

Healing through biblical Counselling



Anyone suffering from physical illness will consult the local doctor without hesitation. And if emotional problems arise, one goes to a psychologist or a psychiatrist. Whether Christian or not, this reaction is considered normal.

It is common knowledge that about 70% of all physical illnesses can be traced to psychological causes. If mental conflicts were resolved, logically there would be a proportional amount of physical healing.

The facts are regrettably very different. Medical sciences as well as psychology and psychiatry deal with or treat mainly the symptoms. As a result, physical or psychosomatic diseases are not fully healed. Sufferers then try other methods of healing and most probably end up in the hands of false healers and esoteric doctors.

The most powerful alternative, which is usually overlooked by nearly everyone, even Christians, is **healing through biblical counselling!** It goes right to the roots of the problem and leads to amazing results! This booklet intends to show all suffering persons a proven approach, which is available to everybody.

1. Introduction

Modern man, under the influence of science, tells us that GOD is dead. However, the fact remains that man has the same problems as before. If GOD is seemingly dead and is therefore not responsible for solving man's problems, then man looks for a substitute. The range of alternative solutions has increased enormously be it in psychology and psychiatry, or in esoteric approaches. Whether officially recognised or not: man tries to save himself from the scary pits of threatening despair and to master his emotional problems.

It was almost thirty years ago when I, as a totally non-religious person, found my way to living faith in Jesus Christ. As a "beginner", I joined various Christian circles. Not long after, I had to distressingly admit that, although many of these groups talked about God's power and help, almost none seemed to get effective help. There was clearly a great lack of qualified assistance for Christians with physical and psychosomatic problems. Because most Christian leaders were obviously unable to offer solutions, their "sheep" were directed to go to the doctor. In the end, the Christians lived in the same way, as did the secular world – just with a religious touch. Therefore, God must be dead – or at least was not available for people in need. The dynamic power, which liberated people from physical and emotional illnesses 2000 years ago, seemed to be lost. Instead of this God seems to give us just doctors, psychiatrists, psychologists, or esoteric healers etc.

It soon became clear to me that the problem lies with us Christians and not with God. He is seeking people who are ready to serve His children under the Holy Spirit's authority through biblical counselling. Instead of constantly complaining about the problems, I submitted myself to the Lord's training in order to give competent help to His children. In this way, I became involved with biblical counselling. Was it really necessary to send people seeking help and Christians with emotional problems to the doctors etc.? Is the church responsible for "religious" matters, and secular doctors for practical solutions? Can we merely comfort needy people with religious words – and leave everything else in the hands of secular specialists?

I then started to consult carefully the **Word of God**. I consciously did not involve myself in Christian "religious traditions". No, I went to the source of all life and wisdom. In a short time, fascinating new horizons and perspectives were revealed to me. This had nothing any more to do with religiosity but with clear instructions in how Christians can deal with serious problems through the power of the living God. This then leads to total changes, to inner and external freedom and health. The Word of God contains tremendous promises for healing every possible need of man. It is not only about the restoration of health, but also about being a restored person as originally planned by God.

I received my training directly from the LORD. He started by bringing people to me who apparently could not find any help elsewhere – not even from the psychiatrists and so-called scientific therapists. I was really challenged. Once for example, I was confronted with a woman who had been in psychiatric clinics already 25 times. The 26th visit was due, since she was trying to put an end to her life. What would you have done in such a situation?

Of course, most people have emotional conflicts. They are normally hidden, suppressed or treated by drugs. This is not much different among professing Christians. Today, it is said that about 15% of the population suffers from depression. That is more than one in every ten people. The problem is solved mostly by prescribing antidepressants, at least in “mild” cases. This medicine subdues the functions of the brain. Unfortunately, nothing happens at the root of the problem. This way the depressive attacks continue mostly all life long.

These facts challenged me as a Christian. Was there really no way to give adequate help to depressed or psychologically suffering people? In connection with my ongoing involvement in biblical counselling, I started to study the Word of God intensively and on my knees. Slowly, a fascinating world was opened to me, with great hope for many mentally suffering people. Whoever takes the Word of God at face value, will most certainly have the same experience. I recognized fundamental principles in counselling and started to apply them. More and more needy people were set free and healed – often in areas where neither medicine, nor other related sciences could help. Naturally, this had nothing to do with me, but with the fact that these people could somehow touch our LORD Jesus Christ. They experienced the godly power, which slowly or spontaneously healed them. I would like to tell you now the simple principles of spiritual counselling based on the Word of God.

2. The will of God regarding sicknesses

Many Christians are alarmingly uncertain as to God's will regarding healing. This is certainly a crucial question. Is it really God's intention to heal sick people and to restore their health? This is an unnecessary question for any Christian who takes God's word seriously. Most religions however are fatalistic, i.e. believe in an unavoidable destiny. If anyone is sick therefore, he should bear it willingly and live with it. Regretfully, many Christians share this unbiblical position. Anyone who carefully studies the Word of God will soon obtain a different view. I quote, as an example, one of many other similar passages, a verse from the third epistle of John, verse 2: “Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers.”

If this basic statement represents the will of God, then it is foundational. Since the Word of God is inspired by the Holy Spirit, it cannot be man's imagination, but represents evidently **the will of God**. Therefore, the LORD's **will** is that you are well in **all** respects. You should be as healthy as your soul is prospering. As such, the well-being of the soul is connected with physical health. Therefore, you can conclude from this verse that your soul as well as your body should be well. This in fact is the will of God!

