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Useful Scriptures in Therapy

Various LDS Counselors

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Useful Scriptures in Therapy

(Editor's Note) The following scriptures have been identified by L.D.S. counselors as being useful in counseling or for personal preparation and study related to counseling.

<table>
<thead>
<tr>
<th>Scriptural Reference</th>
<th>Explanation and/or Situation Where Useful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Old Testament</td>
<td></td>
</tr>
<tr>
<td>Gen. 1:26-28</td>
<td>Marriage</td>
</tr>
<tr>
<td>Gen. 2:18</td>
<td>Marriage</td>
</tr>
<tr>
<td>Exodus 18:13-24</td>
<td>Deals with the issue of stewardship.</td>
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<td></td>
<td>Good for the training of volunteer</td>
</tr>
<tr>
<td></td>
<td>counselors.</td>
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<tr>
<td>Numbers 11:11-15</td>
<td>Depression-suicide</td>
</tr>
<tr>
<td>II Sam. 11:2-5</td>
<td>For clients who have yielded to</td>
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<td></td>
<td>sexual temptation. Helps them see the</td>
</tr>
<tr>
<td></td>
<td>steps of temptation more clearly.</td>
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<tr>
<td>II Kings 5:9-13</td>
<td>Use when an individual is hesitant to</td>
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<td></td>
<td>follow the prescribed counsel.</td>
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<tr>
<td>Proverbs 13:1</td>
<td>Parent-child relations</td>
</tr>
<tr>
<td>Proverbs 22:6</td>
<td>Parent-child relations</td>
</tr>
<tr>
<td>Amos 3:7</td>
<td>For the psychotic client who feels the</td>
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<td>Lord has been giving him visions,</td>
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<tr>
<td></td>
<td>commandments, etc.</td>
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</table>

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Importance of the little things.
Marriage.
Responsibility

A summary of modern psychology and psychiatry.
Two kinds of sorrow.
The result of personal apostasy.
Our weaknesses can become our strengths if proper principles are applied. Repentance.

For the homosexual client who says God made him that way, therefore, it must not be evil.
The way to measure alternatives
How to rid to fear.
Gives hope to the suicidal client.

D&C 64-9-10
D&C 64:8-11
D&C 18:10-13
D&C 19:15-19
D&C 25
D&C 9:7-9
D&C 29:35-39
D&C 38:30
D&C 42
D&C 42:24-26
D&C 49:15-17
D&C 58:26-29
D&C 58:42
D&C 64:8-11
D&C 64-9-10
D&C 67:3
D&C 68:25
D&C 76:94

Doctrine and Covenants
Repentance.
Repentance
Depression. Devil’s limitations. He can’t know our thoughts, therefore, we can control our thoughts.
How to get Lord’s direction for client help—self-reliance and responsibility
Process by which personal revelation may be obtained
Purpose of counseling
Importance of repentance
Repentance
Helps dominant and/or overbearing women understand their role in relationship to the priesthood.
Importance of alternatives
How to get rid of fear
Importance of personal worthiness
Marriage
Marriage
Use the good sense God gave you
For the client who feels that he has sinned too frequently and too severely, and that there is no hope for him. Repentance.
Importance of getting rid of resentment
For those who won’t let go of resentments and grudges
How to get rid of fear
Parent-child relations
Importance of feedback—getting rid of our “blind spots”

New Testament
Matt. 7:1-8
Matt. 7:12
Matt. 18:15-17
Matt. 25:40
Luke 15:11-32
John 7:17
Romans 15:1
I Cor. 10:13
I Cor. 11:11-12
II Cor. 7:10
II Cor. 12:7-10
Ephesians 4:26
I Tim. 3:5
James 1:13-15
James 1:19-20
I Peter 5:5

Book of Mormon
I Nephi 3:7
I Nephi 3:7
D&C 61:9
D&C 50:35
D&C 61:9
II Nephi 2:15-16
II Nephi 2:26-27
II Nephi 4:16-35
II Nephi 28:31
Mosiah 23:14
D&C 31:10
Jacob 2:9-11
Jacob 2:17-19
Enos 3:6
Mosiah 2:7
Alma 4:19
Alma 15:3
Alma 15:6-10
Alma 32
Alma 34:32
Alma 36:3
Alma 36:15
Alma 37:1-20
Alma 38:1-2
Alma 39:1-5
Alma 40:1-6
Alma 42:1-4

Importance of alternatives.
Free agency
Helpful in dealing with depression
Special instructions which may apply to L.D.S. Social Service workers.

Judge not.
Why counsel?
Resolving conflicts
Why counsel?
For the parent who has given up on his child and is bitter and unforgiving of the child.
The behavioral approach to solving problems; i.e., do first, then you’ll know the truth of the principle.
The strong should help the weak.
Patriarchal principles in marriage.
Marriage
Repentence
The purpose of weaknesses.
Let not the sun go down upon your wrath.
Patriarchal principle in marriage.
Responsibility
The importance of being able to listen.
God giveth grace to the humble.

When the client feels his problem is worse than anyone else’s, or that it can’t be solved.
Enduring to the end.
Importance of alternatives.
Helpful in dealing with depression
Special instructions which may apply to L.D.S. Social Service workers.

A great counseling technique.
Principles regarding money.
Prayer; struggle; forgiveness
Why counsel?
A great counseling technique—bearing down in pure testimony
The etiology of much suffering.
The healing process.
Faith and hope.
Repentance
Help for depressed persons.
Suicide
How to talk to your children.

Alma 37:6
Alma 39:3-5
Alma 39:7-9
Helaman 13:27-29
Mormon 2:13-14
Mormon 2:26
Ether 12:27
Moroni 7:12-14
Moroni 7:12-17
Moroni 8:16
Moroni 9:25
D&C 1:31-33
D&C 6:7
D&C 6:16
D&C 9
D&C 9:7-9
D&C 18:10-13
D&C 19:15-19
D&C 19:15-21
D&C 25
D&C 29:35-39
D&C 38:30
D&C 42
D&C 42:24-26
D&C 49:15-17
D&C 58:26-29
D&C 58:42
D&C 64:8-11
D&C 64-9-10
D&C 67:3
D&C 68:25
D&C 76:94
Importance of learning how to withstand “chastisement” and the trials of this life

Free agency
Knowing how to chasten, and what a folly is.

Gives hope to the discouraged
Priesthood
Responsibility
Patriarchal principle in marriage.
You can’t force someone to change, but you may be able to have indirect influence if your own life is in order

Reproof
A formula for perfect happiness
Marriage
All must be tried

Teaching who we are—building self-esteem.
How a person withdraws from the spirit.
The process of obtaining joy.
The Lord’s healing process.
Shows God loves his children and weeps when they fall.
How we can gain empathy for others by knowing how God does and Enoch did.