8. Describe in biblical categories the operations of the devil. Is there a difference between believers and unbelievers regarding the activity of the devil? What is a biblical methodology for responding to the demonic in the context of counseling?

A. Operations of the devil in believers

1) Accuser (Rev. 12:10; Zech. 3:1)
2) Tempter (1 Pet. 5:8; Matt. 4:1; Acts 5:3; 1 Cor. 7:5)
3) Hinderer (1 Thess. 2:18)
4) Devourer (1 Pet. 5:8)
5) Spreads false teaching (1 Tim. 4:1)
6) Cannot be indwelt (1 Cor. 6:15; Rom. 8:9)
7) Establishing strongholds
   - Sleeping on your anger (Eph. 4:26-27)
   - Lack of physical intimacy in marriage (1 Cor. 7:5)
   - Unforgiveness (2 Cor. 2:10-11)
   - Spiritual laziness (1 Jn. 3:10)

B. Operations of the devil in unbelievers

1) Binds the minds (2 Cor. 4:4)
2) Causing mental incapacities (Luke 8:26-35)
3) Indwelling (Luke 4:33-36)

C. Operations of the devil in both

1) Deceiver/liar (Jn. 8:44; 2 Cor. 11:13-15)
2) Destroyer (Rev. 9:11)
3) Liar (Jn. 8:44)
D. Responding to the demonic in the context of counseling:

1) Submit to God (James 4:7-8)

2) Resist the devil (James 4:7-8; 1 Peter 5:9)

3) Don’t speak to a demon; leave that work to God (Jude 1:9)

4) Be gentle (2 Tim. 2:24-26)

5) Live by faith (Rom. 1:16-17; Rom. 8:38-39)

6) Take your thoughts captive (2 Cor. 10:5; Col. 2:8)

7) Spiritual warfare (Eph. 6:10-18)
   - Right thinking
   - Right living
   - Right frame of mind
   - Right faith
   - Right security
   - Right wisdom
   - Prayer

Official ACBC policy, “There is no place for casting out demons in the post-apostolic era. Demonic activity is still present but that it is handled through evangelism and sanctification through the Word of God. Thus, God does not tell us to cast out demons, but to resist, to flee, and to stand firm using the Word of God.”

Cautions:

- Don’t ignore Satan’s existence and power.
- Don’t place too much emphasis on it.
9. Define, describe, and provide a biblical evaluation of each of the following: 12 step recovery programs, cognitive-behavioral therapy, the biogenic theory of mood disorders, and electroconvulsive therapy.

12-Step Program (here are the steps)

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

A. Philosophy of the steps

1. Addiction to alcohol is treated as a disease and called alcoholism.

2. The disease model removes personal responsibility and accountability.

3. Personal sin is relabeled so as to not be personally distasteful.

4. If you follow the 12 steps, you can break the addiction.
5. One of the steps is relying on a self-described god (see 2 and 3 above)

B. Biblical response

1. Without realizing it, the program continues the self-centered life that initiated the problem.


3. Godliness is the best solution as it not only modifies behavior (stops the alcohol) but also develops Christ-like character in the person and addresses the motives of the heart.

4. Though, at times, behavior is modified in the program, without getting to the motivations of the heart, the real problem remains.

5. When Christians advocate AA and attempt to Christianize the 12-steps they are rejecting the superior principles of the Word of God: Salvation, sanctification, sin, repentance, etc.

Cognitive-behavioral therapy (CBT)

A. Philosophy – usefulness for a wide variety of mental illnesses including mood disorders, anxiety disorders, personality disorders, eating disorders, substance abuse disorders, and sleep disorders.

1. Thoughts lead to emotions and emotions lead to behavior

2. Counseling is more reflective than instructive – the counselor gets you to evaluate and come up with a plan rather than telling you what the plan should be

3. The basic question to ask when a patient is reporting a distressing situation, emotion, or dysfunctional behavior is: “What is going through your mind right now?”

   - The validity and usefulness of those thoughts are examined.
   - They identify more adaptive and accurate perspectives.
• Behavioral experiments are put into place to test the accuracy of their predictions.

