

CHRISTIAN PSYCHOLOGY

“What is Christian Psychology and why do we need it?” you may ask. A brief consideration of some of the issues confronting people today will help us answer this question. These include:

Depression & Hopelessness

Depression statistics continue to rise, reflecting a growing experience of hopelessness in the global population. Contemporary psychology has failed to solve this problem, but a Christian psychology offers hope to all, irrespective of race, ability, or socio-economic status.

Anxiety & Insecurity

Like depression, anxiety is a growing mental health problem. Contemporary psychological interventions can help, but only a living personal relationship with God can yield lasting peace of heart and mind.

Loneliness & Alienation

Many feel lonely or unconnected to others, often despite having friends and family. Only a Christian psychology encourages an experiential relationship with God through faith in Christ, a relationship we believe is essential to full mental health.

Inner emptiness

Psychologists have long debated human needs, and their theories have helped shape human expectations. Christian psychology addresses the inner emptiness felt by so many and offers a path to satisfying the deepest hunger of the heart.

Meaninglessness

We know that a sense of meaning and purpose is central to wellbeing, and yet it is not uncommon for people to struggle in this area. A Christian psychology offers purposeful engagement and involvement in a life of ultimate meaning.

Lack of direction

Apart from God, human decision making generally lacks the certainty of revelation. Christian psychology prescribes a personal relationship with God in which we may be directed daily by the Holy Spirit in all aspects and areas of life.

Frustrated personal development

Despite the growth of counselling and coaching, as well as a publishing explosion of self-help books in recent decades, many report disappointment with these resources. A Christian psychology centres on the spiritual transformation of the individual.

What is Christian Psychology

Christian Psychology is the study of experience and behaviour from the perspective of Christian and Biblical theology. It seeks to be both spiritual and scientific in both its pure and applied forms, respecting and upholding the findings of valid empirical study whilst interpreting psychological data through the lens of Christian revelation. Christian Psychology is implicit in the Bible but relies on both Divine revelation and human inquiry for the advancement of its understanding.