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INTRODUCTION:

Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.

BODY:

When I speak to non-Christian audiences, I'm frequently asked, "Do science and faith go together?" Science is about tangible objects and reproducible results. Faith is about the intangible and belief in what is unseen. Although the definitions seem contradictory, they are actually complementary. Scientific discoveries, especially about brain chemistry and our psychological functioning, validate the truths taught in the Bible. It makes sense that the One who created our mind gave us an instruction manual, the BIBLE, telling us how to use our mind and get the most fulfillment out of it. Science confirms Biblical truths and shows us how to apply them, thus increasing our faith in God, His instruction and His ways.

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well!