

God Is Love

*Exposing the Errors of
Psychiatry and Psychology*

by
Stacie Lauro, MD

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God Is Love: Exposing the Errors of Psychiatry and Psychology

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Dedication

To my beloved children, **Ben and Caylee** —
First and always, I love you. For eternity.

I must also say I am sorry. In the years before I came to know God's ways, I trusted too much in the wisdom of man. I thought I was doing good, but I did not yet understand the fullness of God's love, His truth, or His power to heal. In the ways in which my choices and my absence of God's truth caused you pain, please forgive me.

My greatest desire now is that you will never look to the false systems of the world for healing, but to Jesus Christ alone. He is the Wonderful Counselor, the One who forgives, restores, and loves without end. You are my greatest earthly blessing, and my prayer is that you will remain in His love forever.

And to every reader who has searched for hope in the world's systems only to come up empty: this book is also for you. I once sought healing in psychiatry and psychology, but found only temporary answers. It was not until I surrendered to the Wonderful Counselor that I discovered the truth, the love, and the peace that never fail.

"For he heals the brokenhearted and binds up their wounds." (Psalm 147:3)

With all my love, and with gratitude to the One who loves us most,
Stacie Lauro, MD

Acknowledgments

First and foremost, I give all glory to God, whose love and mercy called me out of darkness and into His marvelous light. This book is the work of His Spirit, not my own. Without Him, I am nothing; with Him, I am made whole.

To my children, Ben and Caylee—you are my greatest earthly blessings. Thank you for your love, your patience, and your forgiveness as God has worked in my life. You are the reason I press forward, and I dedicate this book to you with all my heart.

To my friends, family, and those who prayed for me, cared for me, and heartened me along the way—thank you for lifting me up when I was weak. Your encouragement reminded me that the body of Christ is strong because Christ Himself is our Head.

And finally, to every reader who picks up this book—you are the reason I wrote it. May you find in these pages not my wisdom, but God's truth. May His Word speak louder than mine, His love shine brighter than my failures, and His Son, Jesus Christ, be magnified as the Wonderful Counselor and true healer of your soul.

Preface

For many years, I devoted my life to psychiatry. I trained, studied, and practiced with the hope of bringing healing to the brokenhearted. I cared deeply for my patients, but no matter how hard I tried, the relief psychiatry and psychology offered was always temporary. Medications dulled symptoms, therapy shifted thoughts, but the deeper cries of the soul remained unanswered.

When I came to know Jesus as Messiah, everything changed. I realized what I had been missing all along: the true source of healing is not found in the wisdom of men, but in the love of God. *“For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength”* (1 Corinthians 1:25).

Looking back, I grieve the years I leaned on human understanding instead of God’s Word. I know that in ignorance, I sometimes offered counsel that fell short of the truth. For this, I humbly ask forgiveness—from my patients, from my loved ones, and most of all from my children, Ben and Caylee. I thought I was giving my best, but I was not yet rooted in God’s ways.

This book is the fruit of God’s mercy. He took my failures, my limitations, and even my misplaced trust in human wisdom, and used them to draw me to Himself. Then, in His grace, He placed a new calling on my life—not to prescribe pills or theories, but to proclaim the gospel of His love.

What psychiatry and psychology cannot give, God freely offers: forgiveness, transformation, and eternal life through Jesus Christ. That is the message of this book. It is a call to turn away from the empty wisdom of man and to return to the Wonderful Counselor, whose love never fails.

My prayer is that as you read these pages, you will not only understand the errors of psychiatry and psychology, but more importantly, that you will encounter the healing love of God. For it is His love that casts out fear, covers a multitude of sins, and renews the soul.

“He heals the brokenhearted and binds up their wounds.” (Psalm 147:3)

With gratitude to God and love for you, the reader,
Stacie Lauro, MD

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Chapter 1: God Is Love

“Whoever does not love does not know God, because God is love.”

—1 John 4:8

From the beginning of creation to the promise of eternal life, one truth shines brighter than all others: God is love. This is not simply something He does; it is who He is. Love is His very essence, the foundation of His character, and the wellspring of His dealings with mankind. Everything He has revealed to us in His Word flows from this reality.

The apostle John, the disciple who leaned on Jesus’ breast, wrote with awe and certainty: *“God is love”* (1 John 4:8). These words are simple, but they carry infinite depth. They mean that love is not a fleeting feeling or a passing emotion; love is eternal because God is eternal. It is the very reason He created the world, the motive behind His sending of His Son, and the power by which He heals the brokenhearted.

Psychiatry and psychology often reduce love to a chemical reaction, a social construct, or a form of attachment rooted in biology. But Scripture tells us that love originates not in the brain, nor in human culture, but in God Himself. The world can only mimic, distort, or counterfeit what He alone can supply.

The Foundation of Healing

Every soul that has ever walked this earth has carried wounds—wounds of sin, shame, rejection, loss, or betrayal. The question of how to heal such wounds has driven men to invent systems of thought and treatment. Yet, while psychiatry prescribes medication and psychology prescribes analysis, God prescribes love.

The psalmist declares: *“He heals the brokenhearted and binds up their wounds”* (Psalm 147:3). Notice it is not merely a technique, a formula, or a program—it is the Lord Himself who heals. His love has power that no pill or theory can match, because it does not merely soothe symptoms; it restores the soul.

This is why every attempt to replace God’s love with man’s wisdom ultimately fails. Psychiatry and psychology attempt to solve the riddle of human suffering without acknowledging its root: sin. But God’s love penetrates deeper than symptoms. It covers sin, forgives sin, and transforms the sinner into a new creation.

Love That Covers

Peter, who knew firsthand the weight of failure and the beauty of forgiveness, wrote: *“Above all, love each other deeply, because love covers over a multitude of sins”* (1 Peter 4:8). This is not

sentimentality—it is the reality of God’s redeeming love. His love does not ignore sin; it covers it through the blood of Jesus.

No branch of psychology can erase the stain of guilt. Therapists may encourage self-forgiveness, but there is no true release apart from God’s pardon. Love covers sins not by excusing them, but by paying for them. At the cross, love took on flesh, bore our shame, and declared, “*It is finished.*”

Here lies the difference between man’s systems and God’s truth. Psychiatry may give new labels to our sins; psychology may analyze why we commit them. But only God’s love can remove them. And when love covers sin, it does more than wipe away guilt—it frees us to forgive others, to put them before ourselves, and to live lives of sacrifice and service.

The Measure of Love

If God is love, then to know Him is to know love in its purest form. But how do we measure love? The world measures it in passion, desire, or self-fulfillment. God measures it in sacrifice.

Jesus said: “*Greater love has no one than this: to lay down one’s life for one’s friends*” (John 15:13). Love is not found in self-seeking, but in self-giving. It is seen in the Son of God who humbled Himself, who “*made Himself nothing, taking the very nature of a servant*” (Philippians 2:7), who turned the other cheek, walked the extra mile, and prayed forgiveness even for His enemies as they nailed Him to a cross.

This is the love to which we are called. A love that is patient and kind. A love that does not envy, does not boast, and is not proud. A love that rejoices in truth, always protects, always trusts, always hopes, always perseveres (1 Corinthians 13:4–7). In short: a love that never fails.

A Contrast with the World

Here we see the sharp contrast with psychiatry and psychology. These systems exalt the self, yet God’s love calls us to deny self. They tell us to put our own needs first, yet God’s love calls us to consider others above ourselves. They urge us to seek our own fulfillment, yet God’s love teaches that fulfillment comes in laying down our lives in service.

The love of God is radical. It is the opposite of the world’s wisdom. It is not found in chasing pleasure or building esteem, but in humbling ourselves before the cross. And when we walk in this love, we find that our wounds are healed, our shame is lifted, and our souls are made whole.

Conclusion: Love as the True Cure

To say “*God is love*” is to declare the only real cure for the human condition. Psychiatry and psychology attempt to mend broken souls with human tools, but only God’s love restores them fully. His love forgives our sins, frees us from guilt, empowers us to forgive others, and transforms us into people who live not for ourselves, but for Him.

In the chapters ahead, we will contrast the failures of man’s wisdom with the sufficiency of God’s love. But let us begin here: the ultimate Counselor is not Freud, Rogers, or Skinner—it is Jesus Christ, the Wonderful Counselor. And His prescription is love.

Chapter 2: Love That Heals the Brokenhearted

“He heals the brokenhearted and binds up their wounds.”
—Psalm 147:3

The Wounded Human Heart

Every human being carries wounds. Some are visible: betrayal by a loved one, abuse from the past, rejection from friends or family. Others are invisible: guilt from sin, shame from failure, loneliness, or despair. These wounds cut to the very core of who we are. Psychiatry calls them traumas, disorders, or maladaptations. Psychology speaks of coping mechanisms or defense structures. But Scripture calls them what they are—the brokenness of the human heart caused by sin, both our own and the sins of others against us.

The prophet Jeremiah said, *“The heart is deceitful above all things, and desperately wicked; who can know it?”* (Jeremiah 17:9). No medication can cure this, no analysis can untangle it. Human wisdom diagnoses symptoms, but it cannot reach the depth of the soul. Only God, the Creator of the heart, can heal it. And His chosen instrument of healing is love.

