Christian Psychology: Is Something Missing?

The Church as a Healing Community

Worldviews shape the way we think. Psychology, once an outsider both to the sciences and most people's experience, has become a worldview for many people today. Evolutionary psychology, the view that our long evolution from animal to human has deeply imprinted all our behavior, is gaining acceptance on a rapidly widening scale. Psychology is often used to provide an explanation for everything from our "religious aspirations" to our behavior as consumers. How should a Christian view psychology, and what does psychology offer the believer? This essay will consider only one small part of the answer to those questions.

While specifically Christian counseling was once rare in the church, today it is a recognized part of many churches. As Christian counseling has become more widespread, some see it as the answer for the struggles that seem to plague most of us. The therapeutic worldview sees many of our problems and struggles in life as stemming from unresolved problems arising in childhood. The cataloging and diagnosis of psychological disorders has become widespread, both within the church and in the culture at large. Professional counselors are seen as the primary way of dealing with these disorders. How many of us, when faced with someone enduring an ugly divorce, or hounded by problems of self-guilt, or struggling with their self-image, don't think, "This person needs to see a counselor"?

Larry Crabb has done much to bring counseling into the American church. Having written books for more than 23 years, Crabb has always seen the church as being central in the counseling process. He has trained many of the counselors

working in churches today. He has written books, taught, founded schools, and lectured around the country on Christian psychology. He has successfully questioned the church's distrust of psychology.

Now Larry Crabb is asking a new question: Is the common, therapeutic model of Christian psychology really right? Should the church depend on mental health professionals to do all but minor, pat-on-the-back, words-of-cheer kinds of counseling? Is counseling really a matter of education and degrees and specialized training?

While being very clear that professional Christian counselors have an important role to play in the Christian community, Crabb is asking, Could we be depending on counselors too much? Could it be that God has given all believers more resources than we think to help one another deal with many of the troubles and struggles we face in daily life?

Going even deeper, Crabb asks the heretical question, Are psychological disorders really at the bottom of most of our struggles? "I conclude," says Crabb, "that we have made a terrible mistake. For most of the twentieth century, we have wrongly defined soul wounds as psychological disorders and delegated their treatment to trained specialists."(1) What he proposes in his book, *Connecting*, is both revolutionary and profound. In giving us new life in Christ, God has put in each of us the power to connect with other believers and to find the good God has put in them. We have the opportunity to heal most wounded souls. This is Larry Crabb's proposal. While he is still solidly behind professional counseling, he has come to see a broader place for healing within the context of Christian relationships. In this essay we will talk about what it means for two people to connect, and how God can use this connection to heal the deepest wounds of life and expose a beautiful vision of God's work in us.

What Is Connecting?

Some people seem to write a new book as often as most of us buy new shoes. And, like shoes, most of those books don't attract too much attention. But when well-known author Larry Crabb questions the very discipline that he helped establish, his book *Connecting* may cause more of a stir.

Christian psychology views human problems as primarily the result of underlying psychological disorders. We may be angry at a teenager's disobedience, but anger is only the symptom of problems buried within us. Stubborn problems may require deeper exploration of our thinking. Counselors are those people who have special training, enabling them to understand the various disorders we struggle with, and how to fix what's wrong.

In this book, Larry Crabb calls this whole picture into question. He describes the most common ways we react to people who are hurting and puts those reactions into two categories: moralistic and psychological. The moralist looks for what scriptures have been disobeyed, rebukes our disobedience, calls us to admit our sin and repent, and sees that we have some sort of accountability in the future. The psychologist listens to us, tries to find out what is wrong internally, and then helps us learn healthier ways of living. This process often takes months of self-exploration to find the roots of our problem, and to chart a course towards self-awareness and better ways of coping with the world.

Could there be another way for people to relate to each other when problems arise? Crabb's suggestion is a powerful one. Could it be, Crabb asks, that God has put within each of us His power, which, when we connect with another person, allows us to find the good that God has already put in them, and to release that good so that they can respond to the good urges God has placed there?

