

HOW THEOLOGY HEALS PSYCHOLOGY • VERITASCHOOL.LIFE

THE PROBLEM	THE SOLUTION	Simple Definition	Meditate On	How it Heals Your Psychology
SIN	ATONEMENT	God took away your sins when Jesus died on the cross.	Psalms 103:12, Isaiah 38:17, Colossians 1:14	Healing for your guilt and shame. I am fully forgiven forever. No longer haunted by the past.
PENALTY OF SIN	EXPIATION	God punished Christ for my sins instead of punishing me.	2 Corinthians 5:21, 1 Peter 2:24, Isaiah 53:5,6	Healing for self-harm, or always trying to pay a price. Freedom from self-defeating, self-destructive patterns.
NO RIGHTEOUSNESS	JUSTIFICATION	God declared me righteous (good enough for God) based on the gift of Christ's own righteousness given to me.	Romans 4:5, 5:1, Philippians 3:8,9, Galatians 2:16	The struggle to prove yourself is over. You can live with nothing left to prove. You don't have to prove your value or worth. Heals a broken sense of identity.
HOLINESS OF GOD	PROPITIATION	God is satisfied with me, once for all, because of the sacrifice of Christ.	Romans 3:24, 1 John 2:2	This is the basis of self-acceptance and self-esteem. God is satisfied with you even if nobody else is. Delivers from seeing God as a bully.
SPIRITUAL DEATH	REGENERATION	God makes me spiritually alive.	John 3:3, Titus 3:5	You have the power to be the person you dreamed you could be. You have a genuine connection with God. Heals a sense of inadequacy or weakness.
SPIRITUAL BONDAGE	REDEMPTION	God sets me free from every dark force that holds me back.	Colossians 1:14, 1 Peter 1:18, 19	The basis for freedom from addiction, despair, and every bondage and stronghold in your life. Freedom from dysfunction.
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