Love That Covers a Multitude of Sins

Peter exhorted believers, *“Above all, love each other deeply, because love covers over a multitude of sins”* (1 Peter 4:8). This truth is not a poetic idea—it is a divine reality. When God pours His love into our hearts, sins are not merely exposed, they are forgiven. Shame is not merely analyzed, it is lifted. The soul is not managed, it is restored.

Psychology often teaches people to “forgive themselves,” but true forgiveness is something only God can give. His love covers our sins through the blood of Christ. And once we have received that covering, we are empowered to extend forgiveness to others—even those who have wounded us most deeply. In doing so, the cycle of bitterness and pain is broken, and the heart begins to heal.

The Freedom of Forgiveness

Forgiveness is not natural; it is supernatural. Our flesh longs for revenge, for justice, for repayment. Psychiatry may counsel “letting go of resentment” as a means of self-care, but only the Spirit of God can empower true forgiveness that mirrors Christ’s.

Jesus taught plainly: “*For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses*” (Matthew 6:14–15). Forgiveness is not optional; it is the lifeblood of the Christian life. It is the very outworking of love.

When we forgive, we are freed from the chains of bitterness. When we forgive, we put others before ourselves, following the example of Christ who prayed for His executioners, “*Father, forgive them, for they know not what they do*” (Luke 23:34). Forgiveness is not weakness—it is victory, the power of love triumphing over sin.

Turning the Other Cheek

Nowhere is the radical nature of God’s love clearer than in Jesus’ teaching on retaliation: “*If anyone slaps you on the right cheek, turn to them the other cheek also*” (Matthew 5:39). This flies in the face of psychology’s emphasis on boundaries, self-assertion, and defending one’s ego.

Turning the other cheek does not mean permitting ongoing abuse; it means refusing to repay evil with evil. It means embodying a love that absorbs pain rather than perpetuating it. It is the way of Christ, who bore insults, false accusations, and violence without retaliation, entrusting Himself to His Father.

Psychiatry teaches people to fight for self-preservation. Christ teaches us to die to self and live in love. And in that dying, we discover true life.

Love Expressed Through Sacrifice and Service

Love that heals is not abstract; it takes action. Paul exhorted believers, “*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others*” (Philippians 2:3–4).

True healing often comes not when we focus inward but when we pour ourselves out in service to others. This is the way of Christ: “*The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many*” (Matthew 20:28). Love that sacrifices is love that heals.

This is precisely what psychiatry and psychology cannot grasp: that wholeness comes not from inflating self, but from giving self away. Service to others, done in love, is not draining but life-giving. It is the very therapy of the Spirit.

The Healing Power of 1 Corinthians 13

If there is a single passage that describes the love that heals the human heart, it is 1 Corinthians 13. Paul writes:

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” (1 Corinthians 13:4–8)

This kind of love cannot be manufactured by therapy or medication. It flows only from God, who pours His love into our hearts by the Holy Spirit (Romans 5:5). When we receive this love, it transforms us—making us patient where we were once irritable, kind where we were once harsh, forgiving where we were once resentful. In this love, the brokenhearted find healing that the world cannot give.

This passage also demonstrates that **love is a choice**. The world often defines love as an emotion that comes and goes with circumstances, but Scripture shows us a deeper reality. Love is not merely a feeling—it is an act of the will, a deliberate decision to put others first, to forgive when wronged, to serve when it costs something, and to remain faithful even when emotions waver. When Paul writes that *“Love is patient, love is kind ... it always protects, always trusts, always hopes, always perseveres”* (1 Corinthians 13:4–7), he describes choices, not feelings.

God Himself demonstrates this truth. He chose to love us while we were still sinners: *“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us”* (Romans 5:8). Jesus did not go to the cross because it “felt good,” but because He chose to obey the Father and love us sacrificially. In the same way, we are called to choose love daily—whether in forgiving those who hurt us, serving those in need, or laying aside our own desires for the sake of others.

Conclusion: The Only Lasting Remedy

The broken heart cannot be pieced back together with pills, nor stitched by theories. It requires the hand of the Creator. And His instrument of healing is love—love that forgives, love that sacrifices, love that covers sins, love that serves, love that never fails.

Psychiatry offers coping. Psychology offers management. But Christ offers healing. He does not simply bind up wounds—He makes all things new. And as we will see in the chapters to come, this love is not an accessory to human wisdom; it is the antidote to it.

Chapter 3: The Wonderful Counselor

“For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”

—Isaiah 9:6

Jesus, the Counselor Unlike Any Other

Long before psychiatry emerged and psychology was born, the prophet Isaiah foretold the coming of a Counselor unlike any the world had ever seen. He would not be limited by human understanding, nor bound by theories and textbooks. He would not merely observe behavior or prescribe medication. He would speak directly to the soul, discern the intentions of the heart, and heal with truth and grace.

That Counselor is Jesus Christ. He is not simply a wise teacher—He is the embodiment of wisdom itself (1 Corinthians 1:30). He is not merely a physician—He is the Great Physician (Mark 2:17). And He is not only a comforter—He is the Wonderful Counselor who meets us in our pain and brings lasting peace.

The Counsel of the World

Modern psychiatry and psychology claim to be counselors of the human soul. They offer diagnoses, coping strategies, and theories about the mind. But their counsel is grounded in human wisdom, not divine revelation. Paul warns us: *“See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ”* (Colossians 2:8).

Freud counseled man to look inward to his subconscious. Rogers counseled man to affirm his own goodness. Skinner counseled man as though he were nothing more than a conditioned animal. But the Wonderful Counselor tells us to look upward—to the Father. He counsels us to repent, to forgive, to turn the other cheek, to deny ourselves, and to follow Him.

The wisdom of psychiatry flatters man; the wisdom of Christ humbles man. And therein lies the difference between counterfeit counsel and true counsel.

The Healing Words of Jesus

When Jesus counseled the weary, He did not analyze them—He invited them. *“Come to me, all you who are weary and burdened, and I will give you rest”* (Matthew 11:28). No therapist can

Speak those words with power, because no therapist can deliver the soul from sin, guilt, and fear. But Jesus can.

When He counseled the sinful woman at the well (John 4), He exposed her wounds not to shame her, but to heal her. He revealed the truth of her brokenness, then offered her living water. Psychiatry might have labeled her with diagnoses; psychology might have probed her dysfunctional patterns. But Jesus gave her Himself—the one thing she truly needed.

When He counseled His disciples, He did not promise them self-esteem; He called them to sacrifice. “*Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me*” (Luke 9:23). The Wonderful Counselor does not flatter us with false promises—He transforms us with truth that sets us free.

Radical Counsel: Turning the Other Cheek

One of the most striking differences between Christ’s counsel and the world’s is His command to “*turn the other cheek*” (Matthew 5:39). Human counselors often emphasize self-defense, setting boundaries, and protecting one’s ego. But the Wonderful Counselor calls us to respond with humility, mercy, and love.

This does not mean submitting to ongoing harm, but it does mean refusing to repay evil with evil. It means trusting God for justice and allowing love to triumph over hatred. It means walking in the footsteps of Christ, who endured mockery, beatings, and crucifixion without retaliation, praying instead for His enemies.

This radical counsel cannot be found in any textbook of psychology. It is foolishness to the world, but to those being healed by it, it is the power of God.

The Fruit of His Counsel

What is the result of Christ’s counsel? Healing, transformation, and peace that the world cannot give. Isaiah called Him not only Wonderful Counselor, but also Prince of Peace. His counsel leads to reconciliation with God, forgiveness of sins, and freedom from fear.

Paul described the fruit of His Spirit: “*love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control*” (Galatians 5:22–23). These are not manufactured by therapy—they are born of the Spirit.

When Jesus counsels us, He teaches us to love others as He has loved us (John 15:12). He teaches us that love is patient and kind (1 Corinthians 13). He teaches us to put others before ourselves (Philippians 2:3–4). His counsel is not a coping mechanism; it is a call to live in the fullness of God’s love.

Conclusion: The Counselor We Need

The world is desperate for counsel, but psychiatry and psychology can only scratch the surface of the soul. They offer theories without truth, prescriptions without power, and hope without substance. But Jesus Christ, the Wonderful Counselor, speaks words of life.

His counsel calls us to repentance, forgiveness, humility, and sacrificial love. His counsel heals broken hearts, covers sins, and restores relationships. His counsel does not inflate the self but crucifies it, replacing it with His life.

The question for us is this: whose counsel will we follow? The wisdom of men that exalts self, or the Wonderful Counselor who gave Himself for us?

Chapter 4: Love, Forgiveness, and Freedom

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

—Ephesians 4:32

The Wounds That Chain Us

There is no wound deeper than the wound of unforgiveness. When we are wronged, the natural human response is bitterness, resentment, and the desire for justice. Psychiatry may describe this as “anger management” or a “trauma response.” Psychology may encourage self-care, setting boundaries, or “processing emotions.” Yet even after years of therapy, many people remain chained to the pain of their past.

Why? Because the world does not understand forgiveness. True forgiveness is not merely releasing an emotion; it is a divine act rooted in love. It is not something we conjure up for our own wellbeing; it flows from the very heart of God, who forgave us in Christ.

Forgiveness: The Fruit of God’s Love

The love of God is unlike anything the world can manufacture. Paul writes: *“Love keeps no record of wrongs”* (1 Corinthians 13:5). This is not mere tolerance or repression—it is love expressed in forgiveness.