4. The number of counseling sessions is usually short

“Cognitive behavioral therapy (CBT) is a form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors. By exploring patterns of thinking that lead to self-destructive actions and the beliefs that direct these thoughts, people with mental illness can modify their patterns of thinking to improve coping. CBT is a type of psychotherapy that is different from traditional psychodynamic psychotherapy in that the therapist and the patient will actively work together to help the patient recover from their mental illness. People who seek CBT can expect their therapist to be problem-focused, and goal directed in addressing the challenging symptoms of mental illnesses. Because CBT is an active intervention, one can also expect to do homework or practice outside of sessions.”¹

B. Biblical Response – Is it the same as renewing the mind?

1. Proponents point to Rom. 12:1-2; Eph. 4:22-24; Col. 3:1-10

2. Each of those is built on a foundation of Christ –

• Mind renewal in Rom. 12 comes after 11 chapters about grace and the gospel.
• Putting off and putting on in Eph. 4 comes after 3 chapters on our identity.
• Before putting on the new self in Col. 3, Paul had warned about deceptive human philosophies in chapter 2:8.

3. The mind is much more than just what you think

4. CBT is correct in noting that people think and feel and behave. It is however short in its analysis b/c it leaves out the rest of the mind/heart of a person. It is not just your perceptions that need to change; it is your whole person that needs to change.

Biogenic theory of mood disorders

A. Philosophy²

¹http://www2.nami.org/Content/NavigationMenu/inform_Yourself/About_Mental_Illness/About_Treatments_and_Supports/Cognitive_Behavioral_Therapy1.htm
1. Moods are caused by a chemical imbalance in the brain (Term chemical imbalance is too simplistic – people are whole people)

2. Biogenic hypothesis was developed by Joseph Schildkraut, Seymour Kety, and Arvid Carlsson in the 60s.

3. Brain chemicals like (norepinephrine and serotonin) are associated with mood disorders – too much or too little will cause mood swings Mood swings may cause chemical changes, but we don’t know.

4. Head trauma or upbringing may have something to do with it as well

5. It is still unproven that a chemical imbalance has caused mood disorders

6. What can be said? “Certain psychiatric illnesses probably involve abnormalities in specific brain chemicals and that by using medications that affect these chemicals, we often find that patients are significantly improved.”

7. Easier to hear I have a physical problem in my brain than thinking I’m weak or just making excuses and for some, it gives them hope that given the right medication, they can handle the problem. However, this can backfire

B. Biblical response

1. Put your hope in God, not medicine (Ps. 42; Phil 4:13; Rom. 8:28-29)

2. Focus on obedience, not feeling better (Gen. 4:3-7)

3. Deal with the obvious sin issues that are present

4. Focus on praise and thanksgiving (Eph. 5:20; I Thess 5:18)

5. Change your attitude about trials (Gen. 37-50)

6. Concrete steps:
   - Make a list of daily tasks that need to be done
   - Prioritize them
   - Establish realistic goals

• Establish some accountability
• Move forward no matter how you feel
• Be a servant

Electroconvulsive therapy

A. Philosophy.

1. ECT is a procedure where controlled electric currents are passed through the brain while the person is under general anesthesia (through electrodes placed on the temples or elsewhere on the head, lasting up to 8 seconds, producing a short seizure). This results in a brief, controlled seizure that affects neurons and chemicals in the brain. It is most often used to treat severe depression and depression with psychosis that has not responded to medications. In some cases of treatment resistant bipolar disorder, ECT may be considered as a treatment option.4

2. ECT seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental illnesses. It often works when other treatments are unsuccessful.5

3. It is not known exactly how this brain stimulation helps treat depression. ECT probably works by altering brain chemicals (similarly to medicines), including neurotransmitters like serotonin, natural pain relievers called endorphins, and catecholamines such as adrenaline.6

4. Side effects of ECT may include:

• Physical effects, such as headaches, muscle pain, nausea
• Confusion following treatment, which may last a few minutes or hours.
• Memory loss, which can range from forgetting conversations or events right before and after a treatment to forgetting things from weeks or months before treatment, and less commonly, from years before.

B. Biblical Response – same as Biogenic Mood Disorders

Medication and/or ECT cannot change the heart: it cannot remove our tendency toward sin, it cannot revive our faith, and it cannot make us more obedient to Christ.

4 https://www.nami.org/Learn-More/Treatment/ECT,-TMS-and-Other-Brain-Stimulation-Therapies
5 http://www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/basics/definition/prc-20014161
6 http://www.webmd.com/depression/electroconvulsive-therapy-ect
It can, however, alleviate some of the physical symptoms associated with some psychiatric problems.\textsuperscript{7}

\textsuperscript{7} Ed Welch, \textit{Blame It on the Brain}, p. 109