

# Therapy from a Christian perspective

Therapy is the effort to help someone that his life gets better. Here are some thoughts for someone offering help to others.

You can only help successfully if you realize what is. That is the orientation towards the **truth**.

**Selflessness in service:** You must perceive the person seeking help as he is and give him what is best for him in this situation. The goal of therapy is not that you build a fan club, but that the person seeking help from you is helped. (**Agape!**).

The basic prerequisite for successful help is that the person seeking help has the confidence that you have his best interests at heart. This is easiest to achieve if you really want the best for the person seeking help. Then you are **authentic**.

People who are disadvantaged by a disability sometimes try to protect themselves with a hard shell or aggression. You have to look behind this and try to find a way to the heart of the person seeking help. This requires **acceptance** first of all.

As a Christian, you should come to God and **ask forgiveness on behalf of** the person seeking help and for those who are guilty of wrongdoing. Only in this way can hard and deep-seated blockages be released. It is about recognizing the misery and the abysses in people, in yourself, in the person seeking help and in those who are guilty against them. You must not comfort yourself with the mistaken assumption that people are good at heart. You should offer a way out of the misery.

The path to healing: God, who is the center and foundation of the entire universe, is love, i.e., love is at the center of the entire universe, and human beings can only find fulfillment through love. I believe that I am loved, and that God has consciously entered into all my misery in order to be close to me forever, thus opening up a path for me into love and freedom, beauty and light. Thus, my life is already infinitely valuable; God gives me everything I need, and I am heading toward a wonderful future.

It has become very clear to me that the humanistic view of humanity cannot bear to perceive the abysses in human beings, and that these “humanists” have no supernatural source of love that enables them to love sinners. And they do not believe that God can profoundly change people. So humanistic pedagogy and therapy are simply not enough.

© Reiner Hennig (henniglumsum@yahoo.com) November 10, 2025

Translated with [DeepL.com](https://www.DeepL.com) (free version)