Since this does not coincide with the experience of most Christians, inevitably many reservations are made. What people do is declare their (mostly unbiblical) experiences as "theology". The main reason is the wrong teaching they have received. They lack a sound foundation and therefore access to full health. Correct understanding of biblical truths is an absolute necessity to experience healing, since otherwise, the great promises of the Word of God will never be claimed. Complete healing, and health, both mental and often physical are fascinating aspects of the Word of God. Nevertheless, very specific **conditions** have to be met to enjoy the promises contained in the Word of God – and you have to know them. It is a fact that your heavenly Father is marvellous. He is a Father who intensely loves you, which is why He gave you His beloved Son. In His Son, He offers you not only a completely new life, but also equally **complete health**. The corresponding conditions are defined in the Word of God itself. If they are not met, you will then be deprived of the blessings of full recovery and health. The blessing has been available for 2000 years, but the LORD withholds it because we do not meet His conditions.

3. The composition or make-up of man

When you put your hand on your heart, you will feel your heartbeat. This is the **body** given to you by God. It is traditionally the field of activity of medicine as modern science. In fact, however, a large part of mankind suffers from problems of their **soul**. According to recent statistics, it is known that about **70-80%** of all physical ailments ultimately originate from **psychological** disturbances – without any organic cause. Because the soul is overwhelmed, the body can apparently no longer cope and will show symptoms of disturbances and sicknesses.

Physicians have realised this over time. Continually prescribing drugs to patients cannot be the solution in the eyes of a sincere physician. Patients actually need assistance for their soul, plainly speaking a healing of their soul. But since God supposedly is dead, a new discipline in science has arisen – psychology and connected with it psychiatry, as well

as all other related scientific and pseudo-scientific therapies. Mentally sick people are today normally treated on a purely scientific basis with secular therapies.

If man consisted only of body and soul, the only answer to mental and psychosomatic disorders would really be treatment by psychologists, psychiatrists etc. It is however a fact that these professionals often cannot help at the root of the problem. The ancient Word of God gives us the reason that besides body and soul exists another dimension, which is out of the reach of psychology. It has to do with the **spirit** of man. There are many different interpretations of this. The biblical information on creation defines it as the “organ” which our Creator embedded in His creation man to enable communication with Him. The spirit as such is the human link with God. Thanks to it, man can, for example, build up a close relationship with his Creator, have fellowship with Him and even hear His voice. Still more extraordinary is the fact that our Lord Jesus Christ, through his Holy Spirit, wants to and can dwell in man’s spirit!

Man, by nature and by creation, has an inner vacuum. His spirit should fill it, in which Jesus Christ wants to live. Through the disobedience of the two first human beings, man has lost this dimension of the spirit. Man lost his intimate communion with his Creator, he lost in fact his spirit and since then has consisted only of body and soul. This is still true today, as soon as a person is born. He possesses a body and a soul – and an empty space, which is seen as the dwelling place of the Spirit. Because of this absence, man is spiritually dead and empty and for this reason will be doomed in regard to his eternal existence.

The gospel of Jesus Christ shows us the need for man to obtain for his personal salvation a **regeneration of the spirit**. This happens through an **intimate union with Jesus Christ** by simple child-like faith. This is seen clearly from a dialogue between the Jewish theologian Nicodemus and Jesus (John 3,1ff.). Nicodemus’s question was in principle how he could reach heaven that is how he could have personal salvation. Immediately, Jesus answered that this could only happen by a **renewal of spirit**. A new heart, a new spirit was needed. This new creation does not happen within the body or the soul, but in the spirit of man. Because man has lost his spirit due to the fall of mankind, it has to be renewed to have fellowship with God. Consequently, there is nothing worse in regard to eternity than to live separated from God. This means already now to be **totally lost!**

Our modern, multicultural and multi religious society determinedly rejects of course such thoughts. However, since man is a product of God’s creation, he will, without this spiritual dimension, always have health problems now or in the future – be it emotional and/or physical. Today’s society is therefore fatally ill. This can be easily substantiated by purely secular statistics. According to the latest investigations, about 80% of our population suffers from physical problems and is therefore in need of medical care. From the scriptural

point of view, these problems are mostly caused by **spiritual deficits**. They always result in mental or psychosomatic symptoms, although most people deny this today since it does not fit in with their autonomous lifestyle.

4. The divine order in creation.

How can I know all this? My source is the Word of God, the Bible. It contains the order of creation. Whoever studies it carefully can quickly find a lot of basic information on topics such as why does man exist, how man should live, etc. You can equally find out why someone gets sick, how we can in effect “cause” our own destruction – or how to be healed and to remain in good health. The Word of God contains a comprehensive and marvellous message for mankind. Whoever disregards it, will experience something similar to someone who does not comply with the traffic rules. He will probably get into big problems already at the next traffic lights! The same will happen to someone who does not know or ignores the Word of God that is the creation order. Although some may apparently lead their life without major problems – there will be a payday in eternity, whether we like it or not. Naturally, there is life after death, but the crucial question is where and how you will spend it. Without a renewal of your spirit, that is living an earthly life without practical and constant communion with Jesus Christ, you will be sure to spend eternity in the wrong place. The divine creation order is very clear and strict on this subject. Everybody who transgresses this order will end up eventually with most serious problems.