This is the main premise of the book *Connecting*. Coming straight to the point, Crabb says, “The center of a forgiven person is not sin. Neither is it psychological complexity. The center of a person is the capacity to connect.”(2) The gift of salvation gives us the Holy Spirit, Who allows us first to connect with God the Father, and then, on a new and deeper level, with each other. But what is connecting?

Crabb uses an analogy to the Trinity to make his point clear. The Trinity, Crabb writes, is “an Eternal Community of three fully connected persons.”(3) They have delighted in each other for eternity, there is no shadow of envy or minute bit of jealousy between them, and they love to do what is best for each other. Since God made us in His image, we too can enjoy one another, but we must rely on the power of God in us to show us what is good in the other person.

Connecting is so powerful, Crabb says, because it requires that we look past the surface of people and see the new creation God has already begun. Connecting with someone else requires us to look at what a person could be, not just what he is right now. With God’s insight, we look beyond the small amount God may already have done and ask God for a vision of what this person could be like. Connecting finds the spark in someone else and is excited about what it could flame into.

Is professional counseling unnecessary? Of course not, says Crabb. But connecting is a powerful way God uses us to bring out His good in others. What keeps us from doing this more?

What Keeps Us From Connecting?

If connecting is what God has made us for, and if this is what the Holy Spirit equips us to do, then why don’t more of us connect with one another? Larry Crabb’s answer is developed around four analogies. We tend to be either city builders, fire lighters, wall whitewashers, or well diggers.

City builders are those who know what resources they have and how to use them. They know their strengths, and they have a solid sense of their adequacy to meet whatever lies ahead. City builders want to be in control, and fear that they might be found inadequate. City builders have a hard time connecting with someone else because they are looking for affirmation of themselves, not what is good in another. They can work together with other people towards a common goal, but only if it increases their sense of adequacy.

Martha Stewart, for example, has built an empire on feeding people's desire to be adequate, able to handle any situation. She is in control of her kitchen, her house, her yard, her life. And she is the one who will show us how to bring our lives under control.

God has created us with a desire for good. We want to please others, we want to live in peace, we want to have everything work out right. And in heaven it will. But we are not in heaven, and too often we try to insulate ourselves from the messiness of the world around us. City builders depend on their own resources to bring a sense of control into their lives. Their adequacy comes from themselves and what they can accomplish. But this blocks them from depending on God. God encourages us to seek peace with all men (Rom. 12:18), but at the same time we must realize that following Christ is a path of difficulty, not ease (2 Tim. 3:12). We are being prepared for perfection, but we are not to expect it here on earth. God has prepared a perfect city for us, but we are not to try to create it on our own now (Heb. 11:13-16).

Fire lighters are like those people described in Isaiah 50:10-11. They walk in darkness, but rather than trust in God to guide them by His light, they light their own torches, and set their own fires to see by. Fire lighters, Crabb says, are those people who must have a plan they know will work. Their demand of God is the pragmatist's "Tell me what will work!" Fire lighters trust and hold closely to their plans, so

connecting is hard for them because it would require them to trust God and not know what might happen next. Connecting requires us to give up our plans and expectations so that we can recognize and enjoy God's plans. We can either trust God or trust our own plans, but we cannot do both. It is not wrong to plan, but we must be willing to give up our plans when Jesus does not fit into them in the way that we want. As C.S. Lewis describes Aslan, the great lion who represents Jesus in *The Chronicles of Narnia:* "It's not as if he were a tame Lion."(4)

Have you ever known people whose primary efforts in life were directed towards protecting themselves and their children from any difficulties? When safety is your top priority, then you have become a *wall whitewasher*, Crabb says. Wall whitewashers build flimsy walls of protection around themselves and their worlds, and then whitewash them to make them appear stronger than they really are. These people want protection from whatever they fear. They are sure that their lives of dedication to the Lord are a protection from major problems. "Wall whitewashers cannot welcome tribulations as friends. . . Character isn't the goal of a wall whitewasher. Safety is."(5)

