



## ONE COUNSELOR'S FAVORITE QUESTION

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A counselor is, by all accounts, a professional inquirer. In therapy, many questions are asked in order to assess, examine, solve and resolve. Of the countless questions I have asked in my career, I have a personal favorite: Does God agree? Allow me to explain.

Research has determined that our thoughts are a driving force behind how we feel. As an authority on the subject, author and psychiatrist Dr. David Burns writes "...your feelings result from the messages you give yourself. In fact, your thoughts often have much more to do with how you feel than what is actually happening in your life." The critical variable behind so many of the emotional struggles that enter my office is whether the thoughts driving them are accurate. If a life is going to be emotionally impacted it should at least be impacted only by that which is true.

But who or what decides the validity of our thinking? Protagoras, the 5<sup>th</sup> century B.C. Greek thinker, argued that "man is the measure of all things" and "contradictory assertions are equally true." This tenet reaches into 21<sup>st</sup> century humanism, whereby a thought is true if the person believes it. Do you believe you are worthless? Well then you are and your accompanying depression is appropriate. Do you believe a catastrophe with no hope awaits? Well then it does and your anxiety is warranted. Do you believe there are no available solutions for your marriage? Well then there are not and a divorce is the only option.

Thankfully, we are not abandoned to the ebb and flow of our questionable individual thoughts. Rather, we can rely on the unchanging truths asserted by an all knowing God. When we believe we are worthless, we can look to the one who died for us and ask, Does God agree? When we believe the future is hopeless, we can look to the one who promises to supply our daily bread and ask, Does God agree? When we believe there are no solutions for a broken relationship, we can look to the One able to reconcile humanity to Himself and ask, Does God agree? Indeed, of all the questions this counselor has the privilege to ask, it is my favorite.