

Class #1: Theological Foundation of Scripture

Understanding our Weapon: The Word of God

January 6, 2019, Mike Rice teaching

I. The Reason we go to Scripture for Guidance

Job 12:13 *"With Him are wisdom and might; To Him belong **counsel** and understanding."*

Isaiah 9:6 says, *"For a child will be born to us, a son will be given to us; And the government will rest on His shoulders; And His name will be called **Wonderful Counselor**, Mighty God, Eternal Father, Prince of Peace."*

II. Sources of Counsel

A. The Creator Counselor

Genesis 1:28, God said man was to be:
fruitful [be productive],
multiply [become many],
fill the earth [accomplish this over the whole earth],
subdue [bring it under rule - work] the earth,
rule [dominate] over the fish, birds, and every living thing.

Genesis 2:15, God puts man in the garden to:
cultivate (to work or to till the land - subduing) and
keep it (watch, exercise great care over).
God gave man a purpose, responsibility, work for which he was to perform.

Genesis 2:19, God counseled man to name all the animals.
From the beginning we see the counsel of God toward man. Man needs God's counsel in order to live.

Man was not provided complete understanding or knowledge even in a perfect state. Man relied on God for direction and purpose. This is how man was made. He was perfect but relied upon God for living and giving God glory.

Revelation 4:11, "Worthy are You, our Lord and our God, to receive glory and honor and power; for You created all things, and because of Your will they existed, and were created."
God created man to depend on Him.

Job 12:10, "In whose hand is the life of every living thing, And the breath of all mankind?"

During this time in Genesis everything functioned as God had intended. There was not any confusion, misunderstanding, or strife since while man was heeding God's counsel.

B. The Deceptive Counselor

Genesis 3:1, We see the counsel of Satan.

The counsel from Satan puts man in control of what he wants to do.

Since the beginning of time there has been God's counsel which is true and profitable, and Satan or man's counsel which is deceptive and self-centered.

One leads to joy and life the other leads to misery and death.

II. Where Do We Get God's Counsel?

Unlike being in the garden we do not receive God's counsel through audible means. God has chosen to communicate to us through His written word.

God's word is referred to throughout as counsel and testimony.

*Psalm 119:24, Your **testimonies** also are my delight; They are my **counselors**.*

*Isaiah 28:29, This also comes from the LORD of hosts, Who has made His **counsel** wonderful and His wisdom great.*

*Proverbs 19:21, Many plans are in a man's heart, But the **counsel** of the LORD will stand.*

Deuteronomy contains sermons of Moses. He preaches that Israel is to obey the commands of God. There is great reward in obedience.

Deuteronomy 6:1 – 2, "Now this is the commandment, the statutes and the judgments which the LORD your God has commanded *me* to teach you, that you might **do** *them* in the land where you are going over to possess it, so that you and your son and your grandson might **fear** the LORD your God, to **keep** all His statutes and His commandments which I command you, all the days of your life, and that your days may be prolonged.

Joshua 1:1-9 Joshua's Job Description

Joshua's job:

Vs. 2

Vs. 6

Keys to his success:

Vs. 5, 9

Vs. 6, 7, 9

Vs. 7, 8

As a result he would:

and

How important is it that men be saturated with Word of God?

Uzziah was king at the age of 16 and reigned 52 years.

2 Chronicles 26:5 "He [Uzziah] continued to seek God in the days of Zechariah, who had understanding through the vision [or fear] of God; **and as long as he sought** Yahweh, God prospered him."

Vs 16 His downfall:

*"But when he became strong, **his heart was so proud that he acted corruptly**, and he was unfaithful to the Lord his God, for he entered the temple of the Lord to burn incense on the altar of incense."*
Saul was another king who did not heed the counsel of God and the results are disastrous.

1 Chronicles 10:13 – 14, *"So Saul died for his trespass which he committed against the LORD, because of the word of the LORD which **he did not keep**; and also because he asked **counsel** of a medium, making inquiry of it, and did not inquire of the LORD. Therefore He killed him and turned the kingdom to David the son of Jesse."*

We have people who put man's thinking (psychology) and theology (God's truth) together.

Psychology is defined by Webster as, *"the study of mind and behavior in relation to a particular field of knowledge or activity."*

Psychology is created by man.

Theology is defined by Webster as: *"the study of God and of God's relation to the world."*

Where do we find God but in the Scriptures written by God.

Those that put these two together are called integrationist.

The problem their thinking.

1. They say that all truth is God's truth. We would agree with that.
2. They also say that man can discover moral truth. We would disagree on that.

Moral truth is revealed in Scripture not discovered.

Jeremiah 17:9, "The **heart** is more **deceitful** than all else And is **desperately sick**; Who can understand it?"

How is man's heart described?

Deceitful –

Desperately sick -

Do you really want to trust in one's own heart?

