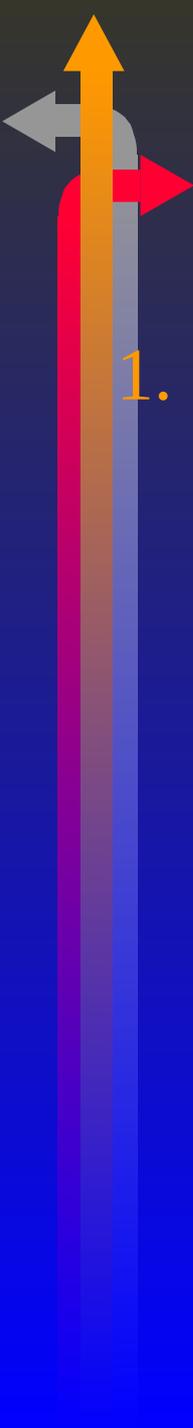


Biblical Counseling

Lesson 4 – The Process of Change -
continued



G. The Progression of Sin

1. James 1:13-15

a. People are tempted by their own lusts

i. Lust = a “ruling” or “governing” desire. It is a desire that has become a demand, something that controls a person

ii. Lusts can be good or bad

iii. Potential lusts include:

- Desire for pleasure
- Desire for money
- Desire for control
- Desire for peace
- Desire to have my own way

iv. Notice the language: “carried away” and “enticed”

b. When lust is conceived, it brings forth sin

i. “conceived” means that the person acts, controlled by and on the basis of, the lust in his heart

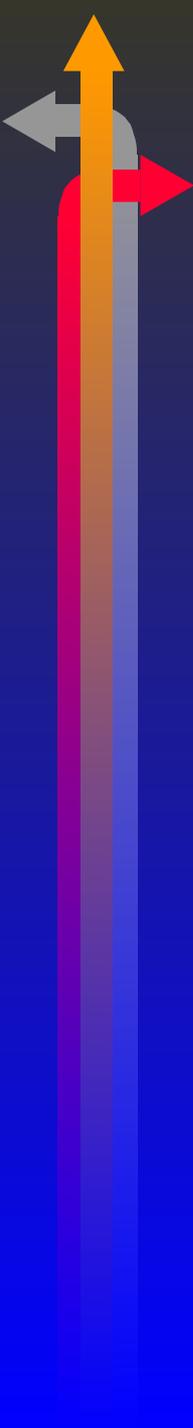
c. When sin is accomplished, it brings death (cf. Rom. 6:23)

