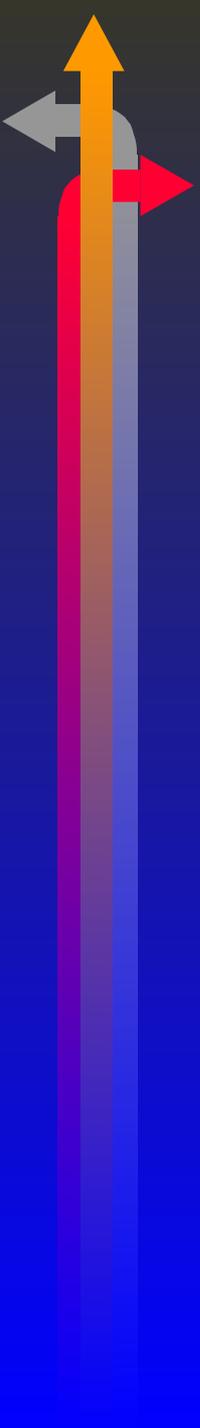


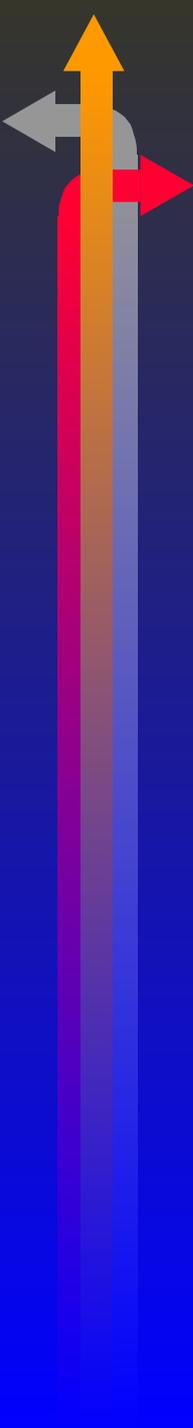
Biblical Counseling

Lesson 3

The Biblical Process of Change

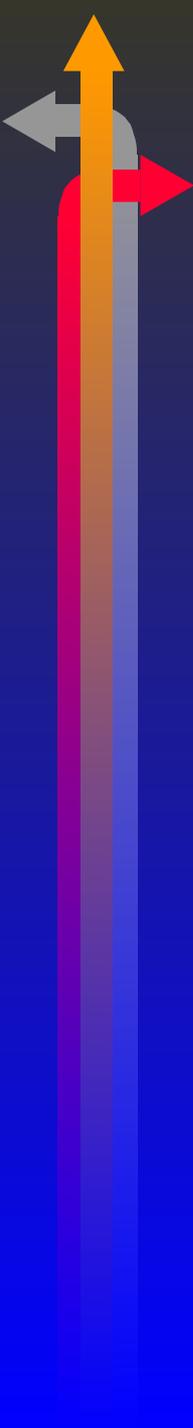


The Biblical Process of Change



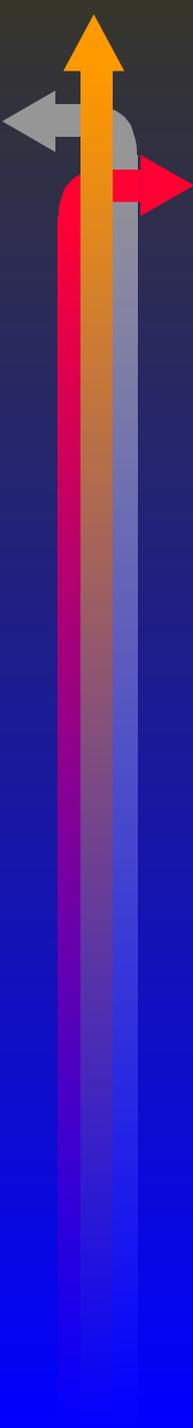
B. Why is change the issue?

1. People come for counseling because they have a problem
2. The Bible's consistent answer to problems is to glorify God by responding biblically
3. Because of sin, people's natural response to problems is sinful
4. Therefore, change – such that a person learns to honor God in their response – is the issue in all biblical counseling
5. Furthermore, change is God's goal and intention in all believers through all circumstances (Rom. 8:28-29)