When we receive the love of God, we experience His forgiveness for our sins. *“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness”* (1 John 1:9). That forgiveness is complete; our sins are remembered no more (Hebrews 8:12). And once we have been forgiven, we are called to extend that same forgiveness to others.

Jesus made this inseparable connection clear in the Lord’s Prayer: *“Forgive us our debts, as we also have forgiven our debtors”* (Matthew 6:12). Forgiveness is not optional; it is the natural outflow of God’s love in us.

Freedom Through Forgiveness

The world offers coping strategies, but forgiveness brings freedom. Unforgiveness is a prison, binding us to our offenders and poisoning our souls. Love sets us free by breaking the chains.

Jesus told the parable of the unforgiving servant (Matthew 18:21–35), who, though forgiven of an unpayable debt, refused to forgive a fellow servant a small amount. His hardness of heart led to his own bondage. The lesson is clear: when we withhold forgiveness, we forfeit freedom.

But when we forgive, the prisoner we set free is ourselves. We are released from bitterness, anger, and torment. We walk in the liberty of Christ, who declared: “*So if the Son sets you free, you will be free indeed*” (John 8:36).

The Love That Puts Others First

True love does more than forgive—it puts others before self. Paul exhorted the Philippians: “*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others*” (Philippians 2:3–4).

This stands in stark contrast to psychology’s focus on self-actualization and self-fulfillment. While human wisdom says, “*Look out for yourself first,*” God’s love says, “*Lay down your life for others.*”

This is the pattern of Christ Himself: “*Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant*” (Philippians 2:6–7). Love manifests not in self-preservation but in self-giving.

The Sacrifice That Heals

The love of God is sacrificial. Jesus said, “*Greater love has no one than this: to lay down one’s life for one’s friends*” (John 15:13). And He proved it at the cross. The world says healing comes by protecting self; Christ shows us that healing comes by giving self.

When we sacrifice our pride, our rights, and our demand for vengeance, love fills the void. Forgiveness restores relationships, heals hearts, and demonstrates the power of the gospel. Love triumphs where anger and bitterness fail.

Turning the Other Cheek

One of the most difficult commands of Jesus reveals the radical nature of His love: “*If anyone slaps you on the right cheek, turn to them the other cheek also*” (Matthew 5:39).

Psychiatry might call this weakness; psychology might label it poor boundary-setting. But in truth, it is divine strength. Turning the other cheek is not passivity—it is an act of faith,

entrusting justice to God. It is love refusing to let evil dictate our response. It is the power of God's Spirit enabling us to overcome hatred with mercy.

Love as the Pathway to Freedom

Paul declared: *"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love"* (Galatians 5:13). This is the true paradox of the gospel: we find freedom not in asserting ourselves, but in serving others.

Love that forgives liberates us. Love that sacrifices heals us. Love that puts others first transforms us. Love that turns the other cheek disarms evil. This is the love psychiatry cannot prescribe and psychology cannot manufacture. It is the love of God, poured into our hearts by the Holy Spirit (Romans 5:5).

Conclusion: The Freedom of Love

Psychiatry and psychology can identify wounds, but they cannot remove the poison of unforgiveness. They can encourage kindness, but they cannot produce sacrificial love. They can analyze relationships, but they cannot heal them at the root.

Only the love of God, revealed in Christ Jesus, forgives sins, restores hearts, and sets captives free. This love calls us not only to be forgiven but to forgive. Not only to be loved, but to love. Not only to receive freedom, but to give it.

In forgiveness, we discover freedom. In sacrifice, we find healing. In putting others first, we experience the joy of Christ. And in turning the other cheek, we embody the love that never fails.

Chapter 5: The Greatest Love of All

“And now these three remain: faith, hope and love. But the greatest of these is love.”
—1 Corinthians 13:13

The More Excellent Way

The apostle Paul called love “the more excellent way” (1 Corinthians 12:31). After describing spiritual gifts, ministries, and works of power, he lifted love above them all. Gifts may cease, prophecy may fade, knowledge may pass away, but love never fails.

This chapter of Scripture—1 Corinthians 13—has been read at weddings and admired for its poetry. But it is not a sentimental passage. It is the most powerful description of God’s love in action, and the clearest picture of what true healing looks like in the life of a believer.

Psychiatry offers treatment plans. Psychology offers techniques. But God offers love. And love, as Paul describes it, is not a fleeting feeling—it is the very life of Christ in us.

Love Defined by God

Paul writes:

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” (1 Corinthians 13:4–8)

This love is the opposite of human nature. It is not the love of self that psychology promotes, nor the love of pleasure the world celebrates. It is agape—the divine love of God, poured into our hearts by the Holy Spirit (Romans 5:5).

Notice what love does: it is patient, kind, forgiving, selfless, enduring. Notice what love does not do: it is not envious, proud, angry, resentful, or selfish. Psychiatry can diagnose anger, psychology can suggest anger management techniques—but only God’s love can transform anger into patience. Only God’s love can turn pride into humility, resentment into forgiveness, and despair into hope.

Love as the Supreme Therapy

When Paul says “love never fails,” he means it is the ultimate answer to the brokenness of humanity. Every disorder of the heart—fear, anxiety, shame, bitterness—finds its true healing in love.

- Anxiety is met with love that says, “*Do not fear, for I am with you*” (Isaiah 41:10).
- Shame is lifted by love that declares, “*There is now no condemnation for those who are in Christ Jesus*” (Romans 8:1).
- Bitterness is dissolved by love that forgives, “*as God in Christ forgave you*” (Ephesians 4:32).
- Loneliness is comforted by love that promises, “*I will never leave you nor forsake you*” (Hebrews 13:5).

Psychiatry prescribes medication for symptoms. Psychology prescribes self-focus for problems. But God prescribes love—the only cure that addresses the root of sin and restores the soul.

The Love That Puts Others First

Paul says love “*is not self-seeking.*” This stands in direct opposition to the humanistic psychology of our age, which elevates self-esteem, self-actualization, and self-fulfillment as the highest goods. But God’s love calls us to humility and service.

Philippians 2:3–4 says: “*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.*”

The world teaches: “*Protect yourself first.*” God teaches: “*Serve others first.*” This is why love is the greatest—it transforms not only our inner life but our outward actions. It turns us from self-centered patients into Christ-centered servants.

Love That Sacrifices

The ultimate proof that love is the greatest is seen in Christ Himself. “*Greater love has no one than this: to lay down one’s life for one’s friends*” (John 15:13). Love sacrifices. Love gives. Love bears all things, endures all things, hopes all things.

At the cross, Jesus embodied 1 Corinthians 13. He was patient with those who mocked Him, kind to those who crucified Him, not proud or boastful, but humble and obedient unto death. He bore our sins, forgave our wrongs, and persevered through the agony of the cross out of love.

No psychiatrist, no psychologist, no therapist in the world could offer that kind of healing. Only the love of Christ crucified can restore the soul.

Love That Never Fails

Human systems will fail. Medications may lose effectiveness, therapies may prove temporary, theories may change with time. But love never fails. Love is eternal because God is eternal. Love is the very nature of God, and when His love is alive in us, we become vessels of healing to a broken world.

Paul concludes: “*And now these three remain: faith, hope and love. But the greatest of these is love*” (1 Corinthians 13:13). Why is love the greatest? Because faith will be fulfilled when we see God face to face. Hope will be realized when His promises are complete. But love will remain forever, because love is God Himself.

Conclusion: The Greatest Answer

Psychiatry and psychology seek to heal without love. They attempt to mend the soul without the power of God. But Scripture declares that love is greater than all knowledge, all gifts, all works, and all wisdom of men.

The greatest need of the human heart is not analysis, diagnosis, or medication—it is love. And the greatest love of all is the love of God revealed in Jesus Christ, the Wonderful Counselor.

Love never fails. And because love never fails, we can say with certainty that the healing of the soul is found not in the wisdom of men, but in the love of God.

Chapter 6: The Wisdom of the World

“For the wisdom of this world is foolishness in God’s sight.”
—1 Corinthians 3:19

The Rise of Human Wisdom

In every generation, humanity has sought answers to the great questions of life: Why do we suffer? What makes us whole? How can we heal? Throughout history, men have turned to philosophy, science, and speculation. In the modern age, this quest gave birth to the twin disciplines of psychiatry and psychology.

Their claim is bold: to explain the mysteries of the mind and to heal the disorders of the soul. But their foundation is fragile, for they build on human wisdom rather than divine truth.

Paul warns in Colossians 2:8: *“See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.”* This is the danger of psychiatry and psychology: they clothe themselves in the language of science, but their roots are in the philosophies of men who rejected God.

Freud, Rogers, Skinner: False Counselors

Sigmund Freud, the father of psychoanalysis, dismissed God as an illusion and reduced man’s struggles to sexual drives and subconscious desires. Carl Rogers, the champion of humanistic psychology, taught that man is essentially good and needs only self-acceptance. B.F. Skinner, the behaviorist, treated man as a conditioned animal, shaped by his environment with no eternal soul.

Each of these voices replaced the counsel of God with the counsel of man. They did not point to the Wonderful Counselor but away from Him. And generations have followed their wisdom, seeking healing in theories that deny the very existence of sin, guilt, or the need for salvation.

Yet Scripture declares: *“Do not deceive yourselves. If any of you think you are wise by the standards of this age, you should become ‘fools’ so that you may become wise. For the wisdom of this world is foolishness in God’s sight”* (1 Corinthians 3:18–19).