III. What Does God Say About His Word?

Luther said, "The Scripture is the only fountain of all wisdom".

READ Psalm 19:7 – 11

Vs 7 – The law is:

perfect –

Result:

The Testimony:

sure –

Result:

Vs 8 – God's precepts are –

right:

Results:

God's commandment is –

pure:

Results:

Vs 9 – Fear of God –

clean:

Results:

God's judgments are –

true:

Results:

IV. Scripture is Enough

Scripture teaches us that God's Word is:

1. Inerrant – Without errors (Psalm 19:7, Matthew 5:18)
2. Inspired – God breathed (II Timothy 3:16)
3. Infallible – It is true, does mislead nor does it deceive (Psalm 119:1, John 17:17)
4. Authoritative – It is God, the creator of man, speaking to man (Psalm 138:2, II Peter 1:21)
5. Sufficient – Is all that is needed. (II Corinthians 9:8, II Timothy 3:17, II Peter 1:3 – 4)

Read II Peter 1:3 – 4

Vs. 3 Our Lord Jesus has granted to us everything we need to live a life that glorifies Him.

"has granted"

Jesus has granted – past tense that is continuous not a one shot deal.

What has He granted?

"everything pertaining to life and godliness"

We do not need anything more.

What does "everything" consist?

1. Salvation – am no longer an enemy.

Romans 5:10, " For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life."

2. His Holy Spirit – helper

John 14:16 – 17, "I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you."

3. His Word – teaching, reproof, correction, training

*II Timothy 3:16, "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; vs. 17 so that the man of God may be adequate, equipped for **every** good work."*

The Bible is all we need in order to respond to life's difficulties and challenges. As a result we will glorify the Wonderful Counselor.

Class #2: Theological Foundation of Anthropology

A biblical understanding of Man, the heart & the Person

Sunday, January 13, 2019 | Geoff Kirkland

I. Introduction:

EVERYONE, *and every counselor in particular*, is an anthropologist. An anthropologist studies the nature, origin, and destiny of mankind.

--Elyse Fitzpatrick

II. Secular view of Anthropology

Some basic tenets of **modern psychology** (and Sigmund Freud — father of modern psychology) include the following:

- Human nature is basically good
- People have the answers to their problems inside them.
- The key to understanding and correcting a person's attitudes and actions lies somewhere in the *past*.
- Individuals' problems are the result of what someone else has done to them.
- Human problems can be purely psychological in nature -- *unrelated* to any spiritual or physical condition.
- Deep seated problems can be solved *only* by professional counselors using therapy
 - ➔ **Mark it:** ALL of these are directly opposite & outright contradictory of what Scripture teaches.

There are 4 sources that men attain knowledge:

1. revelation (from God) - general revelation (=creation); special revelation (=elect)
2. empiricism (discovery by human studies) — scientific methods
3. reason — theories produced by reason
4. intuition — practical experience — subjectivity, mysticism, cannot be trusted

III. The Make-up of Man

Man is a creature with both *body and soul*. A physical & a spiritual element of man.

Theologians call this two-fold nature of man: Dichotomy -- man's makeup is **twofold** -- physical & spiritual. Man has a body + a soul. Physical & spiritual.

Gen 2:7 - man became a living *soul* (cf. 1 Cor 15:45)

Matt 10:28 - fear Him who...kills *both body and soul* in hell (1 Thes 5:23; Matt 22:37)

❖ **BODY / SOUL interconnectedness** — Consider, in Psalm 32 we see where David harbors sin to the effect of his own *physiology* being influenced (v. 3). We see Elijah face great *physiological* trials and the corresponding effects that had on his *inner* man (1 Kings 19:4). We see Paul describe an *external* deterioration, yet an *internal* maturation (2 Cor. 4:16). Our **bodies** and our **souls** are intimately connected, or as Anthony Hoekema would say, we are a “*psychosomatic unity*.”

So, in ALL *biblical counseling & soul-care with others*, your focus in counseling should be that which gives prominence to the *soul* in sin/sanctification responses.

A biblical anthropology suggests that man is not only his *body* **but is his soul and body**. If we are going to be a help to those facing real life struggles, we must be counselors who espouse a *biblical anthropology*. Biological (physical) focuses alone will *not* be adequate in counseling others simply because we are people made in God's image with the makeup of *both* body & soul.

This is what biblical counselors refer to when we speak of man as a *psychosomatic being*.

IV. Your Methodology in Counseling : Some Foundations

YOUR ANTHROPOLOGY AND YOUR METHODOLOGY ARE INSEPARABLE!!!

3 aspects of anthropology that we **MUST** understand & embrace...

1. All men are made in God's image (Gen 1.27)
2. All men are worshipers. (Rom 1.25)
3. All actions overflow from the heart (Prov 4.23)

Contrast the above three statements with the these worldly counterparts (below):

• **Freudian psychology** - man is an evolutionary animal; responsibility for suffering, harm, evil is NOT man's.

