

The Identification and Use of Spiritual Interventions

AN OVERVIEW

PRESENTER

- William P. Wilson, MD
- Professor Emeritus of Psychiatry Duke University Medical Center
- Distinguished Professor of Counseling Carolina Evangelical Divinity School
- wpwilson@netpath.net
- www.InstChristiangrowth.org

Spiritual Interventions

- The Nature of man is a system made up of three different subsystems
- They are:
 - Body
 - Soul and
 - Spirit

The Mind

- We who are mental health professionals work in the mind. It has functions that are biological, psychological and spiritual
- It is obvious that any one of these functions can be affected and cause disease

The Mind

- The mind is supernatural
- To realize this think about thinking. It is a

supernatural process

- God can communicate with us in our mind for he is supernatural (Spirit)
- Therefore the Holy Spirit can join to our mind (Romans 8:16)

The Mind

- God's Spirit is his mind. It does not have a biological aspect to it since he is Spirit
- But he communicates with us in our mind through the Holy Spirit
- We can describe his presence in our minds as it was described graphically by Watchman Nee

The Mind and God

- Imagine the human mind as a three layered ball
- The innermost layer or core is our animating force or our spirit
- Surrounding this is our psyche or soul
- The outermost layer is our body activated by our mind

The Mind and God

- The body is activated through ports which vector our spirit's animating force
- When God (the Holy Spirit) comes into our life he superimposes another layer over our psyche and closes some ports and open new ones

The Mind and God

- This is why we become new persons (2 Corinthians 5:17)
- Now if we have a spiritual nature it is obvious that we can become spiritually diseased
- What are these diseases?

Spiritual Disease

- The first of these is to be unregenerate. We do not have the Holy Spirit
 - This is a congenital disease developing out of the original sin
 - It has dire consequences. Those without the Spirit cannot enter the kingdom of Heaven

Spiritual Disease

- The second spiritual disease is Sin
 - It infects both the unregenerate and the regenerate
 - The unregenerate are more susceptible for they have no spiritual immunity

Spiritual Disease

- We live in a morally polluted environment and since we are susceptible to this infection we will all develop this disease from time to time

Spiritual Disease

- The third spiritual disease is possession states
 - Because we have a supernatural mind we can be possessed by the:
 - Living
 - Dead
 - And Supernatural evil personages (demonization)

Spiritual Disease

- Demons can influence our mind in three different ways. They can possess, obsess and oppress us
- The least common is to possess
- They occasionally obsess
- And they most commonly oppress

Spiritual Disease

- Spiritual Disease
- The last spiritual disease is fanaticism
 - We have seen this is throughout all of mans history
 - It was especially seen in Nazism, Communism, and in Shintoism in World War II. Christianity, Buddhism, Islam and Hinduism have had and still have their fanatics as well
 - It is characterized by intense uncritical devotion

Spiritual Interventions

- The first intervention we will discuss is evangelism
 - We must recognize that one cannot do Christian therapy unless the patient (client) is regenerate
 - Time does not allow me to discuss this in detail, but one must have a passion for souls if he/she is to win persons to Christ

Evangelism

- The best form of evangelism is relational evangelism
 - First of all we have to diagnose their spiritual disease

- We have to have to develop a relationship with them before we can win them to Christ
- When we have a relationship we can use one of two approaches

Evangelism

- Since almost all persons who are unregenerate have existential problems that are related to their living, we can offer them Christ as necessary for successful therapy

Evangelism

- Or we can give our personal witness as the answer to our problem and a potential answer to theirs
- This is our most powerful tool in our intervention tool bag

Prayer

- Prayer is a conversation between two people who love one another-- God and Man
- There is no intervention that is more useful than therapeutic prayer
 - God has given us power to heal
 - One cannot be saved until they pray
 - Prayer for healing should always be offered

Prayer continued

- In therapy we can pray for many different things
 - Healing

- Wisdom
- Knowledge concerning the patients problem
- Discernment
- Breaking of bondage
- Victory over sin

Prayer continued

- Confession and repentance
- Comfort
- Baptism in the Holy Spirit
- Absolute surrender
- Deliverance
- Breaking vows
- Infertility
- A mate

Prayer continued

- Wisdom for leaders
- Guidance in career choices
- Confession and repentance
- Anything else we want to bring before the Lord
- How do we pray
 - In faith
 - In the Spirit
 - Fervently
 - Silently or out loud

Prayer continued

- We ourselves have to be persons of prayer
 - Quiet times should on occasions be times of noise

- We can pray out loud
- We can sing hymns or songs of praise and thanksgiving
- We can pray in tongues
- But pray we must!