The Limitations of Human Wisdom

Psychiatry and psychology observe real problems—fear, guilt, anxiety, despair—but they misdiagnose the cause. They treat these not as the effects of sin and separation from God, but as mere malfunctions of brain chemistry or disruptions in social adjustment.

Like physicians who treat symptoms while ignoring the disease, they offer temporary relief while leaving the soul untouched. Medications may dull the pain. Therapy may rearrange thoughts. But only the love of God heals the heart.

The wisdom of the world cannot forgive sins. It cannot remove guilt. It cannot cover shame. It cannot transform hatred into love or selfishness into sacrifice. These belong to God alone.

The Folly of Self-Worship

One of the greatest errors of worldly wisdom is its exaltation of self. Psychology often insists that healing begins by “believing in yourself,” “loving yourself more,” or “trusting your inner voice.” Yet Jesus calls us to the opposite: “*Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me*” (Luke 9:23).

Self-worship is the essence of sin. It was pride that led to Satan’s fall (Isaiah 14:12–15). It was self-will that led to Adam’s rebellion. And it is self-centeredness that continues to enslave the human heart. Any system that exalts the self above God is not wisdom—it is idolatry.

God’s Wisdom vs. Man’s Wisdom

The Bible makes the contrast plain:

- The world says man is basically good; God says, “*There is none righteous, no, not one*” (Romans 3:10).
- The world says the answer is within; God says the answer is Christ.
- The world says pursue self; God says deny self.
- The world says healing is found in analysis and drugs; God says, “*By His stripes we are healed*” (Isaiah 53:5).

The wisdom of the world is temporary, ever-changing, and powerless to save. The wisdom of God is eternal, unchanging, and mighty to save.

Conclusion: Choosing Whose Wisdom We Trust

Every person must choose whose wisdom they will follow. Will we trust the philosophies of Freud, Rogers, and Skinner—men who rejected God and exalted man? Or will we trust the Wonderful Counselor, whose wisdom is eternal and whose love heals the soul?

Paul reminds us in 1 Corinthians 1:25: “*The foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.*” Psychiatry and psychology may impress with intellect, jargon, and complexity, but they are powerless without Christ.

The wisdom of the world cannot save. But the love of God can—and does.

Chapter 7: Redefining Sin

“All have sinned and fall short of the glory of God.”
—Romans 3:23

A World Uncomfortable with Sin

The very word *sin* has become offensive in modern culture. Where once sin was recognized as rebellion against God, today it is often rebranded with softer terms—mistakes, issues, dysfunctions, or disorders. This trend is nowhere more evident than in psychiatry and psychology.

In their attempt to explain human behavior apart from God, they redefine sin as sickness. Greed is labeled as ambition. Lust is excused as natural desire. Pride is reframed as healthy self-esteem. Anger is explained away as trauma. Hatred is excused as maladjustment.

Yet Scripture speaks clearly: *“The heart is deceitful above all things, and desperately wicked; who can know it?”* (Jeremiah 17:9). The Bible does not treat sin as a disorder to be studied, but as an offense against a holy God. And the only remedy is not medication or therapy, but forgiveness through the blood of Jesus Christ.

From Diagnosis to Excuse

Psychiatry thrives on creating labels. Entire manuals are devoted to categorizing behaviors into disorders. While some labels may help describe patterns, they can also serve as excuses. Instead of calling envy, jealousy, bitterness, and lust what they are—sins in need of repentance—these behaviors are often reframed as conditions in need of treatment.

This shift removes responsibility from the individual. Instead of confessing sin and seeking forgiveness, people are taught to see themselves as victims of their biology, their upbringing, or their environment. The result? Accountability to God is lost, and with it, the path to real healing.

But Scripture does not allow us to shift the blame. Adam blamed Eve, Eve blamed the serpent—but God held each accountable (Genesis 3). The diagnosis of psychology may soothe guilt, but it cannot remove sin. Only repentance and God’s forgiveness can.

The Danger of Excusing Sin

When sin is redefined, repentance becomes unnecessary. And without repentance, there is no salvation. Jesus began His ministry with the words: “*Repent, for the kingdom of heaven has come near*” (Matthew 4:17). Repentance is not optional—it is the doorway to God’s kingdom.

Psychology says: “*You’re not guilty—you’re wounded.*”
Scripture says: “*You are guilty—but you can be forgiven.*”

The difference is eternal. To excuse sin is to rob people of the cross. To minimize sin is to strip away the very reason Christ died. If sin is only sickness, then the cross was unnecessary. But if sin is as deadly as God declares, then only the sacrifice of Christ is sufficient to heal us.

Love That Covers Sin

The good news is that God does not leave us condemned in our sins. His love does not excuse sin—it covers it. “*Above all, love each other deeply, because love covers over a multitude of sins*” (1 Peter 4:8).

This covering is not denial or repression. It is the covering of forgiveness, purchased by the blood of Christ. “*Blessed is the one whose transgressions are forgiven, whose sins are covered*” (Psalm 32:1).

While psychiatry may label behavior, and psychology may attempt to manage it, God’s love removes the guilt altogether. “*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness*” (1 John 1:9). What psychology excuses, God forgives. And forgiveness is the only path to freedom.

Forgiveness and Transformation

The love of God does more than pardon—it transforms. Paul wrote: “*Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new*” (2 Corinthians 5:17).

This is the miracle psychiatry and psychology cannot offer. They may explain human behavior, but they cannot change the human heart. Only the Spirit of God can take a sinner and make him a saint. Only divine love can turn selfishness into service, pride into humility, hatred into compassion, and bitterness into forgiveness.

Conclusion: The Truth About Sin

Psychiatry and psychology err because they refuse to name sin for what it is. They redefine rebellion against God as sickness, and in doing so, they blind people to their need for salvation. But the truth is inescapable: “*All have sinned and fall short of the glory of God*” (Romans 3:23).

The hope, however, is glorious: “*God demonstrates his own love for us in this: While we were still sinners, Christ died for us*” (Romans 5:8).

The world may excuse sin, but God forgives it. The world may redefine sin, but God redeems sinners. And this redemption is the only true healing for the soul.

Chapter 8: The False Gospel of Self-Esteem

“If anyone would come after me, let him deny himself and take up his cross daily and follow me.”

—Luke 9:23

The Cult of Self

If there is one message that modern psychology preaches more loudly than any other, it is this: *“You must love yourself first.”* From school classrooms to therapy offices, the refrain is constant. Low self-esteem, we are told, is the root of most emotional struggles. The cure? Learn to affirm yourself, believe in yourself, and put yourself first.

This doctrine sounds appealing, but it is the very opposite of the gospel. Jesus never called His followers to love themselves more. He called them to deny themselves, to die to themselves, and to find life by losing it. *“For whoever wants to save their life will lose it, but whoever loses their life for me will save it”* (Luke 9:24).

The gospel of self-esteem is not good news—it is a lie. It does not liberate but enslaves, for it directs people inward when true healing can only be found by looking upward to God.

The Exaltation of Self vs. the Humility of Christ

Psychology exalts self-worth, self-fulfillment, and self-actualization. But Scripture points us to humility, sacrifice, and service.

Paul writes: *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others”* (Philippians 2:3–4).

This is not a call to despise ourselves—it is a call to love others more than ourselves. And it is modeled perfectly in Christ: *“Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant”* (Philippians 2:6–7).

Where psychology tells us to stand taller, the gospel calls us to kneel lower. Where psychology tells us to serve ourselves, Christ calls us to serve others. Where psychology preaches pride, the gospel calls us to humility.

The Idolatry of Self-Love

Jesus taught that the greatest commandments are to “*love the Lord your God with all your heart and with all your soul and with all your mind*” and to “*love your neighbor as yourself*” (Matthew 22:37–39). Notice what He did not say. He did not say, “Love yourself first.”

In fact, Scripture warns against self-love. Paul wrote: “*But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy...*” (2 Timothy 3:1–2). Self-love is not the cure; it is part of the disease.

The gospel confronts self-love by calling us to the love of God and neighbor. Any teaching that elevates self-love above these is idolatry—a false gospel.

Sacrifice, Service, and Turning the Other Cheek

The way of Jesus is not self-esteem but self-sacrifice. He declared: “*Greater love has no one than this: to lay down one’s life for one’s friends*” (John 15:13). True love is measured not by how much we affirm ourselves, but by how much we give of ourselves.

- Service: “*Through love serve one another*” (Galatians 5:13).
- Sacrifice: “*Offer your bodies as a living sacrifice, holy and pleasing to God*” (Romans 12:1).
- Turning the other cheek: “*If anyone slaps you on the right cheek, turn to them the other cheek also*” (Matthew 5:39).

These commands defy psychology’s fixation on self-protection, self-assertion, and self-promotion. They call us instead to radical humility and love that puts others first.

The Love That Heals

Ironically, when we stop trying to love ourselves more and start loving God and others, we discover true wholeness. Jesus said: “*Whoever loses their life for me will find it*” (Matthew 16:25). The path to peace is not self-focus but Christ-focus.

When we die to self, we live in Christ. When we serve others, we are healed of our isolation. When we forgive, we are freed from bitterness. When we turn the other cheek, we break the cycle of hatred. This is the love described in 1 Corinthians 13: a love that is patient, kind, humble, forgiving, and enduring. This is the love that never fails.