Here is a practical example: If I put a string around your neck and tighten it, you will die within about three minutes. Why? Because without oxygen, you cannot live on this planet. This is a fundamental physical law of nature. In a similar way, the Word of God contains fundamental spiritual laws – and they are valid for now and eternity. Whoever disregards them, will perish eventually. The most important thing, which is missing, is a godly or spiritual **life**. The Spirit is missing, and thus we lack God. Moreover, this deficiency makes most people **sick**. This is my daily experience after more than 20 years of experience in spiritual counselling. The older a person becomes, and the longer he spends his life without Jesus Christ, the more serious will be his deformity – certainly emotionally in his soul, and mostly physically. No matter whether he was sick or well – he will have lived a worthless life. Is there anything worse than spending all our life without knowing real life? Because God makes all of us, we cannot escape our destiny. We can be separated neither from God, nor from His creation order. At some point in time, we shall realise this. The prophet Jonah once tried to flee from God. He felt capable of running away from God. However, this was a total illusion. Even if man curses God and absolutely refuses to have anything to do with Him, still

he cannot escape from Him. We are part of an irrevocable creation order, from where there is no escape. However, we can willingly submit ourselves to this creation order. The resulting consequences will definitely be unimaginable **blessings** for us!

5. The biblical counselling concept

As with all fundamental truths of the Word of God, the biblical concept of authoritative counselling is simple. It is painful that many people either do not have access to it or prefer to run after esoteric healers or psychiatrists and spend much money on each consultation. I have counselled people countless times who have spent often vast sums on psychiatrists or similar help; but were dissatisfied with the results. Not to mention the tremendous financial burdens which fall on our social welfare system, and as such affect public interests. On the other hand, if the principles of biblical counselling are effectively applied, one can become completely changed in a short time and often be healed inwardly and outwardly as well. And he will save a lot of money!

Before illustrating these principles, I would like to repeat the statement made here above, namely that the LORD **will**s that you prosper in all respects. This fact should be well rooted in your heart. The whole ministry of Jesus Christ while on this earth was a singular demonstration of this fact. What did Jesus Christ do mostly on this earth? In reading carefully the gospels in the New Testament, you will readily note that Jesus did basically **three** things: He **informed** mankind of the most important aspects of the kingdom of God, particularly the great need for **spiritual regeneration** and **personal salvation**. Secondly, He healed people at every opportunity. Finally, He **delivered** people from satanic influences by chasing away so-called demons. This showed clearly why the Son of God came to this world. Simply speaking, Jesus wanted to tell us: "I love you so much, that I want you to become totally new and restored in your health. This is the reason why I was sent to this earth." Many Old Testament passages predict this mission with impressive precision, as for example the prophet Isaiah in chapter 53. There, written 600 years before the birth of Jesus Christ, it states why Jesus would visit this earth: To bear illnesses, deficiencies, pain, and carry them away, so that by His wounds they would be healed (Is. 53, 4-5).

Unfortunately, many say this was only true during the time when Jesus was physically present on earth. God's Word however contradicts this in many ways. It says e.g. in Heb. 13, 8: "*Jesus Christ the same yesterday, and today, and for ever.*" In fact, nothing has changed in the motivation of Jesus to touch and to heal you completely. The only difference is that today

God uses other people as His instruments, because Jesus went back to His Father. He acts today through the members of His real church, in whom He dwells and manifests Himself. By this means, the same thing is still happening, namely: The full gospel is preached, and the sick and afflicted are again healed and freed. Since the LORD loves mankind so much, He sent His Son, and in His Son, He meets our needs. Among them are also healing and deliverance. These were probably the most important reasons for the mission of Jesus Christ. And since His ascension, the inspired members of His church are carrying out the will of God.

We can therefore reaffirm that it is the LORD's **will** that you are well. He wants you to be truly free – and this in every aspect of your personality. The LORD wants very much to **heal you fully**. However, what **you** do with this truth is the other side of the coin. The fact that GOD is willing has been once and for all demonstrated by His act of salvation in His Son Jesus Christ at Calvary. The last words of Jesus Christ were: "It is finished!" (John 19, 30) Since then, this inspired redemption, which embraces your spirit, your soul as well as your body, is available any time – even now while you are reading these lines.

To start all over again is possible for you as well. "Therefore, if any man be in Christ, he is a new creature." which Paul wrote to the Corinthians (2 Cor. 5, 17.). This offer is valid for all members of our society – from the outcast drug addict to the frustrated manager! Has anyone arrived at the end of his own resources, he should just reach out and grab it. In Christ, everything is available, for example, to become new, to be totally restored in all aspects of human personality. A subject which most of our contemporaries of this modern society have never heard. I have experienced this fact on many occasions. No mention of a new start is made in secular or religious therapy. Our modern society is founded on fatalistic beliefs. Whoever, for example suffers from depression has to learn to live with it. The same applies apparently to an addict or a person with an incurable illness. However, this must not be! Jesus Christ is offering you a totally new life and a new start. And on top of that a restoration of health!

Let us go back now to the God-**created composition of man**. The outer part of man is his body. It is the bearer of the soul. The soul is composed of emotions, thoughts and will. In his innermost is the spirit of man, which can have communion with the living God. To be able at all to work with biblical counselling, one first needs a **regeneration of one's spirit**. This represents the elementary principle of biblical counselling without which, no health or deliverance can be experienced.

But how do we get a new spirit at all? The answer is simple. The spirit is a person, and His name is **Jesus Christ**. You need Jesus Christ to become **your life**. Jesus Christ is not a founder of a religion, or a pious feeling, but a person who wants to dwell in you by His

Holy Spirit. Unfortunately, many people mix up these facts with religion, churches, sects and religious organisations of a similar nature. They are not in a position to set people free. What you really need instead, is the **living indwelling of Jesus Christ** in your life through personal experience. Jesus Christ wants, therefore, to dwell in you – an extraordinary subject and a marvellous offer!

