

Study Pack #11 Keep Stepping

Five Elements to Encourage Change:

5. Keep _____

The steps of “putting on” and “putting off” take _____.

Lasting change happens one step at a time because _____ strategies are implemented.

To walk with Christ requires our faith to be lived out through _____ to what God requires.

Commitment to Change

Once a struggle is identified, and a solution is determined, a _____ to change is needed, with practical steps to accomplish new goals.

Remember, change doesn't happen merely because people gain information, but rather because they are _____ in strength and knowledge at the same time.

Are they committed to:

- change their circumstances, or change their _____?
- change feelings, or change their _____?
- change through _____, or change through God's Word?
- change without _____, or change by working out the process?

Change is not possible apart from the commitment to change. The biggest hindrance to _____ is going to be their lack of commitment and willingness to do the work that is required to change.

Obstacles to Change

Help them see what their struggles are—it's not _____ the problem they are dealing with; it's something deeper.

Some common obstacles:

- an i_____ heart
- a h_____ heart
- a f_____ heart
- a m_____ heart (ungodly counsel or ungodly thinking)
- a l_____ heart
- a s_____ heart

Some other things people may struggle with:

"I've done something so bad, I know God can't forgive me."

"I need to punish myself (or be punished) because of what I've done."

"I know God has forgiven me, but it doesn't matter. I can't forgive myself."

"Because I am still suffering the effects of my sin, God must not have forgiven me."

"God has allowed too much suffering in my life. I can't forgive God for what He's done."

Use resources to reflect these people back to the _____, to understand how God views them.

Facilitate Change

Give them _____ that will facilitate change. Assign Bible _____ to them.

Implement new _____ of thought control and behavior (both cognitive and practical).

As they are taking the required actions to learn and implement these things in their life, find ways to _____ them to continue to grow in their love for the Lord.

We want to create hearers and _____. They are gaining knowledge, but we're expecting them to _____ it.

Our goal in counseling is to look more like _____.

***Turn in Practical Change Assignment: "Building Blocks to Wise Choices" before taking Test #4**