Bibliotherapy

- We are in the business of transforming minds
- Most persons have minds full of misbeliefs or lies they have learned
- We have to identify these and replace them with the truth
- God's word is truth and we must know it to use it

Bibliotherapy

- Some people have a distorted view of God, they can be taught the truth from the scriptures
- Some people have a distorted view of themselves. Again they can be taught who they are in Christ from the scriptures (Neill Anderson)

Bibliotherapy

- It is wise to use books written by reliable Christian authors to help the person transform their minds
- Bible studies that address some of the patients conflicts can be made up and given to them to look up and fix in their minds

Bibliotherapy

- Remember that the Bible has authority. It is greater than yours and will be more acceptable to the patient
- Even so you have more authority if you speak as a

servant of God, and corroborate your statement with Biblical quotes

The Eucharist

- Depending on your religious background you can celebrate the Eucharist with your patients
- You do so therapeutically if you are seeking closure on some release that the patient is making

The Eucharist

- The Eucharist celebrated rightly with the patient confessing their sins and repenting before hand results in a refilling with the Holy Spirit
- This renews the patient's power for their continuing therapy

Worship

- Worship in the Spirit also results in the patient being refilled with the Holy Spirit
- God inhabits the praises of his people so the love of God is revealed to the worshipper in praise and thanksgiving
- This enhances healing

Comment

- Prayer, Bibliotherapy, the Eucharist, and worship are all means of grace according to John Wesley and John Calvin
- We encounter God in them and thus grow in our

faith

- The patient will too

Confession Repentance and Forgiveness

- In almost all cases the patient comes to us ready to bare their souls
- They are ready to confess when they come and do so without hesitation
- What they confess usually is sinful behavior, unless their illness is biological in origin. These latter individuals confess sins that are not sins or are not as grave as they think they are

Confession, Repentance and Forgiveness

- Most of them have suffered guilt and shame as a result of their sin
- They have to know that they have sinned against God (Psalm 51)and
- That they contributed to Jesus' suffering on the cross

Confession, Repentance and Forgiveness

- This will result in Godly sorrow and then they can make the decision to amend their ways. Worldly sorrow will not do it
- When they have repented they can be offered forgiveness
- In John 20:23 Jesus breathed on his disciples and

said "receive the Holy Spirit, If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

Confession etc. continued

- In this act he for all time deputized us to pass his forgiveness on to others
- The best way to do this is to say, "in Jesus name and by his power you are forgiven."
- This will relieve them of their guilt and shame and cleanse them of their unrighteousness (1 John 1:9)

Confession etc. continued

- The question arises should you offer forgiveness to an unsaved person?
- You can as part of your evangelistic thrust
- Remember that forgiveness is of God and not of man and he only forgives a repentant sinner

Inner Healing

- Inner Healing is the reeducation of the subconscious
- All of us have memories accumulated in the past that affect our lives
- We live in the present through the past in anticipation of the the future

Inner Healing

- It is these past memories that give rise to dysfunctional thinking and behaving
- We cannot get rid of the memories, but we can

get rid of the emotions that are attached to them

Inner Healing

- We do this by prayer visualization
- God is the Lord of time so we can go back to the event
- Ask the patient to visualize the scene of the trauma with all the people who were present at the time it happened
- Have the patient put themselves in the scene feeling the emotions that they felt

Inner Healing

- Then have Jesus speak or come and tell the victim what he wants them to hear and feel
- Leave it up to the Holy Spirit to say the right things. I ask what would Jesus say in this situation
- If the event happened to a child let Jesus pick them up and hold them in his arms and have his love flow into them

Inner Healing

- There are many different scenarios that can come about in inner healing but let the Holy Spirit do what is right and necessary in the encounter between the patient and Jesus

Exhortation

- In most secular training programs we are told to be neutral in our interaction with our patients
- Jesus was never neutral
- He exhorted people in many ways for he recognized

that they were "like sheep without a shepherd."

- They were lost and discouraged

Exhortation

- They needed encouragement
- We too must encourage people to
 - Change their attitude
 - Persevere
 - Believe
 - Surrender
 - Release or let go
 - Accept Christ as their Lord and Master
 - And many other things about which they are discouraged

Deliverance

- Satan has convinced the world that he does not exist
- BUT HE DOES!
- I have already pointed out that he possesses, obsesses and oppresses
- Deliverance is possible. All born again believers have dominion over Satan and his minions

Deliverance

- A person can be delivered from any of from of demonization by a simple prayer of deliverance
- It is a prayer of faith in which the deliverer prays with confidence and commands the demon to leave

Deliverance

- One does not have to make any gestures or yell

or speak in tongues

- All you have to do is in the name of Jesus command the spirit to leave and be taken to Jesus for disposition

Deliverance

- It is preferable that the person who is delivered be led to Christ or rededicate their lives to him once they are free
- Encourage the delivered person to maintain their spiritual immunity by regularly praying, worshipping, studying their Bible and celebrating the Eucharist

Deliverance

- Never argue with a demon or listen to his whining and complaining
- Be persistently firm in your command for him to leave
- Also do not be afraid for you have God on your side

Summary

- The Holy Spirit can transform the lives of our patients by reeducating their minds through
 - Evangelism
 - Prayer
 - Bibliotherapy
 - The Eucharist
 - Worship

Summary

- Confession repentance and forgiveness
- Inner healing
- Exhortation and
- Deliverance
- Are all spiritual interventions
- They are available to all born again therapists who are mature in their faith