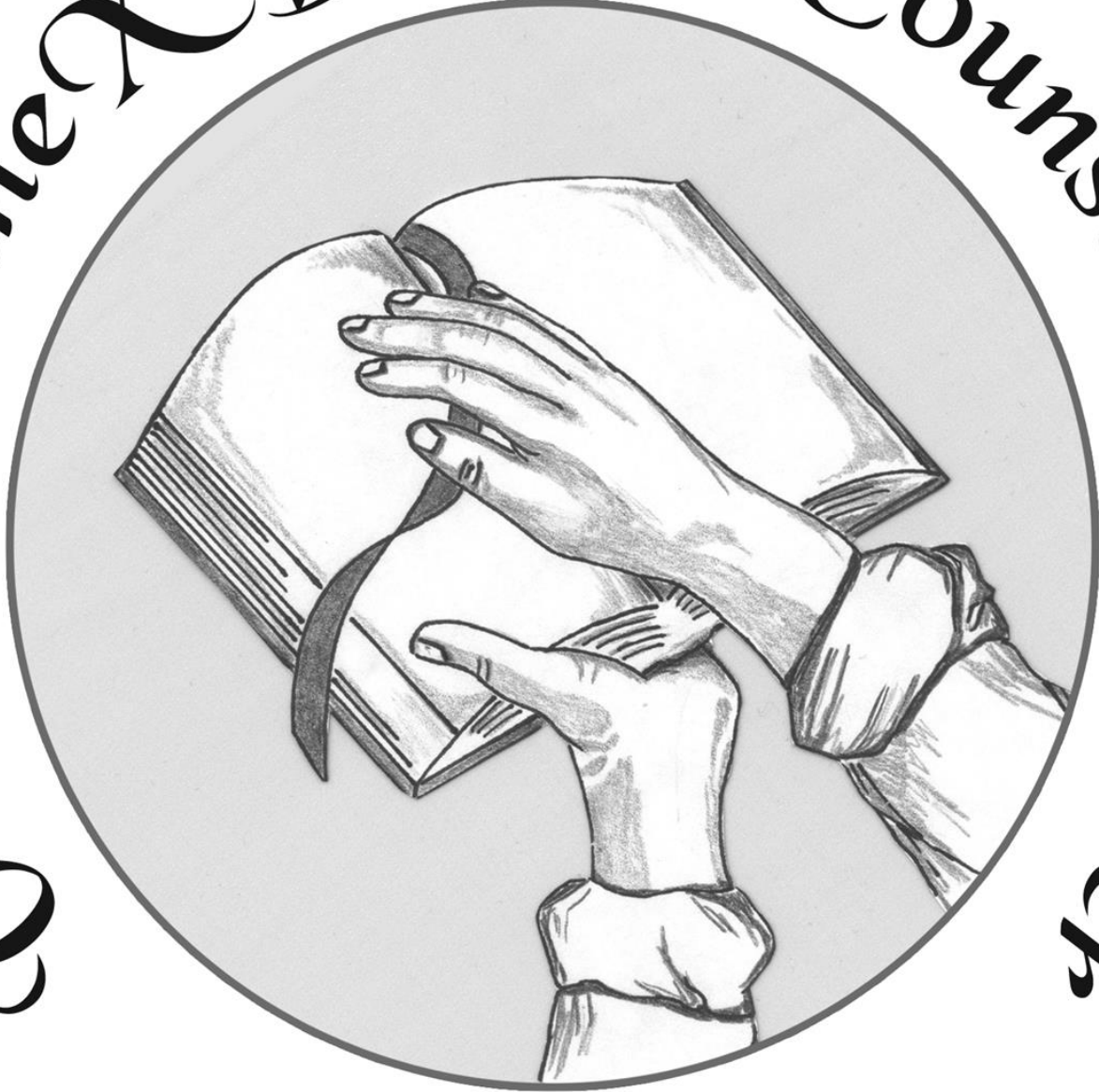


Valley Connect Biblical Counseling Center



Biblical Counseling and Psychotropic Drugs

Dr George Sanders Audio Clip

A Case Study

A biblical understanding of human responsibility.

