

# The Bulwark

JANUARY 14, 2024

## THERAPY:

Mankind has worked over the years to develop any number of therapies designed to help individuals achieve an emotional balance in life. Nando Pelusi, who is a noted psychologist in New York City, set forth a one page "thesis" entitled "Final Analysis." What the "thesis" did was to list thirteen different approaches to "Talk Therapy 101". For psychoanalysis he wrote, "tell me about your dreams". For Freudian therapy it was, "tell me about your mother." When tough love was brought forth Pelusi wrote, "tell it to the judge." But the one that really stood out was number thirteen; religion. For the response to this type of "therapy", remember this "thesis" was dealing with "Talk Therapy", the response was two words, "tell God."

There could be little doubt that the "thesis" was done cynically, yet contained therein was a nugget or two of truth. Not the least of which is the quagmire of confusion that comes from the philosophies of man. Though the author probably wasn't intentionally trying to make that point yet confusion was clearly there for all to see. God promised to mankind a "Wonderful Counselor" (Isa. 9:6) to clear away any confusion and discord, and that is exactly what we find in Christ. "Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and

learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls." (Matt.11:28-39) With Jesus as our Counselor, we have a constant,



"Jesus Christ is the same yesterday and today, yes and forever." (Heb. 13:8) which is something that cannot be said with respect to the buffet of "therapies" offered by man.

Remember "tell God" as noted earlier in the article?

Turn about any psalm in the book of Psalms and you will find the author engaged in cathartic release being poured out to God. Consider what is seen in Psalms 86:1. "Incline Thine ear, O Lord, and answer me; for I am afflicted and needy." Or take some time to look at the writing of Peter as found in 1Peter 5:6-7. Do you recall the hymn "Where Could I Go?" "Where could I go but to the Lord? Needing a friend to save me in the end...where could I go, seeking a refuge for my soul? Where could I go but to the Lord?" Those lyrics offer solace for the soul, provided they are put into practice.

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God." (2Cor. 1:3-4) God has so constructed His plan that we who are comforted by Him, com-

fort others and provide direction from His word. Pay it forward.

"Rejoice with those who rejoice; and weep with those who weep." Having the paramount attitude of wanting only the best for others, and to be of service, therefore we make self available to others. In so doing utilizing the wisdom from above as seen in James 3:17-18. Which will ideally bring about a sense of openness which is vital in order to help one another. "Therefore, confess your sins one to another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much." (James 5:16) Therapy from God's word provides balm for the soul. (wbe)

### A Publication of the Winnetka Ave. Church of Christ

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