



The founders of modern psychology Freud, Jung, Rogers, etc., were humanists, and agnostics. While psychology has helped to define the causes of mental illness, the root cause is spiritual.

It is significant that one of the Biblical names of Christ is **Wonderful Counsellor** (Isaiah 9:6). He is the highest and ultimate One to whom we may turn for counsel, and His Word is a well from which we may draw divine wisdom. What could be more wonderful than that?

A Psalm on the Sufficiency of God's Word

King David was an example of someone who occasionally sought advice from human counsellors, but always ultimately turned to God for answers. As many of the psalms reveal, he was especially dependent on God alone when he struggled with personal problems or emotions. When hit with depression or inner turmoil, he turned to God and wrestled in prayer. When the problem was his own sin, he was repentant, broken and contrite. He prayed, "*Examine me, O Lord, and try me; test my mind and my heart,*" **Psalm 26:2**. The spiritually mature always turn to God for help in times of anxiety, distress, confusion, or unrest in the soul, and they are assured of wise counsel and deliverance.

Every need of the human soul is ultimately spiritual. David understood this fact. His writings reflect the depth of human experience, emotions, and spiritual insight of one who had fully experienced the extremities of life. He knew the exhilaration of going from shepherd to king. He wrote of everything from absolute triumph to bitter discouragement. He wrestled with pain so deep he could hardly bear to live.

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ISAIAH 9:6 For unto us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called **Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.**

His own son Absalom tried to kill him and was then killed. He suffered from horrible guilt because of immorality and murder. His children brought him constant grief. He struggled to understand both the nature of God and his own heart. Of God he said, "Great is the Lord," **Psalm 145:3**, while of himself he said, "Wash me thoroughly from my iniquity, and cleanse me from my sin," **Psalm 51:2**. He told God what he felt and cried out for relief, though he admitted God had every right to punish him.

Psalm 19:7-14 is the most monumental statement of the sufficiency of Scripture ever made in concise terms. Penned by David under the inspiration of the Holy Spirit, it offers an unwavering testimony from God Himself about the sufficiency of His Word for every situation. It counters the teaching of those who believe we must augment God's Word with truth gleaned from modern psychology:

*"The law of the LORD is perfect, refreshing the soul.
The statutes of the LORD are trustworthy, making wise the simple.
The precepts of the LORD are right, giving joy to the heart.
The commands of the LORD are radiant, giving light to the eyes.
The fear of the LORD is pure, enduring forever.
The decrees of the LORD are firm, and all of them are righteous.
They are more precious than gold, than much pure gold;
They are sweeter than honey, than honey from the honeycomb.
By them your servant is warned; in keeping them there is great reward.
But who can discern their own errors?
Forgive my hidden faults.
Keep your servant also from wilful sins; may they not rule over me.
Then I will be blameless, innocent of great transgression.
May these words of my mouth and this meditation of my heart be pleasing in your sight,
Lord, my Rock and my Redeemer."*

With an economy of words the Holy Spirit gives us a comprehensive catalogue of the characteristics and benefits of Scripture, each of which merits our close investigation.

In **verses 7-9** David makes six statements about Scripture. Each title for Scripture includes the phrase "of the Lord." In revealing the many faceted general purpose of God's Word, he calls Scripture "the law of the Lord," "the testimony of the Lord," "the precepts of the Lord," "the commandment of the Lord," "the fear of the Lord," and "the judgements of the Lord."

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In each case “Lord” translates the Hebrew word *Yahweh*, which is the covenant name of God. Clearly David wanted us to know that Scripture proceeds from God Himself.

Each of the six statements highlights a characteristic of God’s Word and describes its effect in the life of one who embraces it.

Scripture Is Perfect, Restoring the Soul. In the first statement **V7**, he says, “*The Law of the Lord is perfect, restoring the soul.*”

The Hebrew word translated “law” is *torah*, which emphasises the didactic nature of Scripture. Here David uses it to refer to Scripture as the sum of what God has revealed for our instruction, whether it be:

- creed (what we believe),
- character (what we are),
- or conduct (what we do).

Scripture is comprehensive, embodying all that is necessary to one’s spiritual life. David’s implied contrast is with the imperfect, insufficient, flawed reasoning of men. God’s perfect law, David said, affects people by “restoring the soul” - **V7**. The Hebrew word translated “restoring” can mean “converting,” “reviving,” or “refreshing,” but my favourite synonym is “transforming.” The word “soul” (in Hebrew, *nephesh*) refers to one’s person, self or heart.

It is translated all those ways (and many more) in the Old Testament. The essence of it is the inner person, the whole person, the real you. To paraphrase David’s words, Scripture is so powerful and comprehensive that it can convert or transform the entire person, changing someone into precisely the person God wants him to be. God’s Word is sufficient to restore through salvation even the most broken life, a fact which David himself gave abundant testimony.



Scripture is the product of God's Spirit moving upon its human authors to produce His Word in written form—**2 Peter 1:20-21**.

God's sure Word makes the simple wise –**V7**.

God's Word brings great joy.

If you are depressed, anxious, fearful, or doubting, learn to obey God's counsel and share in the resulting delight. Don't turn to self-indulgent pursuits like self-esteem and self-fulfilment. Focus on Divine Truth. Therein you will find true and lasting joy. All other sources are shallow and fleeting.

The psalmist went to Scripture for help when he was discouraged and depressed.

Psalm 119:50 says

"My comfort in my suffering is this. Your promise preserves my life."

Again, that speaks against the futility of the joyless paths men follow, pursuing happiness but never finding it to last.

Even the "weeping prophet" Jeremiah experienced joy amid tremendous human stress because God's Word was his joy and delight to his heart .

Jeremiah 15:16 *"When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, Lord God Almighty."*

"Above all, you must understand that no prophecy of Scripture came about by the prophet's own interpretation of things. For prophecy never had its origin in the human will, but prophets, though human, spoke from God as they were carried along by the Holy Spirit."
2 Peter 1:20-21

The law of the LORD is perfect,
converting the soul:
the testimony of the LORD is sure,
making wise the simple.

Psalm 19:7