C. Life in the big picture

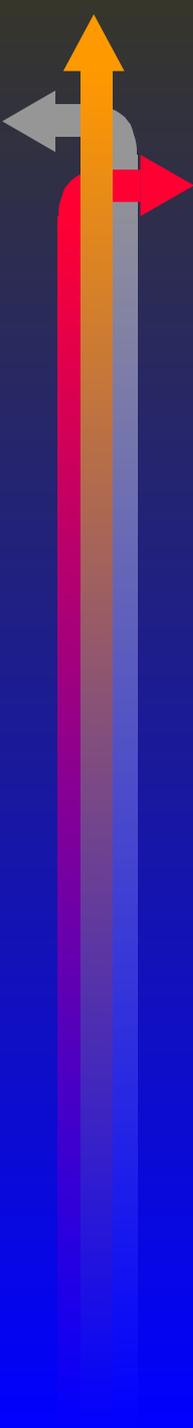
1. Life is about worshipping and glorifying God (Rom. 12:1-2, Is. 43:7, 2 Cor. 5:9)
2. Sin keeps people from worshipping and glorifying God (Rom. 1:22-25)
3. Instead, sin leads people to worship other things (Rom. 1:22-25)
4. Therefore sin, either directly or indirectly, is the source of the problems people face
5. And so all problems people face are ultimately worship problems



D. Understanding People

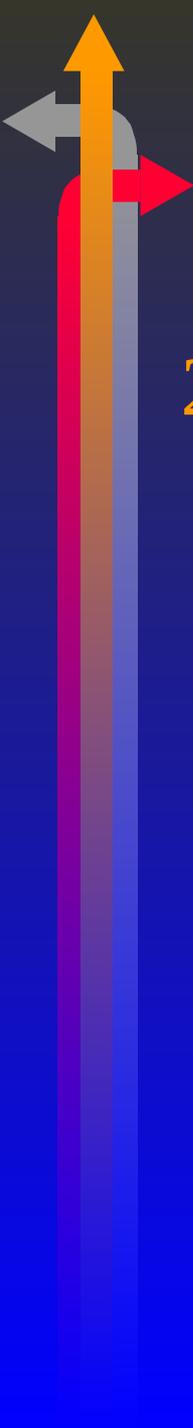
1. False views of man:

- a. Man is a victim of his environment - The logic goes like this: give people good circumstances, good education, positive emotional support, a good job, good family, and he will turn out to be good and happy. But if someone has bad circumstances, poor education, an abusive or negative environment, a bad job, and a broken family, then he will not turn out to be a good and happy person. In fact, a person in a bad environment *cannot* turn out good. He is merely a victim. However, the Bible says that every person will “give an account of himself to God” (Rom. 14:12). In other words, people are responsible for all that they do before God, *regardless of their circumstances*.



D. Understanding People

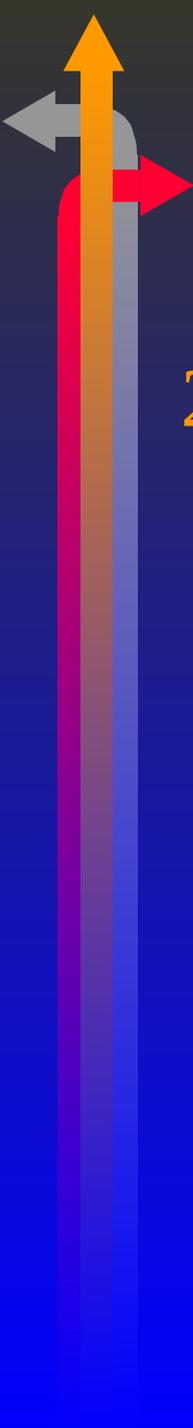
1. False views of man:
 - b. Man is basically good - People are basically good but may occasionally do bad things. But the Bible says the opposite: “The heart [of man] is deceitful above all things and desperately wicked; who can know it? (Jer. 17:9)
 - c. Man is good enough - People admit that they are not perfect, but they see themselves as being “good enough.” People like this reason: “I haven’t killed anyone, I haven’t robbed any banks. God will surely accept me. I’m good enough.” But the Bible says, “Whoever keeps the whole law [in other words, lives a perfect life] and yet stumble in one point [they do one bad thing], he has become guilty of all” (James 2:10).



D. Understanding People

2. God's view of man:

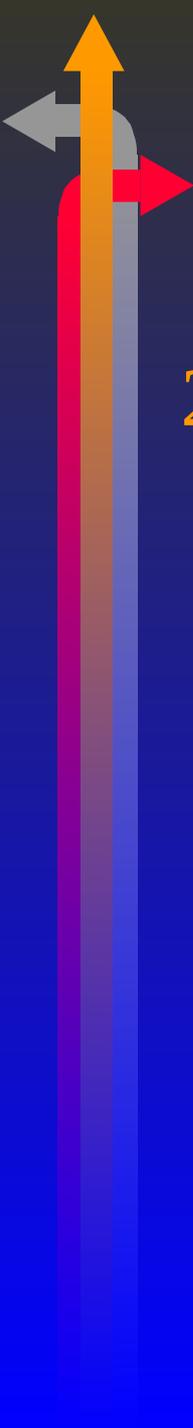
- a. Man was created by God - Man is not an animal or a product of evolution. The Bible teaches that God created both men and women in His image (Gen. 1:27). There are several implications to this truth (here are two):
 - i. Man is not his own – The fact that people are God's creation shows that man is not autonomous, independent, or in control (Ps. 24:1).
 - ii. Man is not the focus of life – Likewise, man has been created by God and thus man is not the end, focus, or center. Only God is worthy to be those things (cf. Rev. 4:11).



