

**The Process of Change, Sanctification, And the Role of The Holy Spirit and Clinical Skills
in Facilitating Change**

Achante M. Russell

Alliance University

GCN 618

Dr. J. Orcozo

Week 8

The Process of Change, Sanctification, And the Role of The Holy Spirit and Clinical Skills in Facilitating Change

Introduction

Sanctification is the progressive work that God conducts on a believer to make them look more like Jesus. Believers are sanctified because of what Christ has done for them as indicated in Hebrews 10:10. Change is to make something different, to modify or to alter its state. The holy spirit has a central role in facilitating change and satisfaction because it is the agent of connection Christ left to his church after his resurrection and accession to heaven. Change can also be achieved clinically through scientific means like psychoanalysis and systematic programs administered by counselors to their clients.

The holy spirit plays a central role in the process of sanctification and change. In Galatians 5:16, the bible reiterates the importance of the Holy Spirit in spearheading humans away from the desires of the flesh. The Holy Spirit leads believers into realizing what is right and distinguishing it from what is wrong (Mahoney et al., 2021). This provides people with the spirit of discerning truth and separating it from lies. Most counseling processes require the need for change as the basis for better living and recovery. For instance, if one was deeply embedded in hard drugs and is losing their personality and health because of it, counseling will be necessary for an attempt to draw this individual away from drugs. The use of drugs is physical and its attraction satisfies the needs of the flesh. This vice can be grouped as the negative attraction to the flesh that humankind finds hard to turn away from. However, Apostle Paul advises human to redirect their attention away from flesh to the spirit because then and only then can they realize real change. A counselor would attempt to redirect a drug addict from drugs and convince them to live by the spirit away from always seeking to satisfy the flesh. This concept is theological yet

its impact on the mind of an individual seeking therapy is huge and can complement clinical practice for effective counseling (Mahoney et al., 2021).

The sacrifice that Christ offered on the cross was done for the forgiveness of the sins of the world. Believers can claim this salvation by keeping their journey with Jesus Christ. It should be the aim of every Christian to change their ways and incline them to Christ. Paul urges believers in 1 Thessalonians 4:3 to abstain from evil as a way of achieving their goals of sanctification. The process of change involves a deep commitment in one's heart to be dedicated to good deeds not because it is fashionable but because it is good. God identifies with the people at the bottom of the ladder and demands of believers have similar levels of sympathy for those people (McWhorter, 2020). Change involves a deep commitment to justice and mercy. A changed person has sympathy for the lowest in society, clothes the naked, shelters, those without shelter, and feeds the hungry.

Biblical literacy alone is not the requirement for perfect change in people (Holeman, 2012). Deep and clear theological reflection is vital in making a difference in counseling. Deep theological reflections can change who we are and make us better humans. Communion with God creates a sense of connection that makes humans experience joy in doing His will. Paul indicates in the book of Philippians 2:13 that God is responsible for the ability to will and to do his good pleasure. The ability to change and become a good person is deeply embedded in connection with God in theological reflection. A counselor can therefore pass these valuable traits to their clients and offer them the most thoughtful and theologically informed counseling.

Theologically reflective counseling is key to connecting clinical knowledge and faith in therapy (Holeman, 2012). Change and sanctification through deep and clear theological reflection enable one to balance theological commitments, therapeutic practice, and professional

ethics. Counseling requires high standards of theological commitments, therapeutic practice, and professional ethics. Good counseling practice requires theological commitments because, through such knowledge, a counselor has the benefit of staying connected to God and informing clients how their connection with God can create a difference. Therapeutic practice in itself requires a deep connection with theological reflection. The process of therapy requires that a therapist leads a client into better practices through professional skills. The exercise of these skills is only possible if they are embedded with deep reflections on theological commitments. Clear and deep theological reflections provide counselors with the ability to maintain professional ethics while on duty. Therefore, any counselor must maintain a close connection with theological reflections because this provides an opportunity for balancing the most important aspects of their job (McWhorter, 2020).

In Romans 12:2 Paul advises the Romans that their transformation should be directed by the changing of mind rather than the conformation to the world. Humans fell in the Garden of Eden and the curse of sin befell all men. There is inherent evil among humans, and each day news of horrific actions like mass shootings, robbery, hatred, and greed are reported. Austrian Psychiatrist Sigmund Freud, suggests that the process of psychoanalysis can be used to treat mental disorders. This theory suggests that the unconscious mind has great underpinnings on what actions people make in the conscious mind. Psychoanalysis is commonly used to clinically diagnose mental disorders and find out deep details about mental illnesses. God has installed a higher principle of intelligence in man that can be charged by the Holy Spirit responds to God and gives us fellowship with Him. This is the most important connection that God has placed in humans so that He can communicate with them his will daily. The process of change and sanctification appeals to the spirit and communicates to man what he needs to know about God.

This creates an atmosphere where humans can change their bad deeds and enter into a path of sanctification (Hoyum, 2019).

In John 15:10 Jesus says that he has kept his Father's commandments and so should humans strive to emulate him if they seek to commune in his love. Christ not only says that he is the bread of life but also makes it clear that he is the light of the world. Christ gives us strength and power through the bread to walk in the light that he casts on our path. Christ ensures that assistance will be provided daily for whoever chooses to stay with him in the journey of life. The transformation of man cannot be fully realized by man alone but by support from God through the Holy Spirit. The constant renewal of the mind leads man to prove God's perfect will (du Plessis, 2021). Moral reforms and modification of behavior can be essential in directing man into a positive lifestyle but they are mostly scientific and cannot fully touch the heart of a person who has fallen short of the glory of God. God has placed divinity in us through the spirit and counselors only have to remind their clients of the presence thereof. Counselors should direct their clients towards transformation preached about by Paul because it provides a permanent sense of change and chains man to the obligation of positive behavior. The process of counseling reinforces the rationale for the change in an individual. The infusion of theological principles assists counselors in convincing clients about how they can navigate roadblocks that hinder them from change.

Conclusion

The process of change and sanctification is central to the practice of counseling. Theological means can be used to achieve both change and sanctification whereas clinical means cannot be used to achieve sanctification. A balanced counseling process incorporates both theological techniques and clinical techniques to achieve full change and sanctification. The holy

spirit plays a central role in the process of sanctification and change as recorded by Paul Galatians 15:10. Clinical counseling empowers one to act on their vision by taking calculated risks and overcoming obstacles. Counseling assists an individual to identify roadblocks to their change and means of overcoming such roadblocks.

References

- du Plessis, A. L. (2021). Contextual pastoral counselling: Paradigm shifts in practical theological development since the middle 20th century. *In die Skriflig*, 55(2), 1-9.
- Holeman, V. T. (2012). *Theology for better counseling: Trinitarian reflections for healing and formation*. InterVarsity Press.
- Hoyum, J. W. (2019). Spirit and Sanctification: Sketching St. Paul's Doctrine of the Holy Spirit in Romans. *Word & World*, 39(3).
- Mahoney, A., Wong, S., Pomerleau, J. M., & Pargament, K. I. (2021). Sanctification of diverse aspects of life and psychosocial functioning: A meta-analysis of studies from 1999 to 2019. *Psychology of Religion and Spirituality*.
- McWhorter, M. (2020). Integrating Spirituality and Mental Health Services: Insights from Benedict Ashley on Psychotherapy. *The National Catholic Bioethics Quarterly*, 20(1), 111-133.