G. The Progression of Sin

SIN



Sin comes from a person's lusts

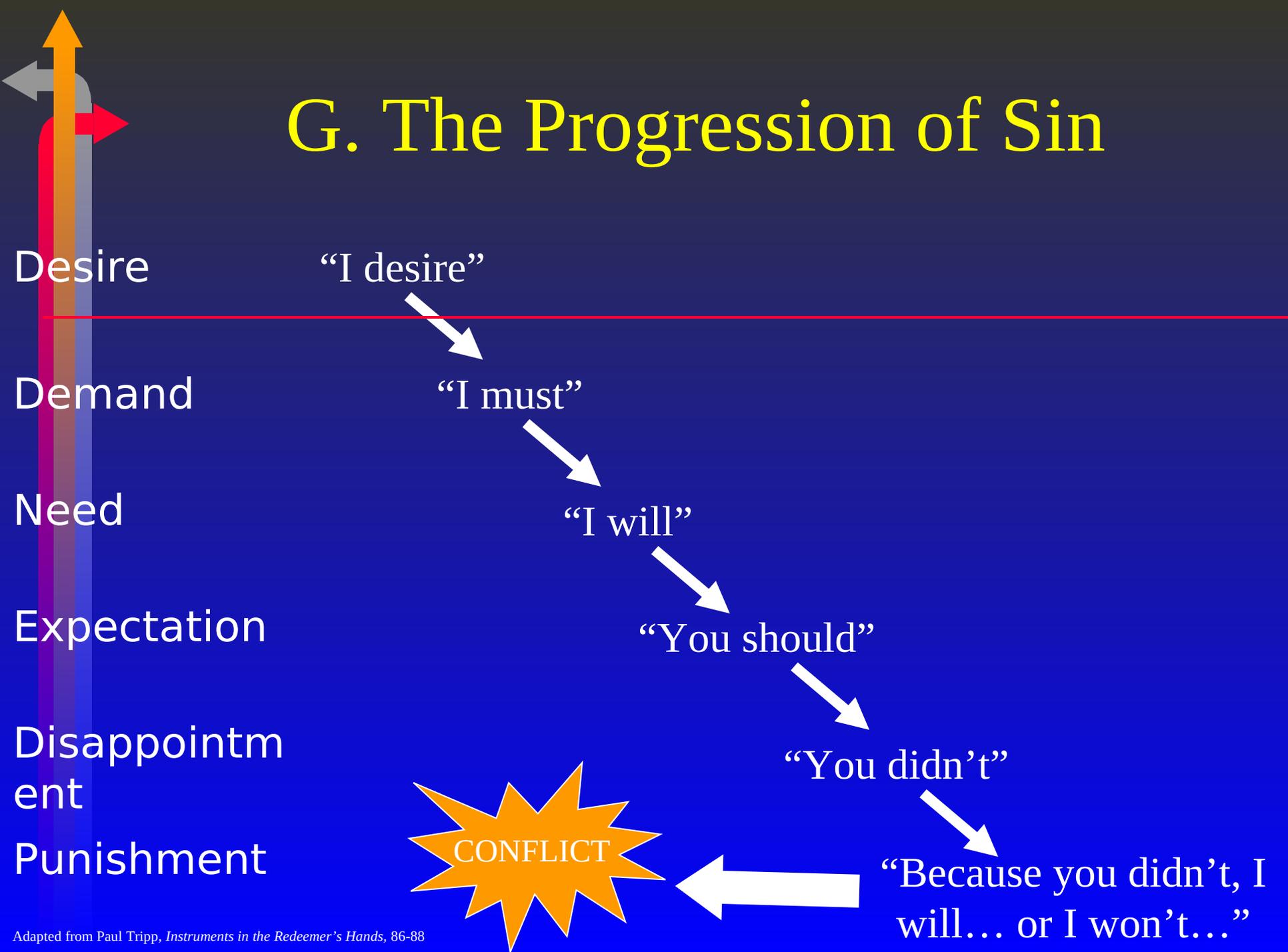


G. The Progression of Sin

2. James 4:1-3

- a. Source of quarrels are “pleasures” that “wage war” in our members (v.1)
 - i. Pleasures = the enjoyment gained from the fulfillment of one’s desires
 - ii. “wage war” is descriptive of the war of desires that goes on inside people
- b. Conflict comes when a person “lusts,” but doesn’t get what they want (v.2)

G. The Progression of Sin



Desire

"I desire"

Demand

"I must"

Need

"I will"

Expectation

"You should"

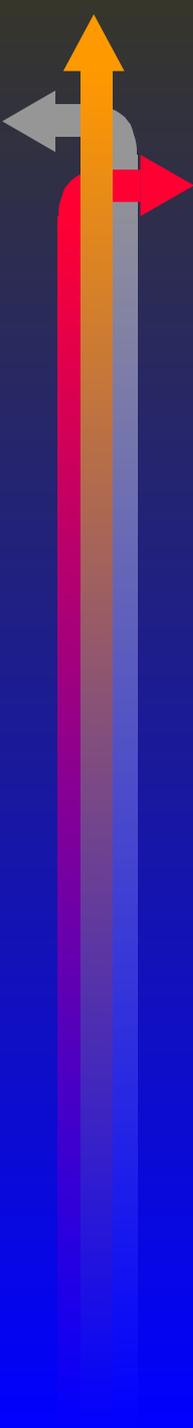
Disappointment

"You didn't"