What many people think today is that Jesus is a religious invention – and should He really be alive, then He is probably in the next galaxy, millions of light-years away from us. But far from it! Jesus Christ Himself wants to live in you! To allow this, one just makes contact with HIM, namely by a childlike prayer. Why not do so right now so that the LORD Jesus Christ may enter into your life. Surrender to HIM by child-like faith the control over your life so that He may take hold of it, transform and restore it. Years ago when I myself was in this situation, I only expressed a short honest prayer. I was not able to pray. Nevertheless, the simple words I expressed came from the bottom of my heart. To pray means in fact nothing else than to talk normally with God.

You could therefore pray something like this: “LORD Jesus Christ, I ask you to enter this very moment into my life to be my personal LORD and Saviour. Please reign in my life and restore it totally. I thank you for it. Amen.” When you speak this clearly with a child-like faith, you will become at once a new person or, so to speak, a new creation. Thanks to a personal connection with the LORD Jesus Christ, you have entered into a new status of life comparable to the marital status. You have now started a lifelong relationship with Jesus Christ and have obtained a new spirit. A living “spiritual communion” with Jesus Christ has been established by which the life-giving spirit dwells in you. Though this communion is, for the time being, a matter of faith, it will become apparent when Jesus Christ reappears physically.

In order that the LORD can work in your life by healing and restoring it, you first need a **regeneration of your spirit**, which means a practical building up of a vivid relationship with Him. By means of the exchange of your life in Jesus Christ, you experience spiritual renewal. You have given your old life to Jesus and in return, you have received His new life. Just after Christ has become your life, He will start to touch your life by the Holy Spirit, to transform and to heal it. What no autogenously training, yoga or any other esoteric technique in self-help therapies could achieve, is now immediately available without resorting to psychic or religious tricks – simply a miracle! You come under the influence of a supernatural power, which can transform immediately from inside out. This is one of the fascinating miracles which I have experienced personally and which I have observed in many others.

Whenever the living LORD reaches into your life, you are no longer dependent on your own feeble efforts. The LORD does not need them at all! In my counselling practice, I

have come across many needy people who have tried to help themselves using Far Eastern and esoteric methods. But eventually, the whole humbug will all fall apart. Every human effort is in fact an attempt at **self-redemption**, which ends up as self-deception. Sooner or later the big crash will occur – at the latest at life's end. Death will in fact initiate the real catastrophe. People without a personal relationship with Jesus Christ and as such, with no indwelling Holy Spirit will, at their passing away, be forsaken by their Creator in eternity. Lost for eternity!

If Christ has really become your life, you will then have His life-giving, indwelling Spirit. The relationship between Creator and created being is restored and is a starting point for biblical healing of the soul. The situation now is as follows: Let us assume that you have accepted Jesus Christ as your LORD at the age of 40. Since then, your spirit is being regenerated, and you are enjoying a personal and living relationship with your Creator: GOD. However, during the time from your birth, or maybe even from conception until conversion to Jesus Christ, many things went wrong in your life. Since at that time, you were unaware of God's order of creation, you sinned unconsciously a thousand times. You may not have been necessarily a bank robber or a murderer. Nevertheless, every person has sinned countless times against God's order of creation. The fact that others did the same as well is not an excuse at all.

It is a fact that every action which **opposes the Word of God**, affects and even causes destruction in your inner life. Injuries, guilt, pressure and the like were destructive and affected your soul negatively. Emotional damage can lead to mental or physical problems. I shall go back to that in detail later. In my situation, I was seriously depressed and considered suicide more than once. Why did it come to this point? Because at that time, I did **not have God's Spirit!** I did not have a relationship with the living God. Due to the lack of this relationship, my inward life was slowly but surely deformed, even destroyed so that more and more elements of self-destruction came up in my life. There were forces and sometimes even inner voices, which urged me to self-destruction, which I myself never really intended. Apparently, these destructive forces had rights in my life through sins I had committed. It was only years later that I could understand these actions based on biblical principles.

Through my own experience and my ongoing involvement in biblical counselling, I can very simply prove the reasons why a person, for example, can be depressed. The Word of God exposes the true causes so clearly that modern science with its complex technical terms can in no way match it. Contrary to medical science, the Word of God not only exposes clearly the true causes of psychological disturbances, but shows as well the path to follow to reach deliverance and healing – for good! As such, consistent biblical counselling based on the entire Word of God is by far superior to any secular form of therapy. It is not my aim to start here an attack against psychiatry. However, anyone who has to deal regularly with people who have not really been healed despite the best possible psychiatric treatment,

and who could instead see how the same persons were positively transformed by Jesus Christ in a short time, must somehow reach this conclusion.

The reason for many mental disturbances lies often in our **biography**. From the moment of conception until the time of our conversion to Jesus Christ, many apparently destructive incidents have occurred. These were incidents where we have, mostly accidentally transgressed the order of creation. Through them and over time we have been negatively affected, even destroyed. This destruction mostly begins in our soul. Once the soul can no longer absorb these destructive processes, they are simply transmitted to the body.

This means a so-called **psychosomatic** disturbance has emerged. During my 20 years of involvement in biblical counselling, I have concentrated partly on such disturbances. It became for me a highly interesting topic, which raised hope in me to help suffering people. The psychosomatic processes are in a way easy to explain. Once the “receptive capacity” of the soul for destructive incidents is overloaded, it is passed on to the body. Let us imagine that a soul has a capacity of 10 litres of destructive incidents. If another litre is added, the soul will no longer be able to bear this load. It will transmit the destructive force logically to the body, and this of course totally works in the subconscious level. The consequence is that the body will react. It realizes that something is wrong and starts to act in a destructive manner itself.

