

POSITION PAPER: PERSPECTIVE ON BIBLICAL ANTHROPOLOGY

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Biblical anthropology is a field of study that examines the character of humanity and how it interacts with God. It is a school of theology that emphasizes the character of people and their position in the universe. Numerous individuals have developed Biblical anthropology over time, but Paul Tillich is credited with putting it into words first (1951). He held that since we were made in God's likeness, we are naturally drawn to imitate him. The term "imago dei," which literally means "God's image," refers to this intrinsic yearning to resemble God (Tillich, 1951). The imago dei is evident in every area of my life, including moral judgments, interpersonal interactions, and how we treat animals. This idea that people were made in God's likeness is the foundation of biblical counseling methods. I think that each person has a certain purpose or mission in life, and they use this knowledge to better understand who they are and what they want to do with their lives.

Growing up catholic and without much spiritual guidance I had to develop my own spiritual understanding and foundation. When developing my own biblical counseling approaches, I found that many themes overlapped and correlated with my understanding of different psychological theories. One that stood out to me was the psychodynamic theory which focused on the unconscious thoughts. According to this theory when someone has some problem or issue, he/she will try to find solutions from their subconscious mind. It's the idea of finding a solution that without knowing it consciously. I interpreted the ego as the part of ourselves that is able to recognize God's revelation and the answers that arise from within can be discerned. In Romans 1:20 it says "For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been

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made. So they are without excuse.” As a Christian however I believe that morality comes from God and that the goal of the counselor is to help make the unconscious conscious to our clients all while remaining graceful and meeting our clients where they’re all on their own life a spiritual journeys. Of course theirs some controversial concepts to consider, which includes the idea of treating God as an illusion and the minimized importance of Love.

Additional themes that have been a key principle for developing my own approach is grace, love and compassion. As we know loving others is, of course, basic to the spiritual health of a Christian. John 13:34 states.. “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another” This emphasizes the importance of extending love to others just as our Lord and savior would. This brings me a lot of peace in knowing that through love and compassion we can provide healing to our clients. I often find that all of us are affected to some extent by societal expectations. Not enough love is showcased and I found that this theme can help diminish the sufferings of the world.

I got inspired by the thought of learning how to assist others. Counselors come from all different backgrounds and have a wide range of interests, but they all share the same objective: to make people happier by addressing their issues and assisting them in finding answers. Holeman explores the evolution of counseling over time (Holeman, 2012). Counseling has changed, according to her, from a one-on-one interaction between a therapist and patient to one that is more collaborative (p. 23). This demonstrates how counseling has evolved over time, moving away from one-on-one conversations to group efforts to assist clients in finding solutions

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to their difficulties. People in today's world require assistance with a wide range of challenges and problems because they are dealing with so many various things in their lives. When they need someone to turn to, counselors are there to support them and can assist them in resolving all of their concerns and issues. This must be the most fulfilling aspect of the work I've been able to complete so far, and it is also the main reason I want to advance in the subject of study.

Being a Christian implies that I trust in God and in his Son, Jesus Christ, and that I uphold moral principles like love and honesty. While working with someone, it's crucial to be honest because failing to do so could have major repercussions, like losing the client's trust or perhaps your employment. Also, being honest entails that you cannot lie about anything significant, such as by making someone feel better when, in reality, they need to hear a different viewpoint in order to gain a deeper understanding of themselves.

A take away that appreciated from the text *What Christians ought to believe: An introduction to Christian doctrine through the apostle's creed* was that it gave me a better understanding of the Bible and what it really means. It helps Christians understand that they should not change their beliefs as time passes or as new ideas come up because doing so could cause confusion among other Christian churches members (Machen, 116). Because it helped me better comprehend the Bible and what it actually means, I believe this book has improved my knowledge of why I am a Christian and how I should spend my life. I value the knowledge I gained significantly as a means of developing my own brand of Christian counseling.

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