Punishment

CONFLICT

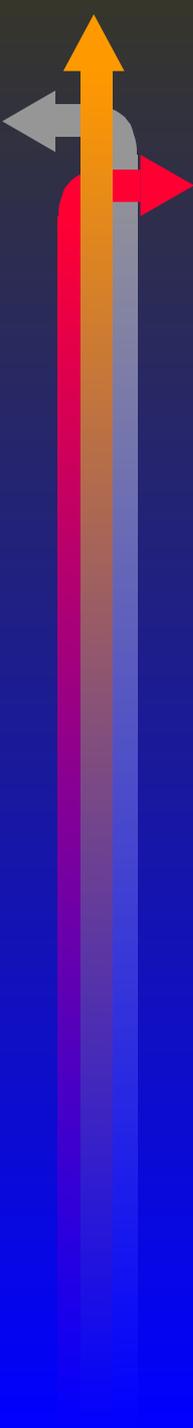
"Because you didn't, I will... or I won't..."



G. The Progression of Sin

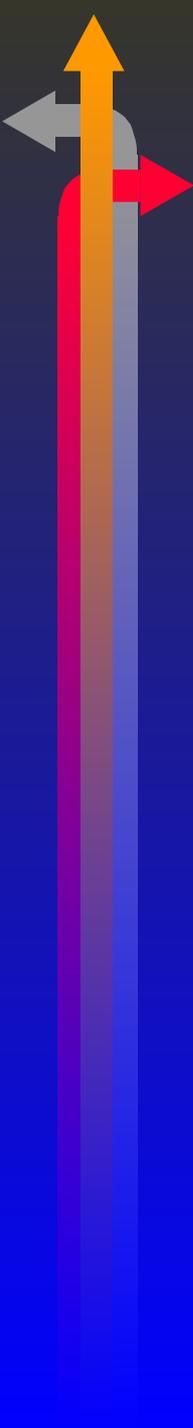
2. James 4:1-3

- c. When a desire becomes a demand, then we know that:
 - i. The person's ultimate desire is not to please God, but to gratify self
 - ii. The thing desired has become an idol, or God-replacement
 - iii. The person is worshipping the creature, instead of the Creator
 - iv. Sin has occurred, and conflict is probably not far away



G. The Progression of Sin

- d. How do you know if a desire has become a lust or demand?
 - i. Q: Am I willing to sin in order to get what I want?
 - ii. Q: Did I sin when I didn't get what I wanted?
- e. Two additional problems:
 - i. People don't get what they want sometimes because they don't ask God (v. 2)
 - ii. People don't get what they ask God for because they ask with selfish, sinful motives (v. 3)



H. The Flesh & the Spirit

1. Galatians 5:16-25

- a. If a believer lives (“walks”) by means of the Spirit, he will not carry out the lusts (“desires”) of the flesh (v. 16)
- b. There is a war going on inside every believer, a war between the Spirit and the flesh (v. 17)
- c. The key to growth is “walking, being led, and living” by means of the Spirit
- d. When a believer walks by means of the Spirit, he changes and produces fruit (vv. 22-23)
- e. The “key” is the crucifixion (putting to death) of the passions and lusts of the flesh (v. 24)