Many people who feel God's calling in their lives, also assume that God will take care of them and of their families. And He will, but not always in the way that we imagine. As we raise our children and watch the terrible struggles that seem to overcome so many other young people, we may feel that at least God will protect our own children from such affliction. But if our trust is that our serving the Lord is protecting our family, then we have built up a false sense of security. We are trying to cover our own uncertainty about the future with the whitewash of our own good deeds. God builds us up and shows us our need to depend on Him alone in our tribulations, but we often want to hide ourselves and protect our families from the very misfortunes that God wants to use to strengthen us. We are whitewashing a failing wall when we try to put up a

hedge around ourselves and our families, sure that God will protect us from trouble. Everything that happens in our lives has come through God first, has been "Father-filtered," as someone once said. But we must depend on the Lord in all circumstances, not just when we feel protected. God loves us perfectly, but His desire is to give us His character, not to protect us from any difficulty. That is why, as James says, we are to greet tribulations as friends, and not with fear.

Crabb's fourth class of people who thwart God's purpose in connecting are those he calls *well diggers*. The image comes from Jeremiah 2, where God marvels at the broken, pitiful wells that the Israelites make instead of coming to Him for real, unlimited water. Well diggers are looking for satisfaction on their terms, and they want to escape pain at any cost. The well digger asks, "Do I feel fulfilled?" If the answer is no, then he renews his quest for something that will give even a moment's pleasure. We judge drug addicts harshly, but what about needing to have a certain position to feel good, or driving a certain kind of car to prove we're reaching our goals?

Well diggers also are characterized by something that marks our whole first-world culture: the desire for satisfaction now. Well diggers dig their own wells because it often seems faster than the way God is providing water. We want to be filled, and we want it immediately. We live in a fast-everything world. We stand around the microwave oven, wondering why it takes so long to heat a cup of water. Or, more seriously, we wonder why God is taking so long to bring along the right woman or man, so we find our own ways to satisfy our desires, whether in pornography, or cheap sex, or relationships we know can't last. We want to be satisfied, and if God seems slow, we find our own satisfaction any way we can.

God plans for eternity, and builds to last forever. But it takes time, and patience. If we fulfill our own desires, we

will be like the Samaritan woman at the well: we will soon thirst again. But if we allow God to provide for our thirst, He fills us with living water, and we are filled in ways we could never have known otherwise.

Whether we are city builders, fire lighters, wall washers, or well diggers, we will never be able to deeply connect with another person until we kill these urges of the flesh, and allow God to strengthen our spirit. What will help us connect with other people?

Finding What God is Doing in Others

To connect with another believer, we "discover what God is up to and join Him in nourishing the life He has already given."(6) This is why Larry Crabb sees connecting as central to the Gospel. To connect with another Christian is to let the power of the Holy Spirit in you, find the good that God has planted in the spirit of another believer. It requires us to get past our flesh, which Paul instructs us to crucify (Gal. 5:24), so that we can be alive to the Spirit, the one Who makes connection possible. Connecting with someone else is a triumph of the Spirit over my own fleshly desires to control my own life (being a city builder), to create a plan I know will work (fire lighter), to protect myself against the uncertainties of life (wall whitewasher), and to find my own ways to feel good when I want to (well digger). To connect with a fellow believer I must see what God sees in him or her, not just what I can see.

So how do we see as God sees? God's forgiveness of us provides a clue. Does God forgive me because I am such a nice fellow? No. Does God forgive me because I have such a good heart? No. Am I forgiven because I will always do the right thing in the future? No. God forgives me because He sees Jesus' death in my place. It must be the same when I look at a fellow Christian. I must see him or her as someone whom God cared enough to die for, and as someone worth the incredible price that Christ

paid on the cross.

Just as God looks past what is bad in my flesh to what He is creating in my spirit, so I must learn to look at other people and find the good that God is working on in them.