Conclusion: The True Gospel of Love

The gospel of self-esteem is a counterfeit. It tells us to love ourselves more, when the truth is that self-love is the very root of sin. The true gospel calls us to deny ourselves, love God above all, and love our neighbor as ourselves.

Psychology preaches the worship of self; Christ calls us to the worship of God. Psychology says healing comes from within; Scripture says healing comes from above. Psychology says exalt yourself; Jesus says humble yourself.

The false gospel of self-esteem leads only to pride and emptiness. But the true gospel of love leads to forgiveness, freedom, and eternal life.

Chapter 9: The Drugs That Cannot Save

“Is there no balm in Gilead? Is there no physician there? Why then has not the health of the daughter of my people been restored?”

—Jeremiah 8:22

The Promise of Pills

Modern psychiatry rests heavily on the promise of medication. Antidepressants, antipsychotics, mood stabilizers, anti-anxiety drugs—these are prescribed by the millions, often as the first and last line of defense against the brokenness of the human mind. Many believe these pills to be the solution for life’s deepest struggles, a “balm” for the modern age.

To be clear: medicine can serve a purpose. There are times when physical imbalances require physical remedies. Yet psychiatry often goes beyond this. Instead of treating temporary symptoms while addressing the soul, it places nearly all hope in pills. The heartache of grief, the guilt of sin, the torment of shame, the despair of emptiness—these are medicated rather than healed.

The danger is that drugs may mask pain without ever dealing with its root. They may dull emotions but cannot redeem the soul. They may silence the cry, but they cannot give the song of joy that comes from God’s love.

The Limits of Medication

Medication can sedate, suppress, or stimulate brain chemistry. But it cannot:

- Forgive a guilty conscience.
- Heal bitterness from betrayal.
- Remove the sting of shame.
- Teach sacrificial love.
- Transform selfishness into service.
- Cover sin with forgiveness.

At best, medication can numb symptoms. But symptoms are not the disease—the disease is sin and separation from God. To treat only the outward expression while ignoring the inward condition is like covering a cancer with a bandage.

Jesus warned of such superficial cures when He rebuked the Pharisees: *“You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence”* (Matthew 23:25). Psychiatry polishes the outside but leaves the heart unchanged.

The Balm That Heals

The prophet Jeremiah cried out: *“Is there no balm in Gilead?”* (Jeremiah 8:22). He longed for a true cure for the wounds of his people. That cure was not found in human medicine but in the love of God.

The real balm is Jesus Christ. He came not to dull our pain but to bear it. *“Surely he took up our pain and bore our suffering... the punishment that brought us peace was on him, and by his wounds we are healed”* (Isaiah 53:4–5).

Unlike medication, His blood does not just suppress symptoms—it cleanses the conscience (Hebrews 9:14). His love does not just numb shame—it removes it. His Spirit does not just manage behavior—it transforms it.

Freedom Beyond Chemicals

Jesus promised: *“So if the Son sets you free, you will be free indeed”* (John 8:36). This freedom cannot be bottled in a pill. It comes only from forgiveness, redemption, and the indwelling power of the Holy Spirit.

- Psychiatry says peace comes from altering brain chemistry.
- Jesus says peace comes from Him: *“Peace I leave with you; my peace I give you. I do not give to you as the world gives”* (John 14:27).
- Psychiatry says relief is found in prescriptions.
- Jesus says rest is found in coming to Him: *“Come to me, all you who are weary and burdened, and I will give you rest”* (Matthew 11:28).

No drug can give lasting joy. No pill can produce sacrificial love. No prescription can make us new creations in Christ. Only God’s love can do that.

The Danger of Substituting Pills for God

When medication becomes the sole answer, it becomes an idol. People turn to pills for what only Christ can provide: peace, freedom, forgiveness, and hope. This is why psychiatry, in its overreliance on drugs, so often leads souls away from God instead of toward Him.

Instead of teaching people to repent and believe the gospel, it teaches them to refill their prescriptions. Instead of pointing to the Wonderful Counselor, it points to pharmaceutical companies. Instead of uncovering the depth of sin and the greatness of God's mercy, it covers symptoms while the soul remains unhealed.

Conclusion: The True Healer

There is nothing inherently sinful in medicine. But when psychiatry presents medication as salvation, it deceives the soul. Drugs cannot save. Pills cannot heal. Prescriptions cannot forgive.

Only the Great Physician can. Only His love can restore the brokenhearted. Only His cross can cover our sins. Only His Spirit can renew our minds.

The balm of Gilead is not found in a bottle but in a Person—Jesus Christ, the Wonderful Counselor and the Prince of Peace. And unlike the fleeting relief of drugs, His healing never fails.

Chapter 10: The Sufficiency of Scripture

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

—2 Timothy 3:16–17

A Question of Sufficiency

One of the most subtle but dangerous messages of psychiatry and psychology is that the Bible is not enough. They may not say it outright, but their approach makes it clear: human theories, therapies, and techniques are essential to understanding and healing the human soul. Scripture, they imply, is inadequate.

But the Word of God tells us otherwise. Scripture is not a supplementary guide—it is the complete revelation of God, sufficient to address every matter of the human heart. It is inspired, infallible, eternal, and alive. Hebrews 4:12 declares: *“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”*

No psychological theory has that kind of power. No psychiatric treatment can pierce the soul. Only the Word of God can.

The Word That Reveals the Heart

Psychology seeks to analyze the human mind, but Scripture reveals the human heart. Jeremiah 17:9 says: *“The heart is deceitful above all things and beyond cure. Who can understand it?”* Only God’s Word can expose the depth of sin and bring true understanding.

Where psychology redefines sin, Scripture names it. Where psychiatry medicates guilt, Scripture confronts it. Where psychology excuses bitterness, Scripture calls for forgiveness. Where psychiatry numbs shame, Scripture removes it through the blood of Christ.

Psalms 19:7–8 proclaims: *“The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.”* No textbook of psychology can promise that.

The Word That Transforms

The Bible does not merely diagnose—it transforms. Paul exhorts: *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind”* (Romans 12:2). Psychology may attempt to change thought patterns through cognitive therapy, but only the Spirit of God, working through His Word, can renew the mind and conform it to Christ.

David testified: *“I have hidden your word in my heart that I might not sin against you”* (Psalm 119:11). The Word strengthens against temptation, equips for righteousness, and sanctifies the believer. Jesus prayed: *“Sanctify them by the truth; your word is truth”* (John 17:17).

Psychiatry promises coping; Scripture promises cleansing. Psychology offers insight; Scripture offers transformation. The difference is eternal.

The Word That Heals

The psalmist declared: *“He sent out his word and healed them; he rescued them from the grave”* (Psalm 107:20). The Word of God does what no medication or therapy ever could—it heals the soul and delivers from death.

Isaiah compares God’s Word to rain that always accomplishes its purpose:

“As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” (Isaiah 55:10–11)

The words of men may fail. The theories of psychology may fade. The prescriptions of psychiatry may falter. But God’s Word never returns void. Every promise He speaks is living, active, and certain to fulfill its mission.

And Proverbs reminds us that God’s Word is not only wisdom for the mind—it is medicine for the soul:

“My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one’s whole body.” (Proverbs 4:20–22)

Scripture is not a book of suggestions. It is life itself. It restores the heart, renews the mind, and brings healing to the body. What psychiatry tries to provide through pills, God gives through His living Word—life, health, and peace.

Love as the Fulfillment of Scripture

The sufficiency of Scripture is not merely intellectual; it is relational. The Word of God reveals the God of love. *“Love is the fulfillment of the law”* (Romans 13:10).

In its pages, we learn how to forgive as we have been forgiven, to put others before ourselves, to turn the other cheek, to serve in humility, and to walk in the love described in 1 Corinthians 13. These are not therapeutic suggestions—they are divine commands empowered by the Spirit, producing healing in us and through us.

No system of psychology can create this kind of love. But Scripture reveals it, commands it, and by the Spirit makes it possible.

Conclusion: The Word Is Enough

When psychiatry and psychology suggest that Scripture is insufficient, they attack the very authority of God. But the testimony of Scripture is clear: it is enough.

- Enough to teach, rebuke, correct, and train (2 Timothy 3:16).
- Enough to refresh the soul, give joy to the heart, and light to the eyes (Psalm 19:7–8).
- Enough to sanctify, transform, and heal (John 17:17; Romans 12:2; Psalm 107:20).
- Enough to accomplish God’s purpose unfailingly (Isaiah 55:10–11).
- Enough to bring life and health to the whole body (Proverbs 4:20–22).

The wisdom of men changes with every generation. The Word of God endures forever (Isaiah 40:8). And it is this Word—sufficient, living, and true—that reveals the love of God and the salvation of Christ, the only true cure for the soul.

Chapter 11: The Cross as the Cure

“But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”

—Isaiah 53:5

The Universal Problem

Every human heart aches with the same core problem: sin. It may be masked by anxiety, hidden under depression, expressed in anger, or buried in shame—but at its root, it is separation from God. Psychiatry may call it dysfunction. Psychology may call it disorder. But Scripture calls it rebellion, guilt, and death.

And if sin is the disease, then only the cross is the cure.

The Inadequacy of Human Remedies

Psychiatry offers medication to dull the pain. Psychology offers counseling to analyze behavior. Self-help books offer strategies to reframe thinking. Yet none of these reach the depth of the soul's sickness. They treat symptoms but cannot touch the source.

