to the lies of autonomy, self-sufficiency, and self-focus.”**

**“I have the right to do what I want.”**

**“I don’t need to depend on or submit to anyone—I am all I need, myself.”**

**“I am the center of my world—I’ll do whatever brings me happiness.” Instruments in the Redeemer’s Hands, p. 14**

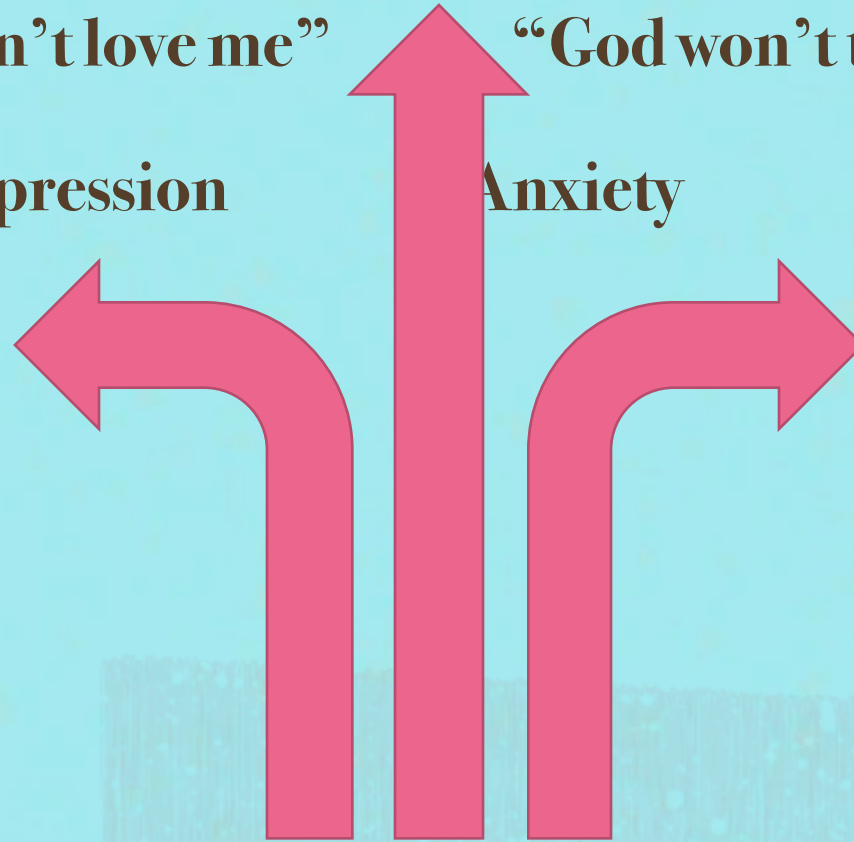
## Looking unto Jesus

**“God doesn’t love me”**

**“God won’t take care of me”**

**Depression**

**Anxiety**



# Depression

- \* **Bulimia**
- \* **Idolatrous relationships**
- \* **Fantasy**
- \* **Pornography**
- \* **Self-mutilation**
- \* **PTSD**
- \* **Feeling worthless**
- \* **Feeling unlovable**



# Anxiety

- \* **Anorexia**
- \* **Control issues**
- \* **Legalistic perfectionism**
- \* **Phobias**
- \* **Anxiety attacks**
- \* **Fear of abandonment**
- \* **PTSD**
- \* **Obsessive-compulsive disorder**
- \* **Believing we can “earn” love or worth**

# Guilt vs. shame

Guilt	Shame
<b>“Sin is standing between us. Let’s get rid of it so we can be close.”</b>	<b>“You are so sinful God doesn’t want to be close to you.”</b>
<b>“Sin is bad.”</b>	<b>“You are bad.”</b>
<b>“There is hope.”</b>	<b>“There is no hope.”</b>
<b>“The defilement can be washed away/The defilement doesn’t exist.”</b>	<b>“The defilement is a permanent stain. Not even Jesus’ blood can remove it.”</b>
<b>“Repentance and confession are the only way out.”</b>	<b>“You must atone for your sins/You can never be cleansed.”</b>