H. The Flesh & the Spirit

1. Galatians 5:16-25



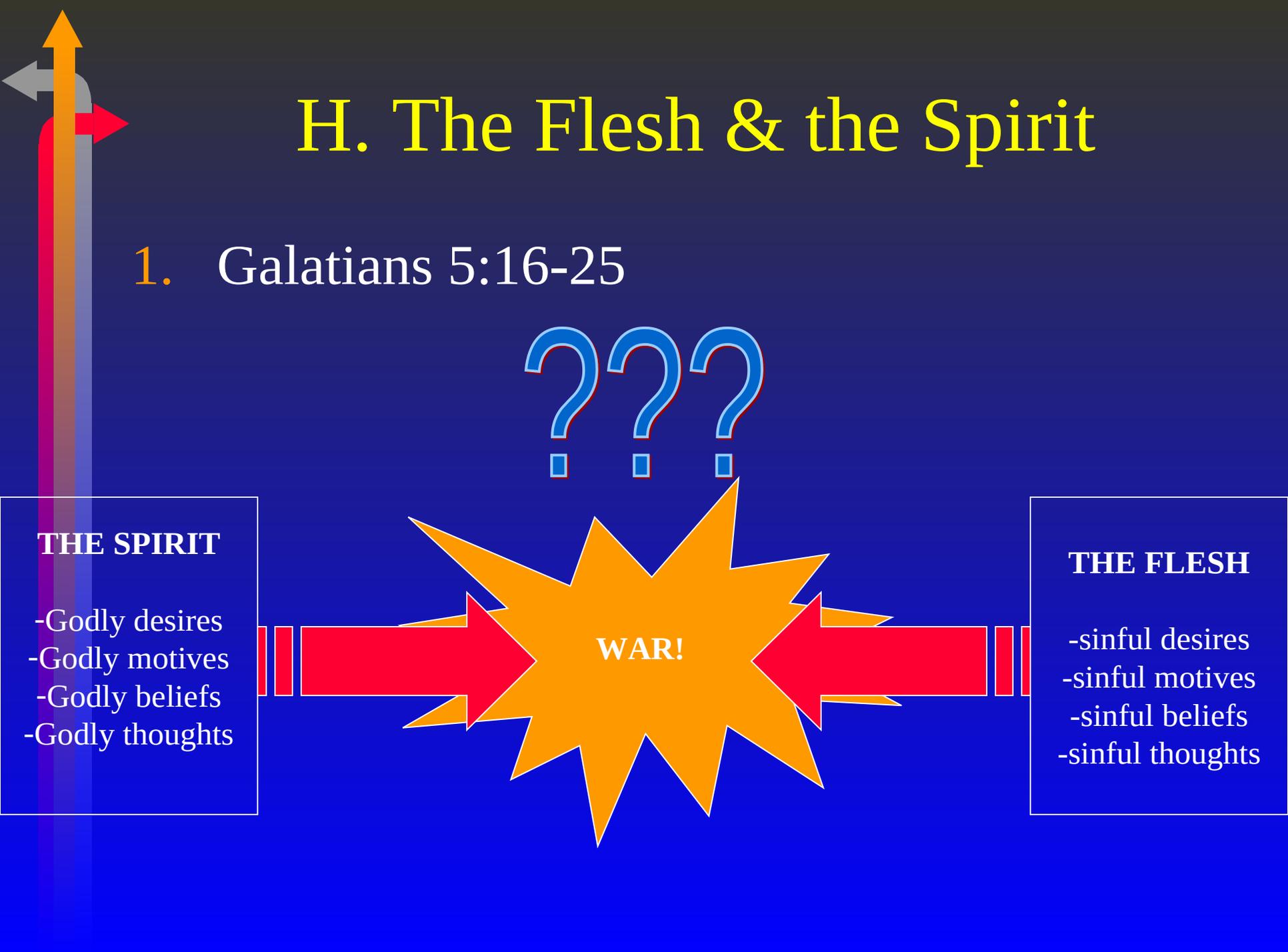
THE SPIRIT

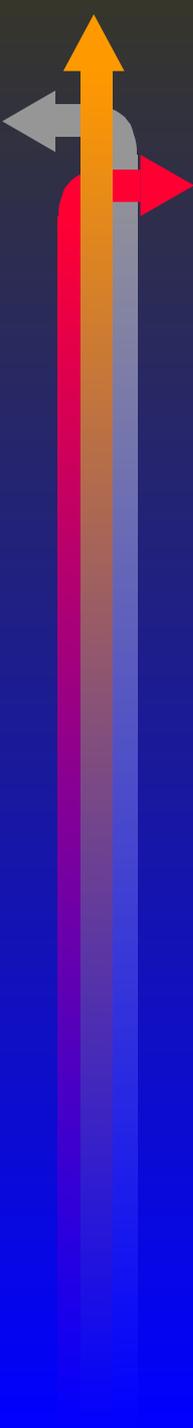
- Godly desires
- Godly motives
- Godly beliefs
- Godly thoughts

WAR!