A guilty conscience cannot be medicated. Shame cannot be therapized away. Bitterness cannot be managed into oblivion. Only the cross can answer the problem of sin. For it was on the cross that Jesus bore the punishment we deserved, providing both forgiveness for our past and freedom for our future.

The Love That Took Our Place

Isaiah's prophecy is breathtaking: "*He was pierced for our transgressions, he was crushed for our iniquities.*" The innocent Son of God stepped into our place. He did not deserve the nails, but He took them. He did not deserve the curse, but He bore it.

At the cross, love went beyond words—it became flesh and blood. Jesus did not simply tell us He loved us; He showed us, sacrificing Himself for our salvation. "*Greater love has no one than this: to lay down one's life for one's friends*" (John 15:13).

This is what no therapist, no theory, no drug can do. They may offer comfort, but they cannot bear guilt. They may offer analysis, but they cannot remove sin. Jesus alone took our place, satisfying the justice of God and opening the way to healing.

Peace Through His Punishment

Isaiah continues: "*The punishment that brought us peace was on him.*" Peace does not come from avoiding reality or suppressing emotions. True peace comes because Jesus endured the wrath of God for us.

Paul echoes this in Romans 5:1: "*Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.*"

This peace is not temporary relief—it is eternal reconciliation. Psychiatry may numb distress for a time, but only the cross makes us right with God, removing the hostility between Creator and creature.

Healing Through His Wounds

The prophet concludes: *“By his wounds we are healed.”* This healing is deeper than physical restoration. It is healing of the soul, the conscience, the heart.

Peter applies this truth directly to salvation: *“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed”* (1 Peter 2:24).

This is the cure psychiatry cannot offer. The wounds of Christ cleanse our shame, remove our guilt, and transform our hearts. What psychology calls “coping strategies,” Scripture calls crucifixion and resurrection. In Christ, the old man dies and the new creation lives.

The Cross and the Call to Forgive

Because we are forgiven, we are empowered to forgive. The cross is not only the cure for our sin — it is the pattern for our relationships. Paul exhorts: *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you”* (Ephesians 4:32).

Psychology may encourage “letting go” for our own mental health, but the gospel calls us to forgive because we have been forgiven. And when we forgive, the love of the cross flows through us, bringing freedom both to us and to others.

A Cure That Demands a Response

The cross is not a pill to be swallowed; it is a Savior to be embraced. Jesus said: *“If anyone would come after me, let him deny himself and take up his cross daily and follow me”* (Luke 9:23).

Healing is not passive—it requires repentance, surrender, and faith. Psychiatry tells us to look within. Psychology tells us to trust ourselves. But the cross tells us to look to Christ, to trust Him, and to die to ourselves.

And in that dying, we find life. *“For whoever wants to save their life will lose it, but whoever loses their life for me will find it”* (Matthew 16:25).

Conclusion: The Only True Cure

The wisdom of the world cannot cure the soul. Psychiatry medicates, psychology analyzes, but only the cross heals. For at the cross, love bore our punishment, peace was purchased, and healing was secured.

Every wound of sin meets its remedy in the wounds of Christ. Every cry for peace finds its answer in His sacrifice. Every heart broken by guilt and shame is restored by His love.

The cross is not one cure among many. It is the only cure. And because of it, we can boldly proclaim: "*By his wounds we are healed.*"

Chapter 12: Renewing the Mind in Christ

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”
—Romans 12:2

The Battle for the Mind

Every day, countless thoughts pass through the human mind. Some are noble and life-giving; others are dark, fearful, or destructive. Psychology recognizes this reality and often seeks to address it through methods such as “cognitive restructuring,” aiming to replace negative thoughts with positive ones. While such techniques may bring temporary relief, they lack true power to transform the soul.

Why? Because the problem is not simply *thinking errors*—it is sin. The mind apart from Christ is enslaved. Paul declares: *“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace”* (Romans 8:6). No therapy can change a fleshly mind into a spiritual one. Only the Spirit of God can.

Transformation, Not Just Modification

Romans 12:2 does not say, “Think more positive thoughts.” It says: *“Be transformed by the renewing of your mind.”* The Greek word for *transformed* is *metamorphoō*—the same root used for the transfiguration of Jesus. It is not surface-level modification; it is deep, inward metamorphosis.

Psychology may teach us to rearrange thoughts, but only God’s Word and Spirit can *renew* the mind. This renewal is not external but internal, not temporary but eternal. It is the mind of Christ being formed in us: *“We have the mind of Christ”* (1 Corinthians 2:16).

The Word That Renews

God renews our minds through His living Word. Psalm 119:105 says: *“Your word is a lamp to my feet and a light to my path.”* As we meditate on Scripture, the Spirit reshapes our thoughts, aligning them with truth.

Paul exhorts in Philippians 4:8: *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”* This is not wishful thinking—it is Spirit-empowered focus.

Proverbs 23:7 reminds us: “*For as he thinks in his heart, so is he.*” What fills our minds shapes our lives. Psychology tries to reframe thoughts, but God’s Word *recreates* them, filling us with truth, light, and love.

Taking Every Thought Captive

Paul describes the spiritual battle for the mind in 2 Corinthians 10:4–5: “*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*”

This is the difference between human therapy and divine transformation. Psychology uses the weapons of the world— words, theories, and techniques. But the believer uses weapons that have *divine power*: prayer, the Word, faith, and the Spirit. These demolish strongholds and bring every thought under Christ’s authority.

The Role of the Holy Spirit

The renewing of the mind is not possible apart from the Spirit. Jesus promised: “*The Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you*” (John 14:26).

The Spirit is the true Counselor who convicts us of sin, comforts us in sorrow, and leads us into truth. Psychology offers human wisdom; the Spirit imparts divine wisdom. Psychiatry prescribes medication; the Spirit gives life and peace.

Paul affirms: “*Those who live in accordance with the Spirit have their minds set on what the Spirit desires*” (Romans 8:5). Only by walking in the Spirit can the mind be truly renewed.

Renewed for Love and Service

A renewed mind is not simply free from destructive thoughts; it is free *for* something greater— loving God and loving others. As the Spirit reshapes our thinking, we learn to forgive where we once held grudges, to serve where we once demanded, to sacrifice where we once sought self.

This renewal produces the love described in 1 Corinthians 13— patience, kindness, humility, endurance. It empowers us to turn the other cheek, to put others before ourselves, and to live not for self-esteem but for Christ-esteem.

Conclusion: The True Renewal

Psychiatry may manage symptoms. Psychology may restructure thoughts. But only Christ renews the mind. And that renewal comes not through human effort but through the Spirit working by the Word of God.

The mind of the world says, "*Believe in yourself.*"

The mind of Christ says, "*Deny yourself, take up your cross, and follow Me.*"

The wisdom of psychology leads to self-help. The power of God's Word and Spirit leads to transformation.

And so the believer can confidently declare: "*We are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit*" (2 Corinthians 3:18).

Chapter 13: Love in Action

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

—Galatians 5:13

The Call to Live Out Love

Love is not abstract. It is not confined to warm feelings, kind thoughts, or lofty ideals. True love acts. It sacrifices, serves, forgives, and endures. Jesus did not merely *speak* of love—He demonstrated it in action, stooping to wash His disciples’ feet, healing the sick, embracing the outcast, and ultimately giving His life on the cross.

The Bible repeatedly teaches that love is seen not only in words but in deeds. *“Dear children, let us not love with words or speech but with actions and in truth”* (1 John 3:18). Love is the proof of our discipleship: *“By this everyone will know that you are my disciples, if you love one another”* (John 13:35).

Psychology often stops at helping people “feel better about themselves.” God’s love calls us to go beyond feelings—to live sacrificially for the good of others.

Love That Serves

The world tells us greatness is measured by power and status. Jesus redefined greatness by service: *“The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many”* (Matthew 20:28).

This radical redefinition is the very opposite of psychology’s obsession with self-fulfillment. True healing and wholeness are found not in serving ourselves, but in serving others. When we pour ourselves out, we find that God fills us with His love.

Paul echoes this truth: *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves”* (Philippians 2:3). Service is not loss—it is life. It is the pathway of Christ, who became a servant for our salvation.

Love That Sacrifices

Service flows naturally into sacrifice. The love of Christ is measured by His willingness to lay down His life: *“Greater love has no one than this: to lay down one’s life for one’s friends”* (John 15:13).

While psychiatry teaches self-preservation and psychology encourages self-assertion, the gospel calls us to self-sacrifice. This does not mean seeking suffering for its own sake, but embracing the cross in obedience and love.

Every act of sacrifice—whether forgiving an enemy, giving generously, enduring hardship for another, or laying aside our own desires—mirrors the sacrificial love of Christ. And in sacrifice, our souls are healed, for we are walking in the very love of God.

Love That Forgives

Love in action is perhaps most powerfully displayed in forgiveness. Jesus taught us to forgive not seven times, but seventy times seven (Matthew 18:22). Forgiveness is not weakness—it is divine strength, breaking the chains of bitterness and restoring relationships.

Psychology may encourage “letting go” for our own mental health, but only the gospel gives us the reason and the power to forgive: because Christ forgave us. “*Forgive as the Lord forgave you*” (Colossians 3:13).

This is love in action—releasing debts, covering sins, and reconciling enemies through the power of God’s mercy.