D. Understanding People

2. God's view of man:

- b. Man was created for God - Colossians 1:16 states, "...all things have been created by Him and for Him." Man was specifically created for God in at least three areas:
 - i. To worship God (1 Chr. 29:11, Rom. 12:1-2)
 - ii. To be God's people (Titus 2:14)
 - iii. To glorify God (Ps. 66:5)

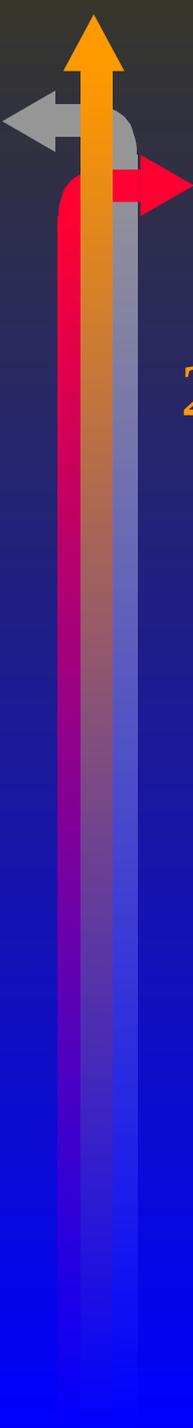


D. Understanding People

2. God's view of man:

b. God's view of man's needs

- i. Man needs to walk with God in His Truth – Man's most basic need is God Himself (Ecc. 12:1, Luke 10:42)
 - We need to be forgiven of our sin and reconciled to God so that we can know Him (2 Cor. 5:17, 20-21). Knowing God and walking with Him is enough. It is really our only need.
 - We need to glorify God by obeying His commands (Deut. 10:12-22) – In light of that, we need the Word of God
 - We need to love God and others (Matt. 22:37-40) and we need to serve God and others (1 Pet. 4:10-11).
 - Beyond these things, God alone decides what we need (Phil. 4:19)

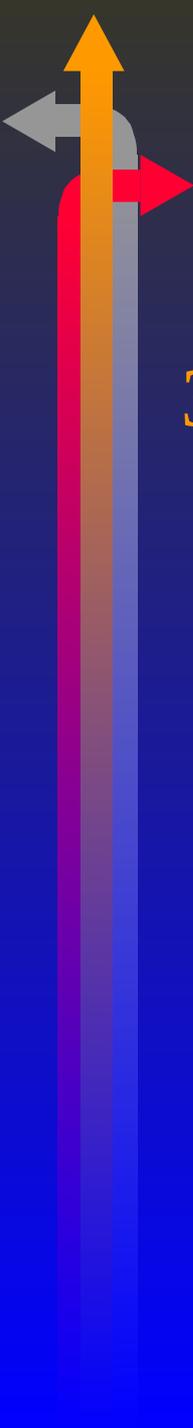


D. Understanding People

2. God's view of man:

b. God's view of man's needs

- ii. Man needs God to act (1 John 4:10) – Since man's greatest need is to know God, and the only way that can happen is through God's provision of Christ and His gospel (John 14:6). It is God acting on man's behalf in the sending of His Son which allows man to be reconciled to God. Unless God had acted, there would be no salvation and no hope for sinful man. In fact, the Bible says that even a person coming to repentance in Christ is *God's work* (John 6:43-44). Left to himself without God's help, man would be hopelessly lost in his sin. Thankfully, God has provided not only the means of justification through Jesus Christ (1 Peter 3:18, John 3:16, 2 Cor. 5:18ff), but also the means of sanctification (Phil. 1:6, Eph. 4:20ff).