- ²⁶ Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”²⁷ So God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 1:26-27 (ESV)

A biblical understanding of human responsibility.

- **7 then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. 8 And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. 9 And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil. Genesis 2:7-9 (ESV)**

Biblical Human Anatomy:

Human beings are both physical and non-physical. Both of these realities influence each other and the only time we observe a clear distinction between the two is at physical death.

- ⁹ When he opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the witness they had borne. ¹⁰ They cried out with a loud voice, "O Sovereign Lord, holy and true, how long before you will judge and avenge our blood on those who dwell on the earth?" ¹¹ Then they were each given a white robe and told to rest a little longer, until the number of their fellow servants and their brothers should be complete, who were to be killed as they themselves had been.

Revelation 6:9-11 (ESV)

Biblical Human Anatomy:

Human beings are both physical and non-physical. Both of these realities influence each other and the only time we observe a clear distinction between the two is at physical death.

- ⁴² And he said, "Jesus, remember me when you come into your kingdom." ⁴³ And he said to him, "Truly, I say to you, today you will be with me in Paradise." Luke 23:42-43 (ESV)
- ⁶ So we are always of good courage. We know that while we are at home in the body we are away from the Lord, ⁷ for we walk by faith, not by sight. ⁸ Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.
2 Corinthians 5:6-8 (ESV)

Biblical counseling embraces and addresses the whole person.

- ¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

Galatians 5:16-17 (ESV)

Biblical counseling embraces and addresses the whole person.

- It is good practice to suggest that a counselee have a physical checkup by a qualified medical professional.
- The biblical counselor should never suggest or imply the use of medication to a counselee.
- The biblical counselor will never direct a counselee to discontinue medication.

Biblical counseling embraces and addresses the whole person.

- A firm conviction that the Word of God is sufficient and superior to anything the world has to offer will provide a firm foundation for the biblical counselor in dealing with issues like psychotropic medications and other forms of treatment.

When a counselee expresses a desire to go off medication.

The Christian Counselor's Medical Desk Reference, Robert D. Smith, M.D., pages 74-75

- Learn the reason for wanting to stop.
- The only valid reason is to replace reliance on the medication with the application of biblical principles.
- Discuss what will happen when the medication is stopped.
- If you are convinced the counselee can come off the medication, send him to the doctor who started them.
- Continue counseling every week for four to six weeks after discontinuing the medication.

Our focus as biblical counselors must be on
remedy and not relief.

The ability of human beings to have a relationship with God died when Adam and Eve disobeyed God in the Garden of Eden.

- ¹⁵ The LORD God took the man and put him in the garden of Eden to work it and keep it. ¹⁶ And the LORD God commanded the man, saying, "You may surely eat of every tree of the garden, ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

Genesis 2:15-17 (ESV)

The ability of human beings to have a relationship with God died when Adam and Eve disobeyed God in the Garden of Eden.

- ⁸ And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. ⁹ But the LORD God called to the man and said to him, "Where are you?"
¹⁰ And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself."
Genesis 3:8-10 (ESV)

The only remedy for this condition is salvation through our Lord Jesus Christ.

- ¹ And you were dead in the trespasses and sins ...⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. Ephesians 2:1,4-7 (ESV)

Living a life controlled by the Spirit of God is the only remedy for desires that would lead to sin.

- ¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

Galatians 5:16-17 (ESV)

Living a life controlled by the Spirit of God is the only remedy for desires that lead to sin.

- Our work as Biblical Counselors is to:
 - Help those who are submitting to the desires that lead to sin find the biblical remedy of restoration and victory that come through biblical confession which includes repentance.
 - Help those who are facing challenging situations overcome the temptation to base their actions or beliefs on their circumstances. Matthew 11:28-30; 1 Peter 4:19