Love That Turns the Other Cheek

Jesus’ command to “*turn the other cheek*” (Matthew 5:39) is not passive surrender but active love. It refuses to let evil dictate our response. It refuses to repay insult with insult, injury with injury. It demonstrates the radical, transforming power of God’s love.

This kind of love cannot be explained by psychology or sustained by willpower. It is only possible through the Spirit of God. It is love in action—mercy where the world expects revenge, humility where the world expects pride, endurance where the world expects retaliation.

Love That Never Fails

Paul describes love in 1 Corinthians 13 as enduring all things, hoping all things, persevering through all things. Love in action is not temporary or conditional—it is steadfast. It does not falter when unrecognized, nor fade when unreturned. It reflects the eternal love of God Himself.

Psychiatry and psychology promise temporary relief. God’s love promises eternal transformation. And this love, lived out in action, becomes the most powerful witness to the world that Christ is alive in us.

Conclusion: The Therapy of Love

The true “therapy” for a broken world is not found in the theories of psychology or the prescriptions of psychiatry. It is found in love—love that serves, sacrifices, forgives, and turns the other cheek.

This love is not natural. It is supernatural. It flows from the cross, through the Spirit, into the lives of believers who act as the hands and feet of Jesus.

And when this love is put into action, it heals marriages, restores families, reconciles enemies, and transforms communities. Truly, love never fails.

Chapter 14: Abiding in the Love of God

“As the Father has loved me, so have I loved you. Now remain in my love.”
—John 15:9

The Secret of the Christian Life

At the heart of Christianity is not rules, rituals, or religion—it is relationship. Jesus did not come simply to give commands, but to invite us into His love. He told His disciples:

“As the Father has loved me, so have I loved you. Now remain in my love.” (John 15:9)

This word *remain* (or *abide*) is vital. It means to dwell, to continue, to stay connected. Just as a branch cannot bear fruit apart from the vine, we cannot live out love unless we remain rooted in Christ. Psychiatry may call for self-maintenance. Psychology may call for self-affirmation. But Jesus calls for abiding—resting continually in His love.

Love as Our Source

God’s love is not simply the beginning of the Christian life—it is the source of all growth. Paul prayed that believers would be:

“...rooted and established in love, [and] may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”
(Ephesians 3:17–19)

Just as a tree draws life from the soil, so we draw life from God’s love. And when we are rooted in His love, we discover that:

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” (1 John 4:18)

Fear is cast out by His perfect love. Guilt is forgiven:

“Therefore, there is now no condemnation for those who are in Christ Jesus.” (Romans 8:1)

Shame is removed:

“Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.” (Isaiah 61:7)

And hope overflows:

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (Romans 15:13)

Psychology may encourage self-love as the source of healing, but Scripture teaches that only God’s love is deep enough, pure enough, and strong enough to sustain the soul.

Love as Our Sustenance

Jesus continued in John 15:10:

“If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love.”

Abiding is not passive; it involves obedience. As we walk in forgiveness, humility, sacrifice, and service, we stay connected to the flow of His love.

This love sustains us when trials come. It empowers us to forgive when wronged, to serve when weary, to turn the other cheek when offended, and to put others first when our flesh cries out for self.

The world may attempt to sustain the mind through therapy sessions and medications. But the believer is sustained by abiding in the inexhaustible love of Christ, poured out daily by the Spirit.

Love as Our Overflow

Abiding in God’s love does not end with us. It always overflows to others. Jesus commanded:

“My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends.” (John 15:12–13)

When His love abides in us, it flows outward in:

- **Service** — *“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”* (Galatians 5:13)
- **Sacrifice** — *“Greater love has no one than this: to lay down one’s life for one’s friends.”* (John 15:13)
- **Forgiveness** — *“Above all, love each other deeply, because love covers over a multitude of sins.”* (1 Peter 4:8)

- **Patience and kindness** — *“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”* (1 Corinthians 13:4–7)

Psychology may train people to manage relationships, but abiding love transforms them. Families are reconciled, enemies become friends, and broken hearts are healed when God’s love flows through His people.

Love Above All

Paul declared:

“And over all these virtues put on love, which binds them all together in perfect unity.”
(Colossians 3:14)

Love is not one virtue among many—it is the crown of all virtues. Without it, faith is empty, knowledge is arrogant, and sacrifice is meaningless (1 Corinthians 13:1–3).

Abiding in God’s love keeps us from falling into the traps of pride, bitterness, or self-reliance. It reminds us daily that everything we are and everything we do must be grounded in His love.

Conclusion: Remaining in His Love

The Christian life is not sustained by self-esteem, therapy, or medication. It is sustained by abiding in the love of God.

This love is our source, our sustenance, and our overflow. It is the power to forgive, the strength to serve, the humility to sacrifice, and the courage to turn the other cheek. It is the love described in 1 Corinthians 13, the love revealed at the cross, the love poured into our hearts by the Spirit.

And Jesus Himself gives the invitation:

“As the Father has loved me, so have I loved you. Now remain in my love.” (John 15:9)

To abide in His love is to live in the only place where the soul is truly healed, the heart is truly free, and the life is truly whole.

Chapter 15: The True Medicine of the Soul

Understanding the errors and limitations of psychiatry and psychology does not mean you should abruptly stop taking medication. Doing so without prayer, wisdom, and medical guidance can be dangerous. The purpose of this book is not to push you into reckless choices, but to awaken you to the deeper truth: the cries of your soul are pointing you back to God, the only true source of healing.

Salvation: The First Step in Healing

Medication may ease symptoms for a time, but only Jesus the Messiah can heal the root cause—our separation from God because of sin. When you receive Him as your Savior, your sins are forgiven, peace with God is restored, and the Holy Spirit begins His work of purification and sanctification.

This process is lifelong. Day by day, the Spirit transforms your heart, purifies your motives, and teaches you to walk in holiness. While medicine may temporarily quiet the symptoms of pain, only God can cure the cause.

God's Word and Prayer: Daily Medicine

Once you have received Christ, you must feed your spirit daily. His Word is living and active; prayer keeps your heart aligned with the Wonderful Counselor. The Bible is medicine for your soul, offering life, healing, and strength.

Proverbs 4:20–22 (NIV)

*My son, pay attention to what I say;
turn your ear to my words.
Do not let them out of your sight,
keep them within your heart;
for they are life to those who find them
and health to one's whole body.*

Isaiah 55:10–11 (NIV)

*As the rain and the snow come down from heaven,
and do not return to it without watering the earth
and making it bud and flourish,
so that it yields seed for the sower and bread for the eater,
so is my word that goes out from my mouth:
It will not return to me empty,
but will accomplish what I desire
and achieve the purpose for which I sent it.*

Reading Scripture, meditating on it, and praying for understanding will bring peace where there was anxiety, light where there was darkness, and strength where there was weakness.

Purification and Sanctification

Sanctification is both immediate and ongoing. In Christ, you are set apart the moment you believe—but the Spirit continues to refine you, burning away selfishness, cleansing your thoughts, and forming Christ within you. This is the true purification process: not behavior modification, but transformation from the inside out.

Wisdom About Medication

If you are currently taking medication, do not discard it suddenly. Instead:

- Seek God first. Ask Him for wisdom and guidance.
- Pray with mature believers who will encourage and support you.
- Consult a Christian psychiatrist or physician who acknowledges both medical reality and the higher truth of God's healing.
- If God and your doctor confirm it is time, taper carefully and safely, never in haste or in isolation.
- Evaluate healing biblically: Are you growing in the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22–23)?

Medication may buffer symptoms, but only Jesus heals the soul. Trust Him to reveal when and how freedom comes.

Conclusion: Obtain Spirit-led counsel regarding medication

Medication may ease symptoms, but it cannot heal the soul. Only Christ brings true healing through salvation, His Word, and the sanctifying work of the Spirit. Scripture and prayer are the daily medicine God prescribes for the heart. Believers should not discard medication recklessly but should seek God's guidance, walk in His Word, and rely on Spirit-led medical counsel. True transformation is found not in pills, but in the living presence of Jesus Christ.

Chapter 16: A Call to Return to the Wonderful Counselor

The Weariness of the World

The world is weary. Broken by sin, burdened by guilt, crushed by anxiety, and enslaved by shame, people long for relief. Psychiatry offers medication; psychology offers techniques. Yet both fall short. Pills may dull pain. Therapy may rearrange thoughts. But neither can heal the soul.

Only One can. And He Himself extends the invitation:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28–30)

The Wonderful Counselor still calls the weary and broken to Himself. The wisdom of God—revealed in His Son—brings peace beyond understanding, hope beyond despair, and life beyond death.

The True Source of Wisdom

Human wisdom changes with every generation. What one psychologist teaches, another revises. What one psychiatrist prescribes, another recalls. But God’s wisdom endures forever.

Paul wrote:

“Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe.” (1 Corinthians 1:20–21)

And again:

“For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.” (1 Corinthians 1:25)

The world’s wisdom cannot save. Only Christ, the wisdom of God, can.

The Counsel That Heals

Isaiah foretold the coming Messiah:

“For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”
(Isaiah 9:6)

This Wonderful Counselor does not merely analyze behavior—He transforms the heart. He does not medicate symptoms—He heals the soul. He does not excuse sin—He forgives it.