For example, let us take the **stomach ulcer**. These usually arise from pressure or mental tension (stress). Normally the weakest part of the body reacts first, and this is often the stomach. The whole gastrointestinal tract begins to attack itself, due to specific biological processes. The stomach ulcer is the first outcome. It manifests itself by acute stomachache causing most patients to consult the doctor. The latter then administers specific medicine to ease the pain. Since a lasting healing is mostly not possible or not available, eventually the stomach must be operated on. The truth is that the problem is not with the stomach or intestines, but with the **soul** of the patient. His body has merely reacted, as does a clinical thermometer in the case of fever.

Many years ago, I had in this respect a very crucial experience. A person with a diagnosed stomach ulcer came to see me and asked me to pray for healing. The pain effectively disappeared the next day. However, it returned four days later. I was really surprised. Then I looked a bit closer at the person. I soon recognised that she was severely mentally affected by injuries inflicted on her by her environment. These injuries provoked strong negative forces on her soul, which transmitted them simply to her body. I then started to work together with her on these negative experiences in accordance with the principles of

biblical counselling. Afterwards Jesus Christ healed her fully and she never had the symptoms again.

As already mentioned, it is statistically proven that about 70-80% of all physical disturbances originate from **psychological** causes. This fact corresponds exactly with my experience in biblical counselling. Actually, I have found practically every clinical symptom can have a psychological cause. I once was assisting a younger person who had earlier suffered from a spinal disc problem (degeneration of spinal disc). Since this was causing paralysis, an operation became necessary. She then told me of the consultation with the doctor who operated on her, that as he looked at the X-rays, asked her whether she had emotional problems, which she acknowledged. Later she came to me for counselling because of her serious emotional problems. Obviously, even degenerative bone diseases defined by scientific terms (e.g. rheumatism, arthritis, arthrosis, etc.) can have a psychological cause! Someone who has no access to authorized biblical counselling has unfortunately no other choice than to either take strong medicine or undergo surgery. Biblically centred counselling instead offers fascinating possibilities by which quite often surgery as well as the administration of strong and harmful medicine can be avoided. Consequently, even degeneration of bones and organs can very well be – basically speaking – attributed to **psychological** problems.

The conclusion to draw is that most physical disturbances can be healed, once the underlying psychological problems are resolved. This is also the domain of psychosomatic medicine. However, there exists a basic problem inasmuch as the seemingly psychological causes are not the main reason for the problem. Consequently, psychosomatic medicine (psychiatry) will largely be of no avail. The Word of God instead teaches us that every physical and psychological problem is ultimately a **spiritual** problem.

The following logical sequence follows: Normally, the body reacts first and gives evidence of a disturbance, e.g. comparable to a thermometer indicating by a rise in temperature the possibility of an infection or sickness. Should the physician not be in a position to heal the disease, he will send you to the psychiatrist. The latter will possibly hold therapeutic talks with you, but finally prescribe specific psycho-pharmaceutical drugs. However, from my experience, he usually cannot resolve the true basic problem. The therapy normally ends with a worthless treatment of symptoms. Patients with emotional and mostly psychosomatic troubles will then in great distress seek relief again from a wrong address, namely from the quack doctors. They are a host of healers from the occult and esoteric field mostly of a far eastern influence. To these belong the modern-day magicians: magnetisers, spiritual healers, homeopaths, natural doctors and whatever else human do-gooders want to be called. Because traditional medicine fails and the patient has become tired of chemicals, he prefers to go with the so-called mild alternative medicine. He may then for example use

acupuncture, reflexology, autogenous training, yoga etc. Unfortunately, these therapies definitely do not bring the desired healing in the short or long term, and instead the condition of the patient will rather deteriorate.

In all this chaos of the healthcare market, there remains finally a single offer, which goes a very different way and applies a radically different procedure. We call it **biblically based counselling** which follows the principle that behind each disturbance, there is always a **spiritual** problem. What is the meaning of this? A spiritual problem always arises when you **sinned** in your life, consciously or not, against **the order of creation**. Every transgression of this order provokes eventually an emotional need. It is manifested ultimately through psychosomatic effects in your body. You are now aware of the basics in a much shortened manner of how biblical counselling works. It now becomes obvious where to start resolving the problem, namely with the **spirit**, i.e. at the **spiritual** background of our psychological or physical disturbances. We will differentiate between three categories in the spiritual area when applying authoritative counselling with biblical standards. Let us look at them in more detail now.

1st Category: Superstition – occultism

This category stems from the first of the Ten Commandments, which calls us not to have any other gods besides the living God (2 Mos. 20, 3). The connection may surprise you. It is however, a highly relevant subject even today. Because of the failure of the established church, many modern people do not have relationship to Jesus Christ as LORD, healer and redeemer. They consequently have to look for help elsewhere. They soon end up with other gods, which either come from the **Far East**, or belong to **white magic** circles. These healers deliberately offer their supernatural forces, and quite often, they do it by advertisements in the media. This could be the case with magnetizers promising 100% success with their treatment. They work with healing at distance for a fee, which has to be sent together with a photo in advance. Or others could be diviners, spiritual healers, naturopaths, specialists in acupuncture, yoga schools etc. From the viewpoint of the Word of God, all these activities have to do with foreign gods.