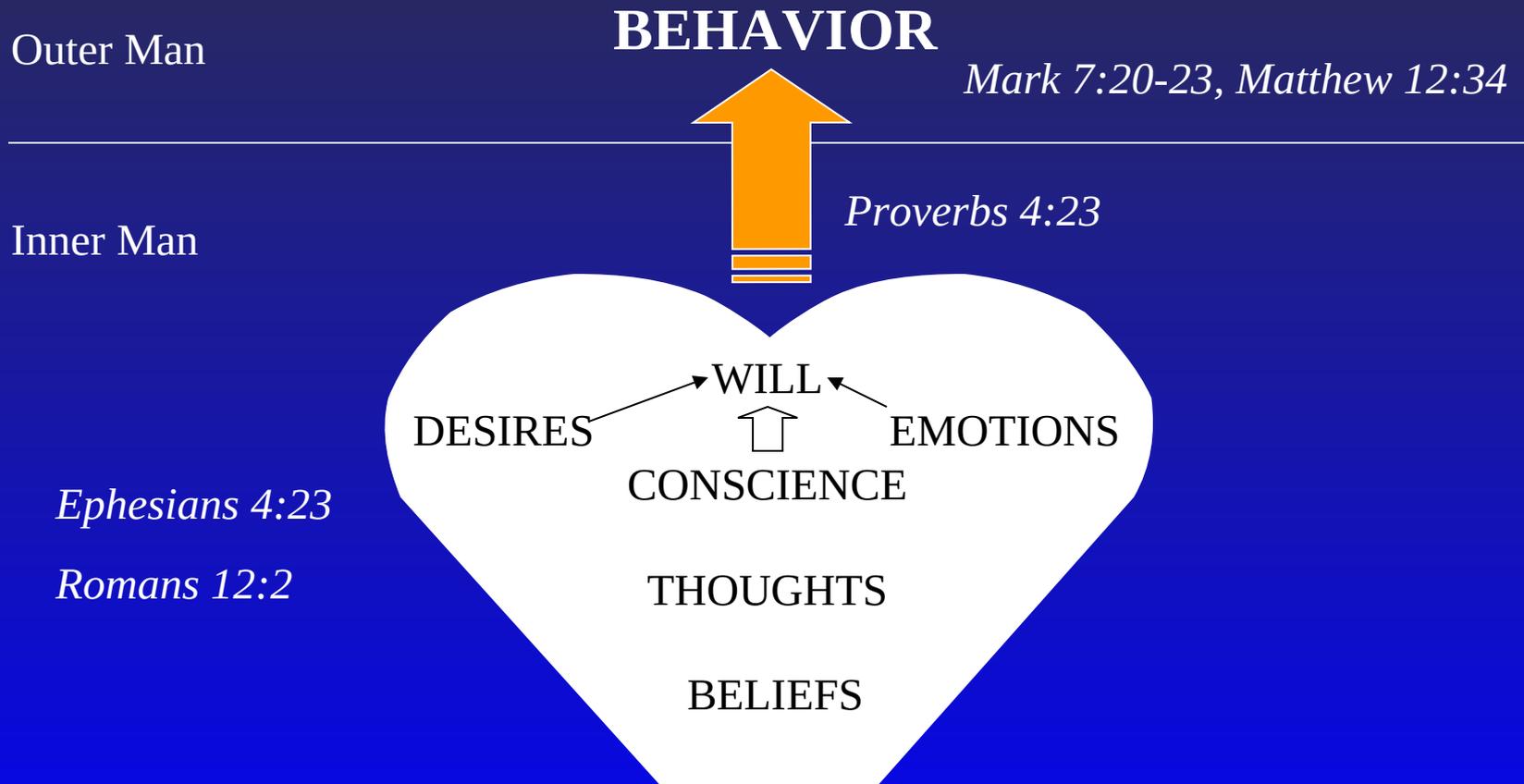


D. Understanding People

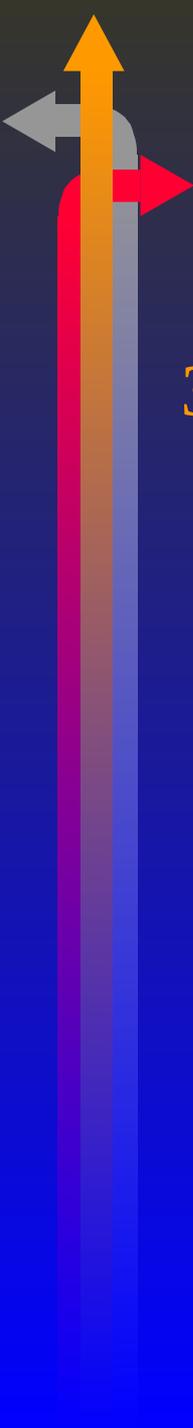
3. Man's heart/mind

- a. Man is directed by his heart/mind - Scripture teaches that a person's heart or mind (synonyms in Scripture) is the "Mission Control Center" of the person. Graphically, it might look like this:

Mission Control Center



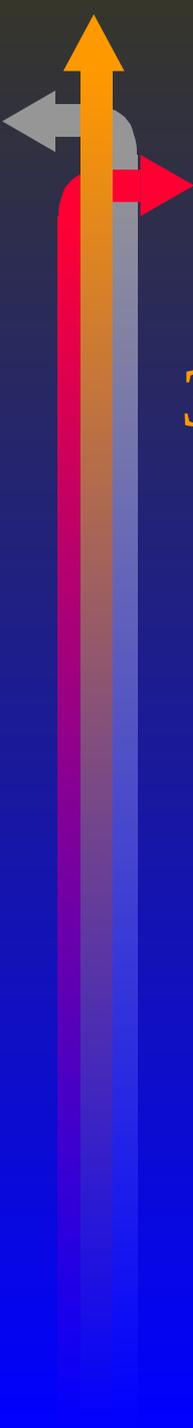
What goes on in the heart determines who or what a person worships