The psalmist declared:

“He heals the brokenhearted and binds up their wounds.” (Psalm 147:3)

This is the counsel we need—not the counsel of Freud or Skinner, but the counsel of Christ, who speaks truth and gives life.

The Call to Repentance and Faith

The world says, “Believe in yourself.” Jesus says, “*Repent, for the kingdom of heaven has come near*” (Matthew 4:17). The world says, “Trust your own wisdom.” Proverbs says:

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” (Proverbs 3:5–6)

The world says healing comes from within. Scripture says healing comes from above:

“Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”
(Isaiah 53:4–5)

Repentance turns us from false counselors to the true Counselor. Faith unites us to Christ, who bore our punishment and gives us His peace.

The Promise of New Life

Those who come to Christ find more than relief—they find transformation. Paul declared:

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Corinthians 5:17)

This is not coping. It is not symptom management. It is rebirth.

And this new life is filled with love, for:

“God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” (Romans 5:5)

The Final Appeal

Beloved reader, psychiatry and psychology cannot give what only Christ offers. Their wisdom is temporary, their methods are limited, their promises are empty. But the Word of God stands forever, and the love of Christ never fails.

The invitation of Jesus still rings true today:

“Come to me, all you who are weary and burdened, and I will give you rest.” (Matthew 11:28)

The call is clear: turn away from the wisdom of men. Turn away from false gospels of self-esteem, pills, and theories. Turn to the Wonderful Counselor. Abide in His love. Trust His Word. Receive His forgiveness. Walk in His Spirit.

For only in Him is true healing found.

Chapter 17: Conclusion: Obtaining Salvation and Healing

A Prayer for Salvation and Healing

If you are ready to find true healing and eternal salvation in Jesus Christ—not in the wisdom of men, not in psychiatry or psychology, but in the Wonderful Counselor who loves you and gave Himself for you—then pray this prayer from your heart:

“Lord Jesus, I confess that I am a sinner in need of Your forgiveness. I believe that You died on the cross for my sins and rose again to give me eternal life. I turn away from my sin and from trusting in the wisdom of this world. Today, I choose to trust in You alone as my Savior and Lord. Come into my heart, heal me, forgive me, and fill me with Your Holy Spirit. From this day forward, I choose to follow You and abide in Your love. Thank You, Jesus, for saving me. Amen.”

What to Do Next

If you prayed this prayer sincerely, the Bible says:

“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved” (Romans 10:9).

- Begin reading the Bible daily. God’s Word will renew your mind and anchor you in His truth.
- Pray continually, thanking God, praising Him, and seeking His guidance.
- Find fellowship with other believers who love Jesus and hold fast to His Word.
- Share your new faith with others so they too may know His love.

Remember: *“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”* (2 Corinthians 5:17).

Welcome to the Family of God

If you prayed this prayer, welcome to God’s family! You have been forgiven, redeemed, and made new in Christ. The Lord Himself rejoices over you:

“In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents” (Luke 15:10).

You are no longer bound by the errors and empty promises of the world—you are now held in the everlasting love of your Father in heaven. Walk with Him daily, and you will discover that His love never fails.

Next Steps in Your Walk with Jesus

Congratulations! If you prayed the prayer of salvation, you have just made the most important decision of your life. You are now a child of God, forgiven and made new in Christ. Here are some next steps to help you grow:

1. Read God’s Word Daily

God speaks to us through His Word. Even a few verses a day will renew your mind and strengthen your faith. Start with:

- **John 1–3** (to understand who Jesus is)
- **Romans 5, 6, and 8** (to learn about salvation and new life)
- **1 John** (to grow in God’s love)

“Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation.” (1 Peter 2:2)

2. Pray Continually

Prayer is simply talking with God. You can praise Him, thank Him, ask for help, and confess when you stumble.

A helpful model is the **ACTS prayer**:

- **Adoration** – Praise God for who He is.
- **Confession** – Admit your sins and ask His forgiveness.
- **Thanksgiving** – Thank Him for His blessings.
- **Supplication** – Ask Him for help and guidance.

3. Be Baptized

Baptism is an outward sign of the inward change Jesus has made in you. It shows your old life is buried and your new life in Christ has begun.

“Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.” (Acts 2:38)

4. Join a Bible-Believing Church

God did not create us to walk alone. Find fellowship with believers who love Jesus and teach the truth of His Word. This will encourage you, hold you accountable, and help you grow.

5. Share Your New Faith

Tell someone what God has done in your life. Sharing your story will strengthen your faith and point others to Jesus.

“Let the redeemed of the Lord tell their story.” (Psalm 107:2)

Remember:

You are loved. You are forgiven. You are new in Christ.

“The wisdom of man fails. The love of God never does.”

Epilogue: God is Love - Exposing the Errors of Psychiatry and Psychology

A Letter from the Author

Dear Reader,

When I entered the field of psychiatry, I did so with the desire to help people. I spent years training, studying, and working, believing that the tools of human wisdom could bring healing to hurting souls. I truly thought I was serving others well. Yet now, looking back through the lens of God's Word, I see clearly: without His truth, without His Spirit, without His love, I could never give what people truly needed.

I must humbly confess and apologize to those I may have hurt—whether directly through my practice or indirectly by upholding a system that fell short of God's ways. If you ever sat across from me, longing for hope, and I gave you only the limited counsel of man, I am deeply sorry. I grieve the times when human wisdom covered up what only God's love could heal.

Like Paul, I can say:

“Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.” (1 Timothy 1:13–14)

I acted in ignorance. I believed psychiatry could heal the soul. But by God's grace, He opened my eyes to the truth: only Jesus saves, only His Word transforms, only His love heals. And in His mercy, He has not only forgiven me, but also given me a new calling—to point others away from the false promises of psychology and psychiatry, and toward the Wonderful Counselor, Jesus Christ.

That is why I wrote this book. Medication may quiet symptoms for a time, but only Christ heals the heart. His Word is life and health to those who receive it. His Spirit sanctifies and transforms us. And His love is the cure our souls have longed for all along.

This book is part of that offering. It is my testimony, my repentance, and my hope that the same God who rescued me will rescue you. If you have been hurt, know this: His love covers all wounds. His forgiveness is for all sins. His healing is deeper than any brokenness.

My prayer is that you will not look to me, nor to any system of man, but to Christ alone. He is the Wonderful Counselor, Mighty God, Everlasting Father, and Prince of Peace. He is the One who heals the brokenhearted and binds up their wounds (Psalm 147:3).

To all whom I may have failed in the past: I ask your forgiveness.

To all who are still seeking: I point you to Jesus.

To all who are weary and burdened: I echo His invitation—

“Come to me, all you who are weary and burdened, and I will give you rest.” (Matthew 11:28)

With love, humility, and eternal gratitude to God,

Stacie Lauro, MD

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- 2 Corinthians 5:17
- Romans 5:5

(This list can be expanded to include every verse used word-for-word in the text — I've pulled the highlights for now.)

Appendix B: Discussion Questions

Part I: The Love of God

Chapter 1: How does knowing that “God is love” reshape the way you view healing?

Chapter 2: Why is forgiveness central to experiencing God’s love?

Chapter 3: What does it mean to put others before yourself in practical, daily ways?

Chapter 4: How have you experienced the freedom of forgiving someone who wronged you?

Chapter 5: Which part of 1 Corinthians 13 speaks most to your life right now?

Part II: The Errors of Psychiatry and Psychology

Chapter 6: Where do you see the “wisdom of the world” shaping modern ideas of healing?

Chapter 7: Why is redefining sin so dangerous to true spiritual healing?

Chapter 8: In what ways has the culture’s obsession with self-esteem affected your own thinking?

Chapter 9: Why can medication never replace the healing of Christ?

Chapter 10: How does Isaiah 55:10–11 reassure you about the power of God’s Word?

Part III: The Way of True Healing

Chapter 11: How does the cross address both guilt and shame in ways psychology cannot?

Chapter 12: What are some thoughts you need to “take captive to Christ”?

Chapter 13: Which form of love-in-action—service, sacrifice, forgiveness, turning the other cheek—is God calling you to right now?

Chapter 14: What does it mean to truly “abide” in Christ’s love?

Chapter 15: How can scripture and prayer function as medicine in your life? Why is it important to seek God (and Spirit-led medical counsel) before changing and stopping medications.

Chapter 16: What burdens are you carrying that Jesus is inviting you to lay at His feet today? How will you respond to his call to come to Him for rest?

Notes / References

This section would list **all Scripture references** and **any other quoted works**. Since your book is primarily Scripture-based, it can be very clean.

References:

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About the Author

Stacie Lauro, MD, is a former psychiatrist trained at Emory University. For years, she dedicated her life to helping patients through the tools of psychiatry and psychology, believing she was offering true healing. Yet despite her best efforts, the answers she gave never reached the deepest wounds of the human soul.

Through God's grace, her life was transformed when she encountered the truth of His Word and the power of His love. She came to see that the wisdom of man can never heal what only the Wonderful Counselor, Jesus Christ, can restore. In obedience to God's call, she laid down her medical career to write and proclaim the sufficiency of Scripture and the surpassing greatness of God's love.

She is also the grateful mother of her two beloved children, Ben and Caylee, to whom she dedicates her writings as a testimony of love and faith.

Today, Stacie writes and ministers full-time, pointing others away from the false promises of psychiatry and psychology, and toward the cross of Christ—the only cure for the soul and the only way to eternal life.