THE FLESH

- sinful desires
- sinful motives
- sinful beliefs
- sinful thoughts

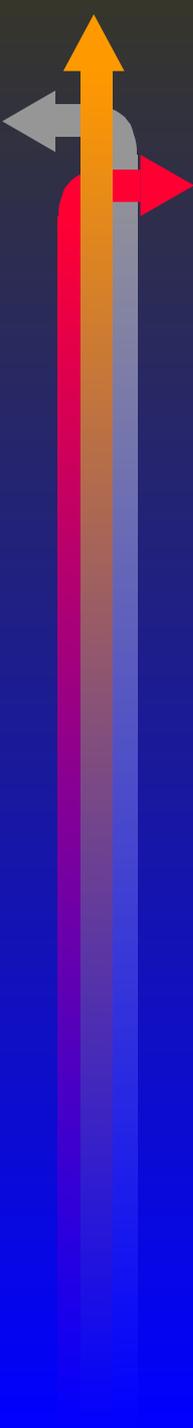




H. The Flesh & the Spirit

2. Ephesians 5:18, Colossians 3:16

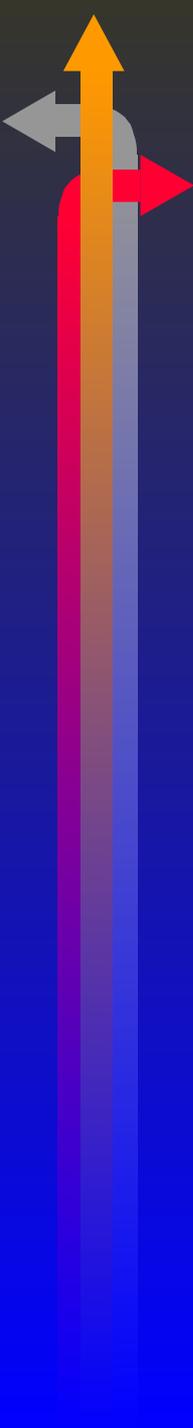
- a. Believers should seek to be “filled with the Holy Spirit” (Eph. 5:18)
- b. Believers pursue being filled with the Spirit by letting the Word of Christ dwell in them richly (Col. 3:16)
- c. The work of the Holy Spirit in the believer and the believer’s use of the Word of God are always connected (Eph. 6:17, Heb. 4:12, 2 Thes. 2:13, John 17:17)
- d. The believer walks by means of the Spirit through the instrument of the Word of God



I. Crucifying the Flesh, Walking in the Spirit

1. Romans 12:1-2

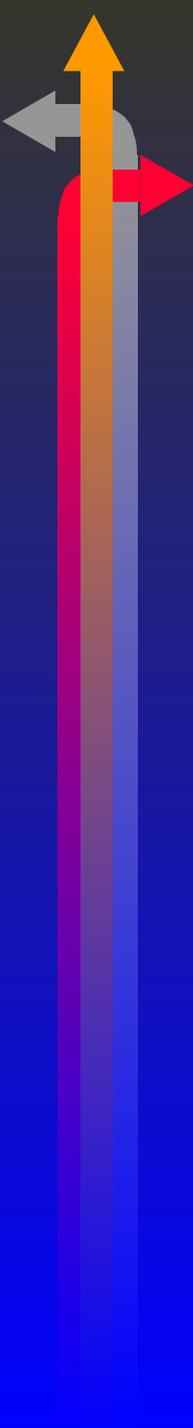
- a. Believers seek to live by the Spirit by presenting their lives (“bodies”) as a living sacrifice to God as an act of worship (v. 1, cf. 1 Cor. 6:19-20)
- b. This is accomplished by (v. 2):
 - i. Putting off (repenting of) conformity to the world (the desires, beliefs, ways of the world – 1 John 2:15-17)
 - ii. Being transformed (changed) by using the Scripture to renew the desires, thoughts, and beliefs of the mind/heart