D. Understanding People

3. Man's heart/mind

- b. Man's heart/mind is the area in need of change - The Bible also teaches that it is a man's heart/mind that is naturally corrupt and sinful (Gen. 6:5, Prov. 20:5, Jer. 6:14, 17:9). No man can do good or please God while in his sinful condition (Rom. 3:10-18). And no manner of "changing the outside" will do any good toward honoring God (cf. Matt. 23:27-28). The "inner man," a person's heart/mind is what must be changed.
 - i. Man's heart/mind needs to be changed through salvation – When a person is saved, God regenerates his heart, gives him a new disposition toward righteousness, and send His Holy Spirit to work in him (Titus 3:5, 2 Cor. 5:17ff, Rom. 6:1ff, 8:9).



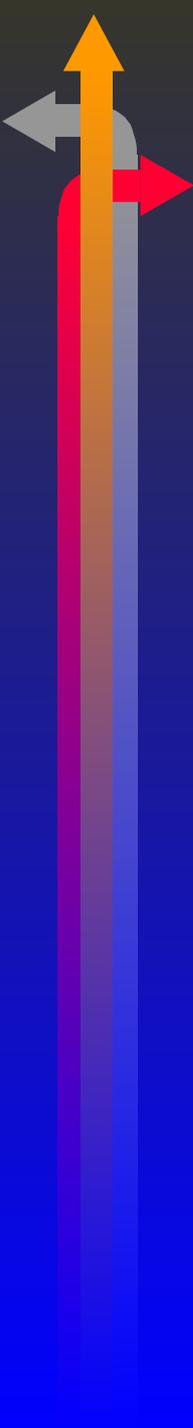
D. Understanding People

3. Man's heart/mind

b. Man's heart/mind is the area in need of change

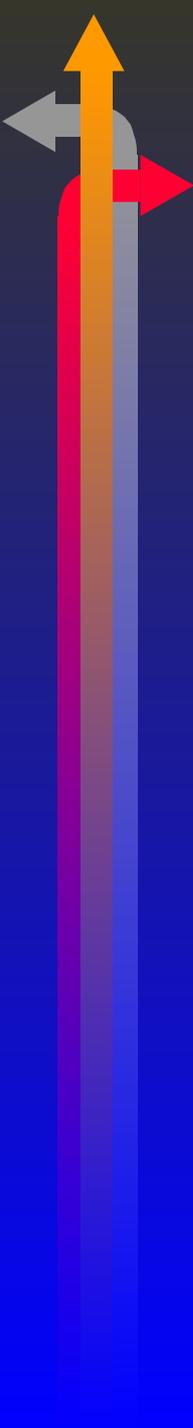
- ii. Man's heart/mind needs to be changed through sanctification – While salvation brings about the means and the tools for righteous living, the process must be continued through sanctification.

Sanctification involves a person renewing their mind/heart by the Holy Spirit through the Scriptures. This involves the renewal of conscience, motives, intentions, will, affections, and thoughts (Eph. 4:23, Rom. 12:1-2, Heb. 4:12, 2 Cor. 10:5, etc). When a man's heart/mind is changed, his behavior will change



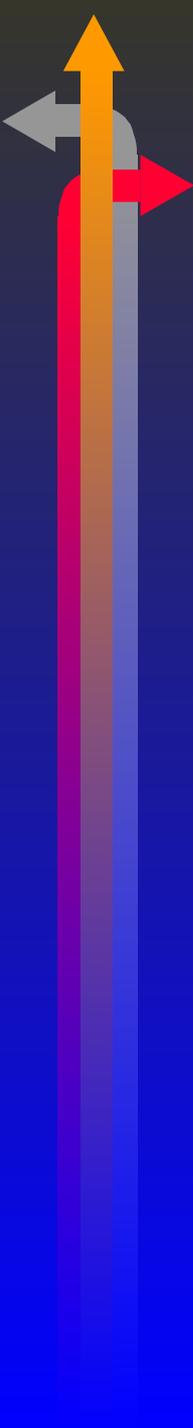
E. Understanding Problems

1. Man is Totally Depraved – The Bible teaches that because of Adam's sin, every person is born with a natural "bent" toward sin (sinful nature - Rom. 5:19). But even more than a propensity to sin, the Bible says that people are totally corrupt and depraved, from the moment of conception on (Eph. 2:1-3, Ps. 51:5, Jer. 17:9, Rom. 3:10-18).
2. Man is Totally Helpless to Change Himself – Because of the slavery of sin, a person is not only totally depraved but also incapable of changing or helping himself (Rom. 3:10-18, Eph. 2, etc). God has to take the initiative in order for a person to change. Even a person coming to saving faith is the result of God's work (2 Tim. 2:25b, John 3:3, 6:44).