# Sexual shame





# What is addiction, biblically?

- \* **An attempt to find love or worth in someone or something other than God.**
- \* **A choice to worship someone or something other than God.**
- \* **The inevitable effect of a cycle of unbelief and pride.**
- \* **Idolatry.**

# Two categories of sin

**“My people have committed two evils; they have forsaken Me the Fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water.” Jeremiah 2:13**

**“Sin is much more than doing the wrong thing. It begins with loving, worshiping, and serving the wrong thing.” Instruments in the Redeemer’s Hands, p. 67**



# Who has your heart?

**“Whatever rules the heart will exercise inescapable influence over the person’s life and behavior.”**

**Instruments in the Redeemer’s Hands, p. 68**

**“The deepest issues of the human struggle are not issues of pain and suffering, but the issue of worship, because what rules our hearts will control the way we respond to both suffering and blessing.” Instruments in the Redeemer’s Hands, p. 71**

How much are you worth?





How much are you loved?

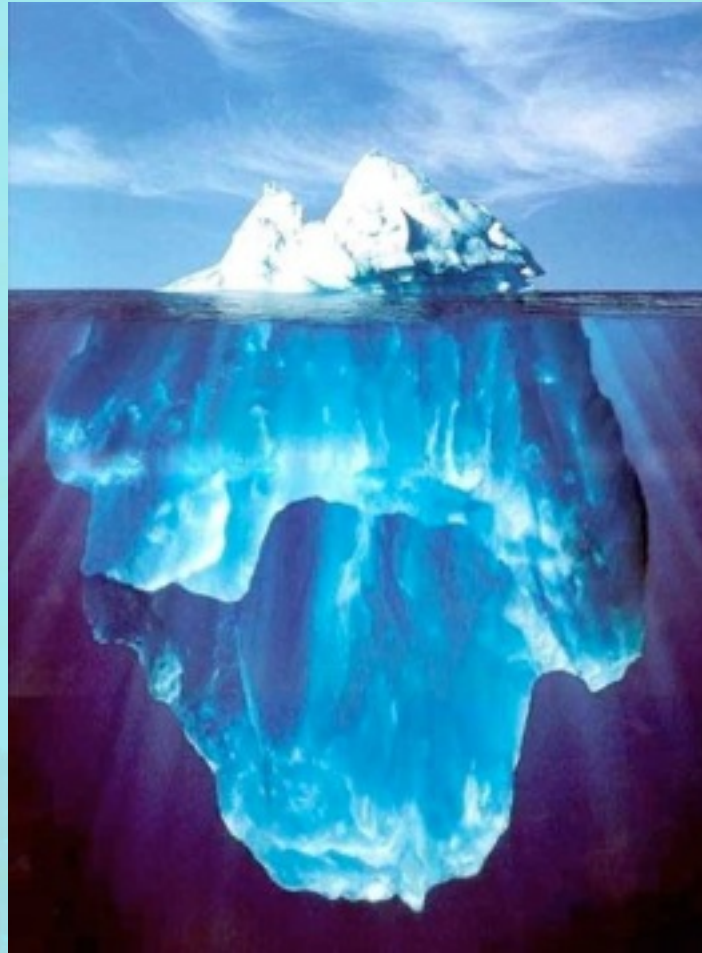


# Root sins and fruit sins





# The iceberg principle





# How can we help others break free?

- \* **Listen**
- \* **Pray**
- \* **Help identify root issues of love, worth, and worship**
- \* **Share truth in love**
- \* **Be a brace, not an elevator**

\* **More Free Audio Seminars, Biblical counseling blog, and other resources by Nicole Parker**

\* **[www.heartthirst.com](http://www.heartthirst.com) or [www.audioverse.org](http://www.audioverse.org)**

\* **Books**

\* **Biblical counseling: Instruments In the Redeemer's Hands by Paul Tripp**

\* **Biblical counseling: How People Change by Tim Lane and Paul Tripp**

\* **Depression: A Stubborn Darkness by Ed Welch**

\* **Anxiety: Running Scared: Fear, Worry, and the God of Rest by Ed Welch**

\* **Codependency: When People are Big and God is Small by Ed Welch**

\* **Codependency: What Do You Think of Me? Why Do I Care? by Ed Welch**