I. Crucifying the Flesh, Walking in the Spirit

2. Ephesians 4:22-24

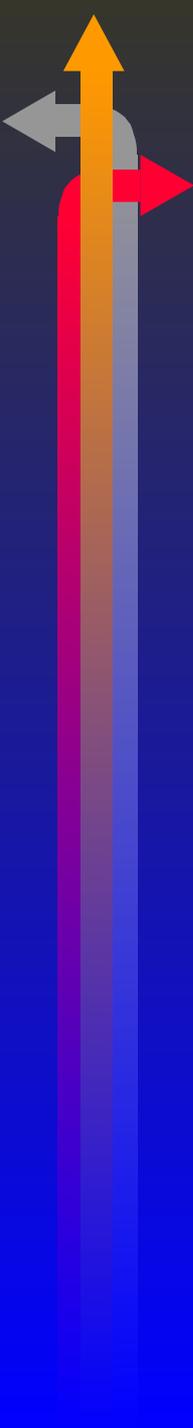
- a. Believers should put-off (repent of) the old self (sinful desires, motives, thoughts, beliefs) - (v. 22)
- b. Believers should be changed in their minds/hearts by the Scripture (v. 23)
- c. Believers should put-on (replace) the old self with the new self (biblical desires, motives, thoughts, beliefs) which are in conformity with God: righteousness, holiness and truth (v. 24)



I. Crucifying the Flesh, Walking in the Spirit

2. Ephesians 4:22-24

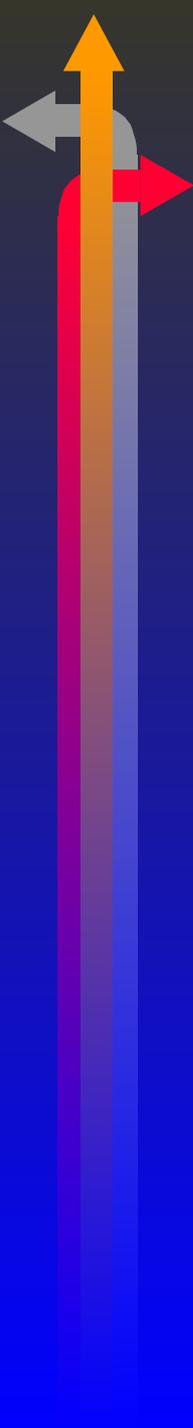
- d. Both this verse and Rom. 12:1-2 point to the importance of renewing the mind. Renewing the mind means that a person's beliefs and thoughts are changed to reflect Scripture

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I. Crucifying the Flesh, Walking in the Spirit

2. Ephesians 4:22-24

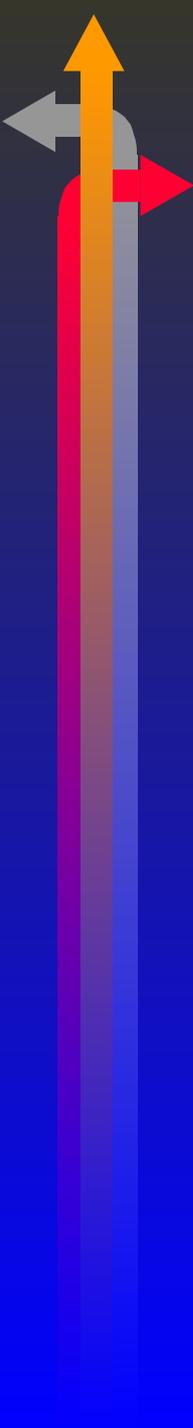
| PUT-OFF | PUT-ON |
|----------------------|---------------------------|
| Lying | Truthfulness |
| Stealing | Honest labor / Giving |
| Unwholesome words | Edifying words |
| Anger, etc. | Kindness & forgiveness |



I. Crucifying the Flesh, Walking in the Spirit

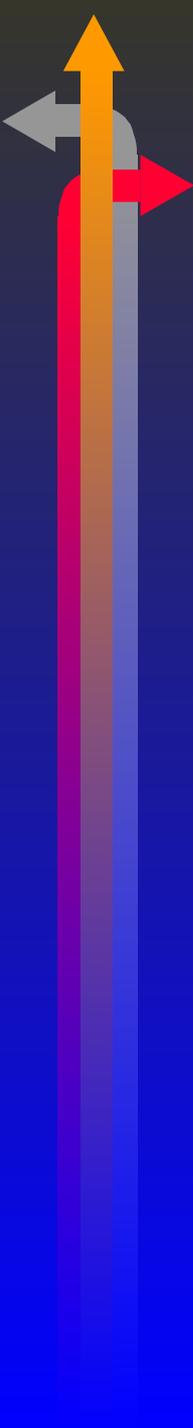
2. Ephesians 4:22-24

| PUT-OFF | PUT-ON |
|----------------|---------------|
| Pride | Humility |
| Anger | Gentleness |
| Selfishness | Selflessness |
| Intolerance | Forbearance |
| Factitiousness | Peacemaking |
| Impatience | Patience |