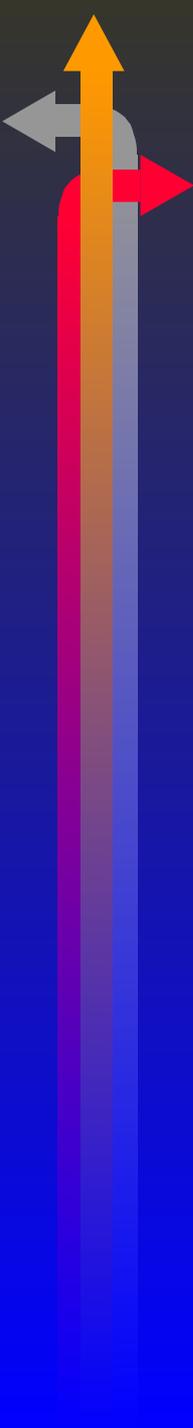
E. Understanding Problems

3. Sin Leads to Many Other Problems – Scripture affirms that because of sin, people experience a host of other problems that are either related directly or indirectly to sin:
 - a. Guilt/Shame – Biblically, guilt is a "legal liability or culpability to punishment." Often there is an associated "feeling of guilt" that results because a person's conscience condemns them (Rom. 2:15). Shame is a feeling associated with the consciousness of being guilty or of regret {especially as it relates to others knowing about it}.
 - b. Unhappiness/Depression – Sin can cause a whole host of problems and feelings that the world might describe as "unhappiness," "depression," feeling "down," etc. The Bible uses words like "sorrow," "misery," and "falling countenance."



E. Understanding Problems

3. Sin Leads to Many Other Problems – Scripture affirms that because of sin, people experience a host of others problems that are either related directly or indirectly to sin:
 - c. Worldly Syndromes – What the world often calls "illnesses" or "syndromes," the Bible calls sin. For example, alcoholism (drunkenness), sexual addiction (immorality), sexual orientation (homosexuality), Codependency (fear of man), Eating disorder (gluttony), Self-esteem (pride), etc. Other problems are referred to with the same label as the Bible, but are explained as behaviors that must be "managed" rather than sins that must be repented of (anger, anxiety/worry, etc.).
 - d. Physical Problems – Certain sins can actually result in real, physical problems. For example, worry (anxiety) alone has been linked to insomnia, irritable bowel syndrome, and even ulcers (cf. Ps. 32:3).



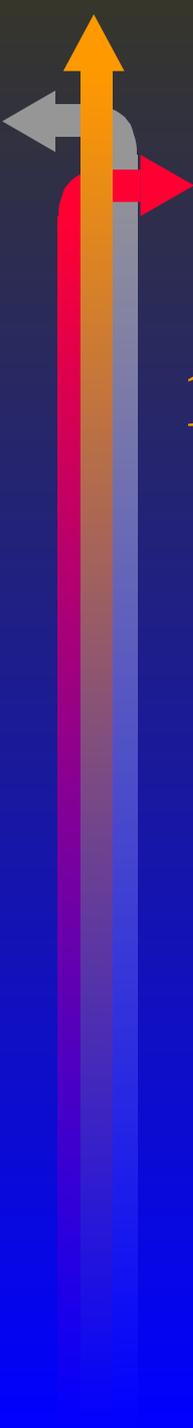
E. Understanding Problems

4. Sin is the Root of Man's Problems – What must not be missed in all of this is that sin is ultimately the source of people's problems. This is true not only for non-believers but also for believers. What is needed is a *biblical diagnosis*. Sin must be called "sin," not an illness, syndrome, or emotional problem (understanding that there are certainly legitimate medical problems in which proper medical help should be sought). Christians need to learn to see past the outward manifestation of the problem to the sin that is ultimately behind the problem. Examples: Marital problems (communication, reconciliation, intimacy issues, anger & bitterness, selfishness, pride, roles, etc.) Personal problems (financial struggles, being responsible, laziness, discipline/self-control, thought-life).

F. Essential Concepts in the Change Process

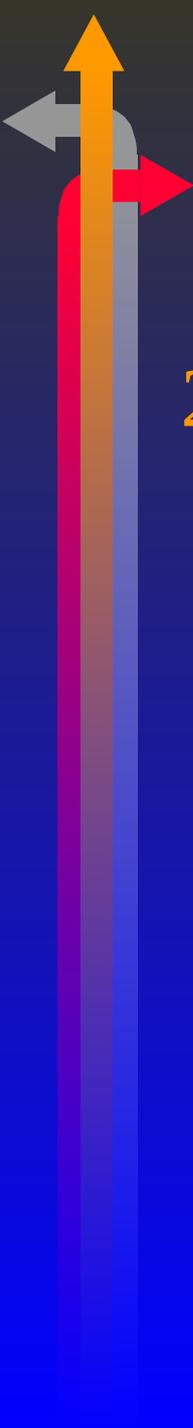
1. Repentance – a change of mind leading to a change in the direction of life 

 - a. Elements of true repentance:
 - i. Comprehension – A person must understand the biblical truth relevant to his sin and his need for a Savior
 - ii. Confession – “to say the same thing” – A person agrees with God about both the fact of his sin as well as God’s assessment of his sin and what his sin deserves (1 John 1:9). The person also needs to confess his sin to other people if his sin has been against them (Luke 15:21).



