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## Spiritual Nature of Psychological Problems – 8 Part Series

In this series, Drs. Cloud and Townsend explain why they believe all of our emotional and relational problems are spiritual issues at their core. They discuss why symptoms such as depression, anxiety, compulsive behavior, and addictions are a result of our broken relationship with God, and give you helpful information to begin healing these areas of your life.

## Why Emotional Issues are Spiritual Problems

Dr. Cloud shares his personal story of how he wrestled with the way spiritual issues were being addressed in the field of counseling. It seemed to him that the "Christian" solutions he'd been taught didn't really work; but as he studied the Bible, he recognized God's design in the ways that <u>did</u> work. Being cut off from God brings spiritual death, and separation from the life we were meant to live. We can see the fruits of this separation in behavior issues, impulse disorders, and various relationship problems. Dr. Cloud discusses how systems of counseling that focus only on symptoms, or demand that we do better or clean up our behaviors, will only make things worse. Most importantly, he tells us that the gospel is not one of condemnation, and describes the key elements of the reconciliation needed for healing.

## Small group discussion questions:

2) Does your current system of handling your issues involve connection and love – or have you been taught that there is something you must perform or learn in order to be healed of your issues?

3) How can you reconnect with the body of people God has given you, in order to heal and get what you need?