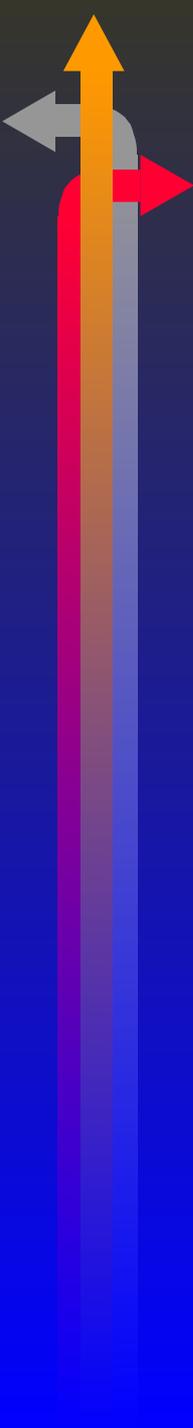
J. Common Heart Issues

1. Pride – an attitude that assumes the status and position of God and refuses to acknowledge dependence on Him
2. Selfishness – a focus on and desire to please self instead of a focus on and a desire to please God
3. Test:
 - a. Sexual lust?
 - b. Anger?
 - c. Disobedience to authority?
 - d. Worry?
 - e. Greed & envy?



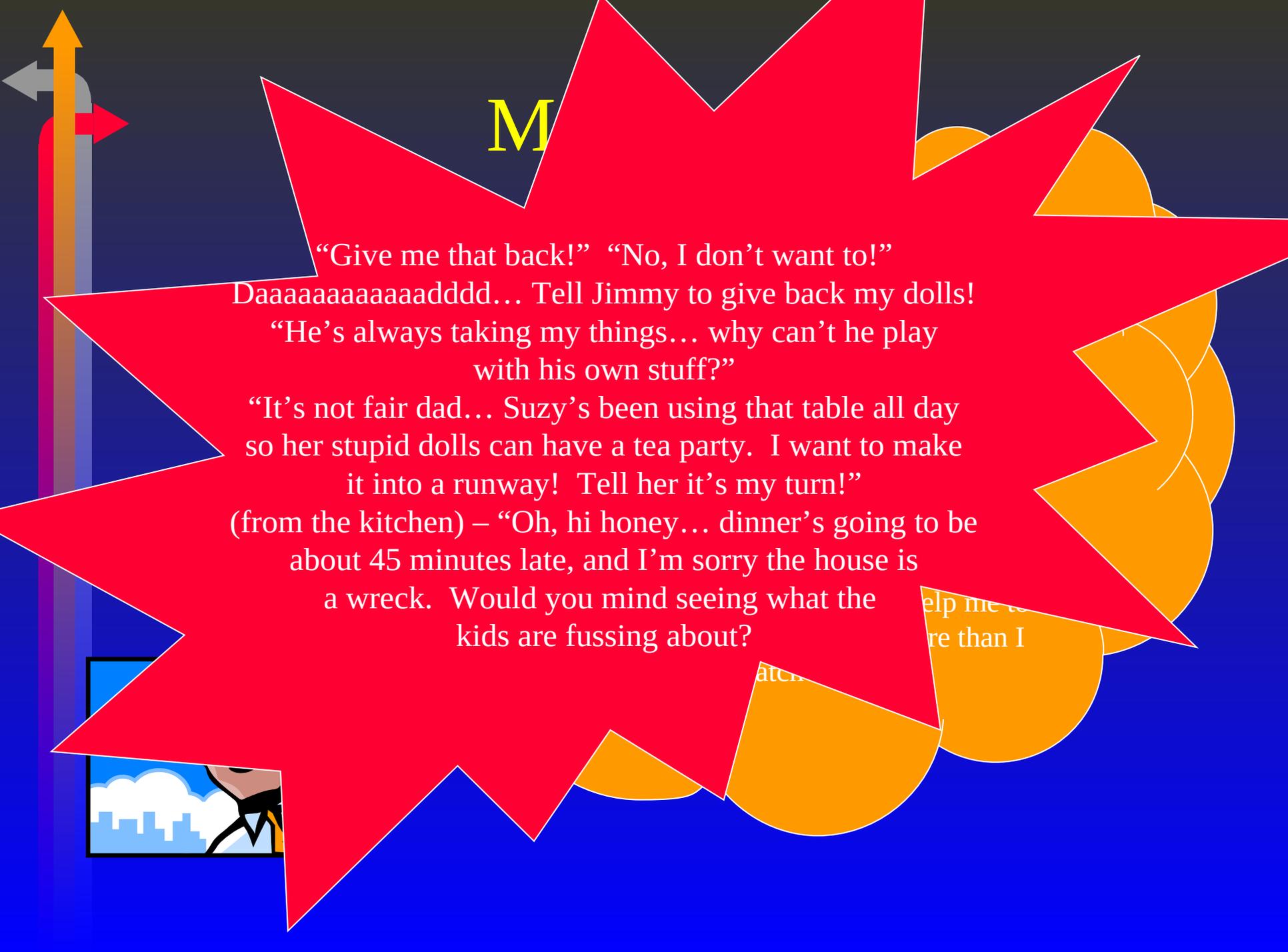
K. Common Excuses

1. “I can’t, the temptation is too strong” – Rom. 6:6ff, 1 Cor. 10:13
2. “I thought that God just made change happen. I shouldn’t have to work at it!” – 1 Tim. 4:7
3. “Why is God letting me go through all this?” – Rom. 8:28-29
4. “My circumstances are the real problem, not me!” – Phil. 4:11-13



L. Put It All Together

1. Motives - Please God or please self?
2. Desires – Godly desires or sinful lusts?
3. Worship – God or idols?
4. Beliefs & Thoughts – Biblical & true, or unbiblical & false?
5. Dependence – God or self?
6. Process – put-off, renew, put-on