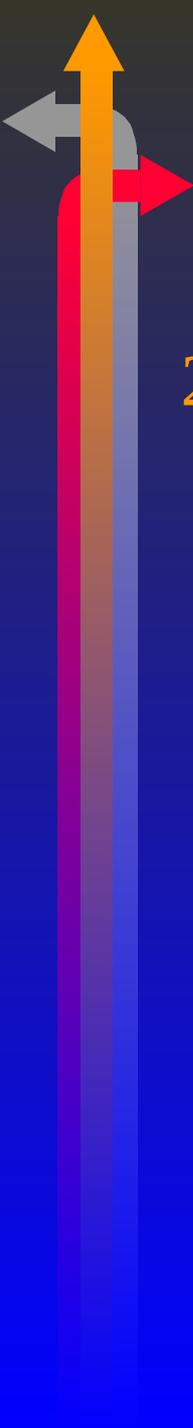
F. Essential Concepts in the Change Process

1. Repentance – a change of mind leading to a change in the direction of life
 - a. Elements of true repentance:
 - iii. Remorse – A person is sorrowful over his sin and regrets what he has done (2 Cor. 7:10, Ps. 51)
 - iv. Forgiveness – A person asks for forgiveness from God and those whom he sinned against (1 John 1:9, Luke 17:3-4)
 - v. Commitment – A person resolves, by God’s grace, to change and to not commit the offense again (Is. 1:16-17, Eph. 4:22-24, Matt. 3:8)



F. Essential Concepts in the Change Process

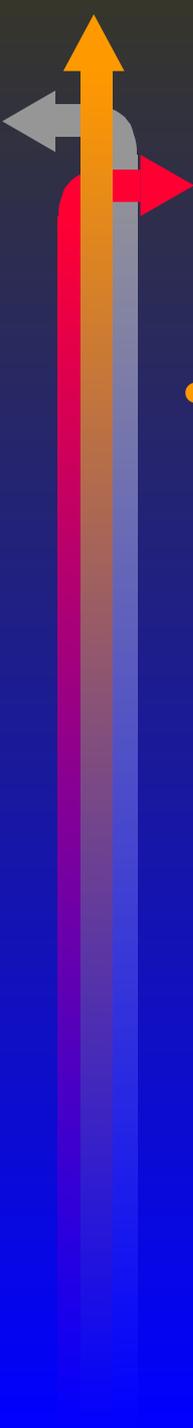
2. Forgiveness - a releasing or pardoning of sin, just as if it was never committed. Forgiveness is also a promise to not bring up the sin either to the one forgiven or to others (cf. Jer. 31:34)
 - a. God's Forgiveness – people need God's forgiveness, both at salvation (judicial forgiveness – Rom. 4:3-8, Col. 2:13-14) and after salvation (parental forgiveness – Matt. 6:12, Heb. 12:5-11)



F. Essential Concepts in the Change Process

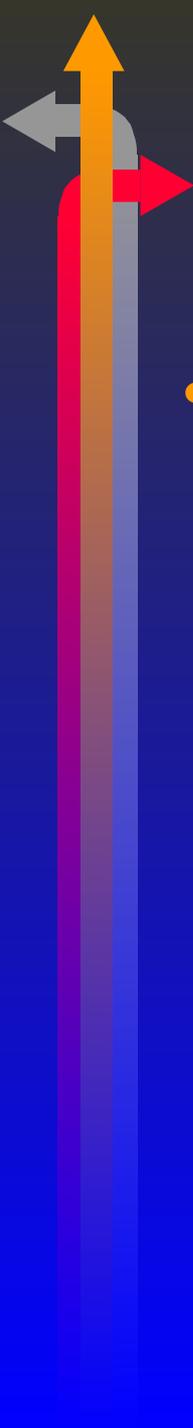
2. Forgiveness

- b. People's Forgiveness – people need to forgive one another, just as God has forgiven them (Eph. 4:32)
 - i. The one who commits the sin – He needs to go to the one sinned against, confess what he did, his desire to repent, and his need for forgiveness (taking full responsibility, not making excuses, not blame-shifting, etc). He should then ask the offended person for forgiveness.
 - ii. The one who is sinned against – He has a responsibility to not respond sinfully to the offense, but to treat the person graciously and kindly, with an attitude of forgiveness (Mark 11:25, Luke 23:34, Matt. 6:12-15). He also has a responsibility to grant forgiveness to the one who committed the sin when he comes in confession (Luke 17:3). It may also be necessary for the one sinned against to go to the offender to show him his sin, such that he might repent and be forgiven (Matt. 18:15, Luke 17:3).