Have you ever heard a child learning to play a musical instrument? We don't just listen to the noises coming from the violin or piano or drums. We listen to what is behind the music—the effort, the intensity, the desire to do better, the willingness to work. We listen for the spark that might indicate that this child really connects to music. That is just what we need to look for in one another: the sparks of eternity God has placed in each one of us. We need to look for what God is doing in our friends that can delight us, and make us "jump up and down with excitement" at how wonderfully God is remaking them.

If we would truly connect with someone else, we must also be putting to death the flesh and feeding the spirit. Larry Crabb goes back to an old Puritan phrase, "mortifying the flesh," to describe what we are to do as we discover urges of the flesh rising up in us. As Crabb emphatically writes: "The disguise [of the flesh] must be ripped away, the horror of the enemy's ugliness and the pain he creates must be seen, not to understand the ugliness, not to endlessly study the pain, but to shoot the enemy."(7) This is an ongoing war, one we will fight until we are home with Jesus, but alongside this battle to "crucify the flesh" (Gal. 5:24) we must also feed the Spirit. By this Crabb means that we are, as a community of believers, to "stimulate one another to love and good deeds" (Heb. 10:24). As we put to death the flesh, we are indeed made alive in the Spirit (Rom. 8:10-14).

Discerning a Vision for Others

Larry Crabb's book *Connecting* has two subtitles. The first subtitle is "Healing for Ourselves and Our Relationships."

Earlier, we saw how we are healed as we allow Christ to sweep away all of our own methods of dealing with life. Whether we are city builders, fire lighters, wall whitewashers, or well diggers, these are all ways that we try to manage life. Jesus does not ask us to manage our lives. Instead, as a father might take his son through a crowded mall, God asks us to take His hand, and let Him guide us to where He chooses. The urges we need to kill are the very urges that whisper in our ears that we must take care of ourselves.

Remarkably, as we abandon our own techniques for survival, and let God use our lives in His own way, we also find that we can approach others much more openly and honestly. We are free to love people for who they are, not what they can do for us. And this opens up what is one of Larry Crabb's most important ideas. When we look at others the way God does, we begin to see what He is doing to make them new and incredible creations, just as He is doing for us.

The second subtitle for *Connecting* is "A Radical New Vision." It is certainly radical when one of the leading voices for Christian psychology suggests that lay Christians themselves can deal with many of the personal problems they often refer to counselors. But the radical view he has most in mind is a new way we can relate to and view one another.

Crabb's challenge is for us to kill the bad urges in ourselves so that we are able to begin seeing and hearing what God is doing in other people. This will not be just a warm feeling. We discern visions for a person's life; we do not create them.

When a doctor announces "It's a girl!" he is not making her a girl, he is announcing what is already the case. In the same way, Crabb writes, we are, by prayer, listening, and reading God's Word, to discern what God is doing in someone's life and then announce it. And the process of seeing what God is doing in someone's life may not be easy.

Larry Crabb's vision for the church is that we will become communities of people who care desperately about one another, so much that we will let down our guard. People can truly know us, and we can see into them. In this process of connecting with a few other people, we will see God take the power of His Holy Spirit, and use that power to see what another person could be. As we walk with the Lord, and grow in godly wisdom, He enables us to see the good in other believers, and to encourage that good in a way that gives that person a vision of why she is here. It is this vision of who we could be in Christ which can transform each of us. But we must be willing to die daily to who we are on our own, and arise daily to do and say the things that God desires us to do and say. Are you ready for a radical new vision? It will fill your whole world with the power God has put in you to release the good He has put in others. What a calling of hope!

Notes

1. Larry Crabb, *Connecting* (Nashville: Word Publishing, 1997), p. 200.
2. Crabb, 38.
3. Crabb, 53.
4. C.S. Lewis, *The Voyage of the Dawn Treader* (New York: Collier Books, 1970), p. 138.
5. Crabb, 121.
6. Crabb, 49.
7. Crabb, 91.

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