M

“Give me that back!” “No, I don’t want to!”

Daaaaaaaaaaaaadddd... Tell Jimmy to give back my dolls!

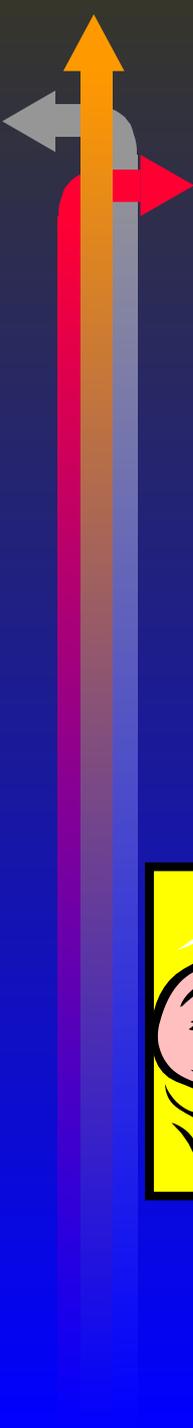
“He’s always taking my things... why can’t he play with his own stuff?”

“It’s not fair dad... Suzy’s been using that table all day so her stupid dolls can have a tea party. I want to make it into a runway! Tell her it’s my turn!”

(from the kitchen) – “Oh, hi honey... dinner’s going to be about 45 minutes late, and I’m sorry the house is a wreck. Would you mind seeing what the kids are fussing about?”

help me to
re than I

atch



Father, I confess that I am thinking only about myself instead of you. I am lusting after the approval of others, instead of seeking to please you. Please forgive me. Would you help me to seek to please you, not others. And will you help me to learn to serve and love others, rather than being controlled by their opinion of me. Help me to love and serve them regardless of what they think of me.

Homework