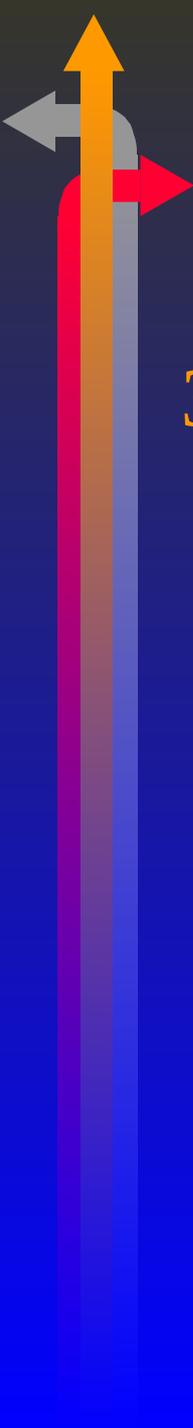
F. Essential Concepts in the Change Process

- Supplemental Notes:
 - The 7 A's of Confession
 1. Address everyone involved.
 2. Avoid “if,” “but,” and “maybe.”
 3. Admit specifically (both attitude and action)
 4. Acknowledge the hurt.
 5. Accept the consequences.
 6. Alter your behavior.
 7. Ask for forgiveness.



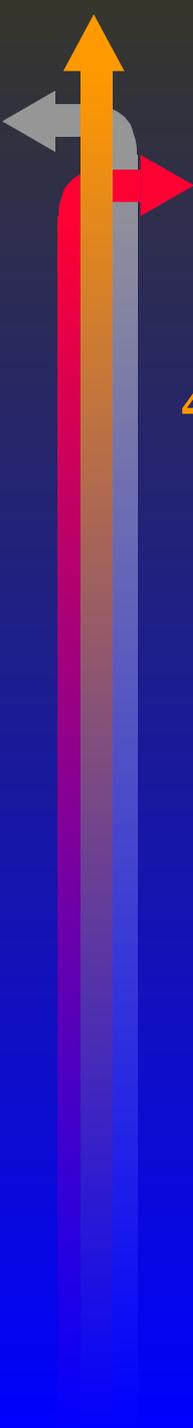
F. Essential Concepts in the Change Process

- Supplemental Notes:
 - The 4 Promises of Forgiveness
 1. I will not dwell on this incident.
 2. I will not bring up this incident again and use it against you.
 3. I will not talk to others about this incident.
 4. I will not allow this incident to stand between us or hinder our personal relationship.



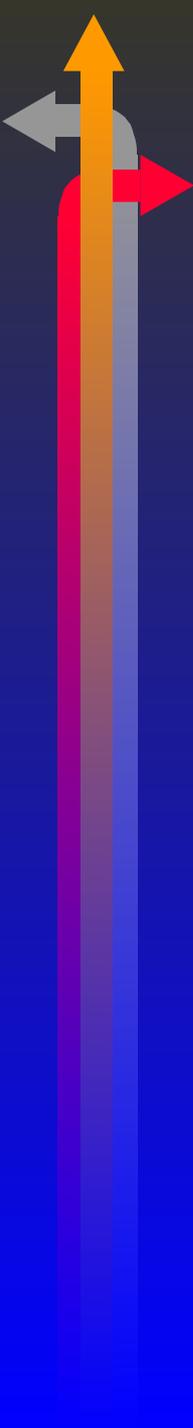
F. Essential Concepts in the Change Process

3. Replacement - real, biblical change must involve both a "putting off" of unrighteous attitudes and sins as well as a "putting on" of righteous, God-honoring attitudes and actions (Ps. 1:1-2, Is. 1:16-17, Rom. 13:14, Eph. 4:22-32, 1 Thes. 5:21-22, Heb. 10:25, James 5:12, 1 Pet. 3:9, 3 John 11)



F. Essential Concepts in the Change Process

4. Renewing the mind - a person changing their mind such that they think biblically
 - a. The natural mind/heart is corrupt, blind, and futile (Rom. 1:28, 2 Cor. 4:4, Eph. 4:17-18)
 - b. At salvation, one's mind is given "a new capacity to be interjected with and controlled by divine thoughts" (1 Cor. 2:14-15, Rom. 1:16, Luke 10:27, Eph. 5:17-18, Col. 3:16)
 - c. One's mind is renewed by continuous study, meditation, and application of Scripture (Col. 3:16, 2 Cor. 10:5)



Homework

- Read ch. 3 in Tripp, and chs. 4-5 in MacArthur
- Memorize 1 Cor. 10:13
- Additional Resources:
 - Listen to the *Foundations of Biblical Counseling* CDs parts 3, 4, & 9 (Worship, The Heart, Reconciliation)
 - Ken Sande, *The Peacemaker*