Please, bear in mind: Whenever you make use of the assistance of these pseudo scientific healers, you will automatically be involved in the area of **superstition** and of the **occult**. It is not the living God who will heal you; it will be His enemy. The healer's promises declaring the existence of 'godly' powers do not change anything. There are only **two powers** in the invisible world. The first power is the kingdom of the living God who loves you

and who has the best intentions for your well-being. The other power is the kingdom of darkness, whose leader is Satan or the devil. His invisible kingdom is perfectly well organized and possesses today well-acknowledged scientific groups, which I already mentioned. He does not walk around with horns, hoofs and a long tail; he became socially fashionable long ago. If someone desperately seeks healing from a modern magician with supernatural powers, he will definitely end up at the wrong address and will in fact enter passively into a relationship with other gods.

Whoever looks for help from a healer with supernatural powers will, without realising it, come into contact with Satan and his destructive forces. By a temporary health improvement, almost everyone is misled. The fact is that serious spiritual problems will arise. The sad truth is that people are involved with **occultism**. Occult means “dark”, or “secret”. It has to do with secret, supernatural “sciences” which affect the visible world. These healers work with undefined forces, and are involved in the area of superstition, white and black magic, spiritualism, etc. This will definitely create **most serious problems** for the person seeking help, as well as for his relatives and even his descendants! According to the Word of God, you could suffer from disturbances that were initiated by your ancestors three to four generations back due to occult practices. It is called a **generational curse**, which is mostly unknowingly passed on to further generations. This is repeatedly observed in consistent biblical counselling!

Let us assume that your grandfather was a very good diviner. He could for instance find lost objects, or water. He and his associates would see this as a useful talent. Nevertheless, there are tragic consequences behind this: His descendants – and in fact, you as well – will be under a destructive line. It can show itself by e.g. suicides, serious sicknesses, etc. Complete generations can suffer from depression or be affected by organic deficiencies or massive deformities of the body, which are simply described as a “disability”, or even “genetic malfunction”. In fact, the real cause is not in the genes, but in the **satanic grip** which was transferred through our ancestors. They were in fact relying on Satanists, instead of the living God. This is exactly the sin of the first commandment, namely to have other Gods before Him. To consult people with supernatural powers means to refer to another God. The usual consequences are serious problems which come up eventually in your soul, and finally in the body.

How can such cycles, also called **bondages** be broken concretely? If you know the Word of God, you will note that Jesus Christ always and repeatedly drove demons away. He took care of people who had had contact with other gods and were tormented or possessed by demons. These people needed deliverance. Healing by biblical counselling is a continuation of the LORD’s ministry. It delivers suffering people in the name of Jesus Christ from the destructive powers called demons. You may shake your head and feel we are back

in the dark Ages. In fact, nothing has changed since the time when the gospels were written and the earthly mission of Jesus Christ, regardless of whether this pleases our progressive mind or not. The demons did not simply disappear in our scientific age. They are spiritual beings who, as in the times of Jesus, exercise exactly the same destruction. Whoever gets involved with the occult involuntarily makes contact with demons and will be eventually destroyed by them – in spirit, soul and body! Many people nowadays are plagued and tormented by them. They are forced to do things which they deeply hate doing. It seems nobody can help them. Nowadays psychiatric hospitals are filled with people who are suffering from the same symptoms as described in the gospels. The competent answer given by biblical counselling is therefore, a **ministry of deliverance** through which suffering people are delivered from the power of Satan. The Word of God gives a precise solution to emotional and physical destructive bonds and shows the way to deliverance and healing.

2nd Category: Guilt

Whenever you sin against people, God und His order of creation, your life will be affected by a destructive force, which can change, even destroy you. Incidentally, nearly all people are suffering from their personal guilt. Somewhere they have a feeling of guilt, or they feel accused deep in their soul. They have done things which they knew in their hearts were wrong. If they go to the psychiatrist to get rid of this guilty feeling, their wrong thoughts will be analyzed and treated. However, this will, in the long term, be of no use. Other people instead try to suppress their guilt or to simply bury it. But this will not work either. Sooner or later, our guilt will catch up with us – at the latest when we reach old age. Personal guilt cannot be taken away from you by anybody other than the LORD Jesus Christ. Whoever carries this heavy “load”, has in his soul a sort of a cancer. It will cause him pain and will slowly destroy him. The consequences could be **depressive** or **schizophrenic** episodes. Apparently, about 15% of the population suffers in this way! All of these people could obtain help without any problem based on the Word of God and by means of biblical counselling!

What should you do? As you look into your past life, write down all the areas that accuse, tyrannize and bother you. Our standard in doing this is the **Word of God** and certainly not the modern moral code! Then, confess in the presence of a trusted brother or sister in Christ every single disobedience against the Word of God that was shown to you. I quote from 1 John 1, 9: “If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” This offer is well known in the Catholic Church as confession to a priest. Unfortunately, this has been so much abused that many

churchgoers are not interested. Frankly speaking, there is much more to it. You should disclose every detail of all the heavy loads in your life in front of a witness. This will easily fill a few pages of your notebook. It includes your relationship with your parents and your brothers and sisters. It concerns furthermore your teachers and schoolmates, your colleagues at work, as well as all other relationships you have had. Everything you have ever done wrong has to be brought to the light and cleared up. This is to be done in a thorough confession of all your sinful deeds within confidential biblical counselling.

The outcome is in most cases amazing. Many people feel as if a very heavy burden has come off their shoulders. Many destructive sequences of events are explained and broken. One feels reborn. The soul is restored and mostly, the body follows suit. Quite often, people feel able to breathe properly again, after being freed from “poisonous” substances. In addition, never forget: Every sin committed against men is always against God too! As such, sin is logically a **spiritual** problem. This explains also why the consequences are so serious.

