

When considering how the Gestalt approach is relative to Christianity, I automatically think of how the responsibility of the client is to have equal dialogue in the sessions with the therapist. The work in therapy is a two way street. Clients are expected to bring their full selves to the table and to be aware and present. It reminds me of how we as Christians are led to bring our full selves to our relationships with Christ. We can be our full selves and vulnerable and the Lord is honored by that. This reminds me of David in Psalms who went to the Lord with every piece of him. He went to the Lord with regret, with sorrow, with joy, lament and genuinely shared all of himself in hopes of a relationship and saving grace from the Lord. However, the difference from Gestalt therapy is that the Lord is actually the expert in all of our interactions and our overall existence. In Gestalt therapy, therapist isn't considered the expert of the two and I guess this is where this theory lacks relevance to christianity.

We are to bring ourselves and be in contact with the Lord but even when we're resistant, He's still present. We're encouraged to be in constant communication with the Lord. Christianity as it relates to resistance to contact reminds me of how we hold on to parts of ourselves to be influenced by everyone except Him. He's the only influence we need but also, understanding our resistances to Christ play a huge role in how we learn how to be vulnerable with Him. Just as understanding a client's resistance is important.