3rd Category: Injuries – forgiveness

In this area, we deal with the opposite of guilt, i.e. **injuries** which were inflicted by other people on us. Over the years, this area is for me the most important aspect in biblical counselling. I quote as an example the area of **rejection**. This vicious cycle may already be present in the mother’s womb, in the case of unwanted pregnancy. In this connection, the growing child is rejected prior to birth. Thoughts about an abortion can be equated with an intention to commit murder. All these influences are transmitted to the unborn child and become later a lifelong pattern in rejection. **Psychological damage** to a certain degree is always involved. As an adult, this person will hardly represent a mature personality. Rejection may happen also later in our lifetime. In your childhood, for instance, you may have been discriminated at home or in school, or always criticised by others. Permanent damage may follow.

According to the definition of psychology, this is called a person’s inherited “character”, which is wrong from the Bible’s viewpoint. Man is at birth completely whole (apart from occult influences from ancestors, and original sin). His character is shaped later only through outward negative influences. This will lead to deformations in the soul, and thus changes of character. When someone is constantly rejected, he will often react with depression and self-destructive thoughts. Nothing in his life seems to make sense anymore. Or the constant rejection may create aggression and brutality in man’s character, to compensate for the offences committed by others. Bitterness could be another reaction,

which grows in man's heart. All such reactions are described in psychology in a great variety of complicated terms. From the viewpoint of God's Word, however, there are some very simple explanations and solutions to the problems. Every wrong influence exerted on man, causes mental deformations and leads to various sinful reactions. They lead to so-called **sins of character**. The stronger the influence of the environment on the soul, the more serious will be the effect.

For example, the number of addicts in our society is increasing enormously. What are the reasons? More and more children are growing up in dysfunctional families or with divorced parents. This affects a child or a youth negatively. In the mirror of the order of creation, the environment is guilty toward this person – even though this happens mostly unintentionally. Thus, the soul is injured, deformed and hurt. This leads eventually to physical disturbances.

How can these shattering cycles be broken? Modern science can unfortunately not solve the problems and is unable to create a new man. The answer given by the Word of God instead is remarkable. Jesus Christ came to mend broken hearts. He did not come for the healthy but for all those who are sick and afflicted. Here is an example from many. I recall a woman suffering from heavy depression, who had spent some time in a psychiatric clinic before she came to me. When talking to her, I asked her when exactly the depression started. The woman began to suffer from the moment her husband insisted on moving from their much-loved home to another. She did not want to move and started to rebel. Soon she was affected by serious depression. How would you approach this problem – or what would be the answer given by modern science? The Word of God gives simple and effective solutions, provided the suffering person has access to biblical counselling and follows the given instructions diligently.

The basic instruction of counselling is **Forgiveness**. What matters now is to forgive fully every person for every single aspect of sin committed against you. The following example can illustrate what happens through effective forgiveness. A woman of 30 was sitting in front of me who had serious conflicts with her father. During counselling sessions, all negative influences exerted on her by her father were addressed and thoroughly forgiven. She forgave her father retrospectively for all remembered wrongs and every negative attitude to her. Just as the session finished, the phone rang. Her father called to wish her a happy birthday. He had not done this for many years! How he came to know that she had a counselling session with me, and how he found out my phone number, is and remains a mystery. However, the act of forgiveness by his daughter immediately caused a change in the invisible world and brought a restoration of their relationship and healing of her soul. Forgiveness is therefore a most interesting topic to which I can bear witness the greatest miracles (A special brochure about this most essential topic has been made available

meanwhile in an English translation entitled: "[The Healing and Liberating Power of Forgiveness](#)" (pdf format).

Prerequisites for healing through biblical counselling

I have outlined briefly the basic causes of mental and psychosomatic disturbances. They are connected firstly with superstition and occultism, either through our own actions or those of our ancestors. The second reason for disturbance mentioned is guilt in our life that has not been dealt with. Finally, the third reason is attributed to negative influences from the environment which has not been resolved by effective forgiveness. Should you not have taken action in accordance with the principles of biblical counselling in all of these three categories, you will undoubtedly be affected by negative forces in your soul, which at sometime can and will lead to destruction in your soul and/or your body. Healing counselling offers you at any rate the possibility of deliverance and healing.

This approach in counselling sounds very easy. The prerequisites, in order to have access to biblical counselling are quite different. For this, it is essential to be willing to be open about all your **personal needs**. This has something to do with man's **pride**. While it is quite fashionable to visit a psychiatrist or a doctor, it is quite a different matter to go to a counsellor. But this is where the therapy really starts. You have to admit that you are in need of help and that no other option remains for you than the help of Jesus Christ. This is exactly the main reason why most sufferers first try other ways, which mostly end in total disappointment. The counsellor is actually only an intermediary through whom Jesus Christ wants to pour His healing power. This power does not come from a human. Man can, at best act on behalf of Jesus only.

On your way to healing therefore, you have to admit that you really need complete help. In this connection, true **honesty** is required to disclose openly the real problem and not to sugarcoat it. During all my years spent in counselling, I experienced the fastest results with those people who unconditionally exposed their problems and were ready at any cost to follow the path of biblical healing. No one who makes reservations and excuses, constantly reacting with "buts" and blaming others will ever experience thorough deliverance. The LORD sets the price for healing. Those who dislike it are not ready for biblical counselling. Admit honestly your problems. Name them openly, regardless of what they are e.g. fears, compulsions, or addictions.

The next step is that you need a **regenerated spirit**, which can occur only by a **definite turning to Jesus Christ**. Biblical counselling is not possible at all without a binding

relationship with Jesus Christ. For this reason, you must know the real Gospel as it is conveyed to us by the living God in His Scriptures, and to learn and accept it with child-like faith. This has nothing to do with a particular declaration of faith of any church or movement, but solely with a **personal indwelling of Jesus Christ in your life** based on the **Word of God**. What is required is a personal decision. There is nothing automatic in the Word of God. We do not become Christians by birth or by membership of a church, but exclusively by a **clear decision**. We could equally use the term of “conversion” to Jesus Christ, to the living God.

To accept Jesus Christ unconditionally as personal LORD and Saviour means that the heavenly Father through His Holy Spirit puts His Son Jesus Christ into this man. From this very moment onward, he possesses a regenerated spirit, and concrete biblical counselling could now begin. The areas mentioned earlier can now be carefully gone through. To avoid any endless guesswork by people seeking advice, I normally make use of a well-proven method in order to give them the required information. They work through a checklist and note down every relevant point. It is in particular in the field of superstition and the occult where most people get very alarmed to see to what extent our society is really entangled in magic, divination, occultism, idolatry etc.

I recommend that you note down, (to avoid forgetting) all points which come to your mind. It makes counselling easier, and allows us to clear up our life in a way similar to a settlement of accounts in bookkeeping. You can then for example clear up or make amends for your sinful deeds (theft, fraud etc.) in a proper way. Or in the field of injuries, you can forgive thoroughly, which in my experience releases a big potential for healing – be it in your soul, and quite often in the body. Whoever deals seriously in all three categories mentioned, will experience spontaneous healing without any human aid. The only thing done was to look at un-dealt things in the light of God’s mirror, His Word. The amazing result can be for example a sudden disappearance of allergies, chronic pains, insomnia, gastro-intestinal diseases, etc. without external influence. How? Thanks to the **systematic solution of dealing with root problems** in the **spiritual realm**! This is a fascinating topic, which I have been experiencing for over 20 years. And there is practically no exclusion of any mental or physical disorder. What far-reaching outlook could there be offered to our severely affected public health system!

Finally, a word about **fellowship**. If you know the Word of God a little, you will be aware that the first Christians had very close communion with one another. Our modern way of life characterised by much isolation is unfavourable to health and certainly does not improve it. If people find open families or therapeutic communities, they can experience after a few weeks a positive change in their life, and a restored health in a short time. Many hidden and destructive behaviour patterns can be identified much better within binding

relationships than in an isolated life. Naturally, the healing power of an intimate relationship with Jesus Christ cannot be equalled. It has the potential to bring inner healing and restoration to our personality. We will be a people as originally intended by God before the creation of the world. In Christ Jesus, we can experience daily the protection and security, which no longer permit many disorders, because certain negative powers have no access to us any more.

Whoever lives daily in **Christ Jesus** will be healthier—certainly in the innermost man. Very often, the body follows suit through the psychosomatic laws of nature, as I have experienced in countless cases. An elderly woman comes to my mind who told me that after having gone through biblical counselling, that she was in perfect health. Her back pains disappeared, as well as her psychosomatic disorders and her eyesight even improved!

These are **everyday life miracles**, produced by a living God. In saying this, I am not talking about a Christian or non-Christian religion, but about something that happens every time in practical Christian life with the support of biblical counselling. I can therefore give great and justified hope to many. There is however great need since, due to prejudices, bad experiences or lack of information, there are only very few people who have access to this sort of biblical counselling. Unfortunately, offers for biblical counselling which deserve their name are available only in very small numbers. The resulting consequence is that many professing Christians are disappointed because their pastors or priests simply refer them to psychiatrists and they never get spiritual help. Nevertheless, I repeat that it is the will of God to give total deliverance to suffering people via biblical counselling. Jesus Christ is still willing to touch today people in body, soul and spirit. Dear reader, this offer is available also for you.

In my experience, you may belong to one of the following three categories of people: You feel fine, totally healthy and free. This is a big gift and I can only congratulate you. Perhaps you may belong to the second category, which is in urgent need of counselling care. If so, I encourage you to seek help. The LORD will open the doors if you are reaching out for it. – Or maybe you have concluded as you read this booklet that in fact you do not yet have a personal relationship with Jesus Christ. I then encourage you to address the Lord Jesus Christ right now with a child-like prayer, so that He may enter your life in order that the prerequisites for deep inner healing can be put in place. Please do not misunderstand me. I am not advertising for a specific religious group, church or sect. Far from it! People or religions cannot offer real help. True salvation is available only through an intimate relationship with Jesus Christ, the living God. To know this personal God, is the calling of your life and your greatest joy. If Jesus Christ is really your life, your One and Everything, then you have only a short way to a deep healing! For the LORD will give you a thorough conviction of sin and a deep longing to cleanse your life totally and to achieve full inner deliverance.

To close, may I say a prayer for you:

LORD Jesus Christ, I thank YOU that YOU are not the product of religious imagination, but that YOU are the living God, in whom Life dwells. YOU know where the reader of this brochure stands, and what he bears in his heart, and whether there are sicknesses creating pain. I pray that YOU reveal YOURSELF to him/her as the living God, be it for the first time, or in a much greater way than ever before. I ask YOU that YOU put a deep desire in him/her to be totally one with YOU. LORD Jesus, I ask you to open the way for him/her to get access to serious biblical counselling, giving him the opportunity to achieve total deliverance in his soul and also in his body. I thank YOU that you have answered this prayer and that it will have clear results. Amen.

(Note: The topic of healing through biblical counselling was comprehensively presented in a specific book on counselling. It will be soon available in an English translation in pdf format entitled: "Healing of disorders, sufferings and sicknesses at the soul (psychic), mental-physical (psycho-somatic) by Intensive Biblical Counselling".

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