• **Behaviorism therapies** — responsibility for suffering, pain, loss, evil is NOT man's; his environment has conditioned him to be the way he is.

• **Rational emotive theory** — man is the victim of flawed irrational beliefs about himself; not responsible for evil.

Reminder!

What Is Biblical Counseling?

- Biblical counseling discerns desires, thinking, and behavior that God wants to change.
- Biblical counseling uses God's Word, by the Holy Spirit, to change desires, thinking, and behavior.
- Biblical counseling seeks the sanctification of the Christian (into Christ-likeness) for the glory of God.

To put it simply, nouthetic counseling consists of lovingly confronting people out of deep concern in order to help them make those changes that God requires. --Jay Adams

V. Outline of study on Anthropology: A Biblical View of "Man" / the "Heart"

For the purposes of counseling, we ask: *what's the problem? What went wrong?*

The HEART (Gen 6:5; Heb 3:10; Jer 17:9-10).

Man functions out of the "overflow" of his heart (Luke 6:43-45; Prov 4:23; 23:7; Matt 12:34)

1. the location = the heart
2. the occupation = worship
3. the frustration = idolatry/lust
4. the regeneration = the change of heart (no rehab)
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6. the glorification = Christ's return

1. the Location = the heart (Gen 6.5; Prov 4.23; Mark 7.20-23; 1 Sam 16.7; Psalm 111.1; Prov 23.7)

- THE BIBLE REVEALS THAT THE **heart** IS THE PRIMARY TARGET AS WE SEEK GOD GLORIFYING, CHRIST EXALTING CHANGE! We don't want to just seek superficial or external changes. We want to help lead a counselee to have new tastes and new desires. Now why is it God glorifying and Christ exalting? Because it is only through the gospel of Christ's death on our behalf and his resurrection that we can even have any hope to change. And ultimately, we are totally depending on God to change us. So that if change does take place? We can be sure of its source and give him all the glory.

❖ **The heart is the target!**

- **Definition of "The Heart" --**

- By this, we are not referring to our physical heart that pumps blood through our bodies, but to our *spiritual heart*. The heart is the **central** or most **core** part of who we are. In several places in Scripture, the Hebrew or Greek words for heart describe "being at the center of something" (Jonah 2:3; Matt 12:40; Ex 15:8).
- Or another way to describe our hearts is our *inner person*. "Scripture often divides human beings into two parts, the **outer** and **inner** being. The outer person is your physical self; the inner person is your spiritual self (Eph. 3:16). When the biblical authors want to describe our inner being, it uses the term heart."
 - The Bible talks about the *inner man* and the *outer man* (Eph 4:22-24; 2 Cor 4:16; Eph 3:16)
- We come to know humanity's deepest struggles by looking at their hearts.

• Think of it like this: **the heart is** — the mission control center; the center-point of your being; the cockpit of your life; what you live for, love, need; your hard drive; it's the *real you*; that is, your heart is 'who you really are.'

- **Proverbs 4:23 —**

- This verse shows the importance of the heart — the inner you. It refers to all one thinks, decides, plans, does and says flows like streams from one common **source** = the heart.
- This is why one must keep his heart true to God's Word, pure and unpolluted by the world's poisonous springs. [see Matt 12:34; 15:18-19; Mark 7:21; Luke 6:45!]
- Jesus referred to the heart as the BASIC SOURCE OF ONE'S LIFE. So, What your HEART is like is what *YOU* are like. So you must guard your heart with ALL diligence!
- We begin to see the central importance of the heart when we look at verses like Proverbs 4:23. Just as a well spring is a source of water, (and water was a crucial commodity for daily living and survival) so also the heart was the source or fountain from which our life springs forth. **Solomon wants his son to protect his heart because his heart is the fountainhead from which life springs forth.**
- The heart is an all-encompassing term. The different parts of a biblical anthropology—the mind, the will, the emotions, the spirit/soul—are all parts of or functions of the biblical heart. These are not all separate entities, describing something different from the heart. Rather, they are all aspects of or parts of our biblical heart.
 - So again: Christians understand that the heart is the "*real*" you. It is the essential core of who you are. Solomon writes, "As water reflects a face, so a man's heart reflects the man" (Proverbs 27:19). Much like water that reflects back the image of one's face, to really get to know someone (their character and who they are), you need to know their heart. (Consider also: Matt 9:3-4 - their thoughts *spring from their hearts*; cf. Lk 9:47).

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2. the Occupation = worship (Jer 2.13; Matt 12.34; Rom 6.16; Matt 6.21)

- **The problem?** Why do we do what we do? Our hearts are greatly sinful (Jer 17:9)

- **The IDOL FACTORY OF THE HEART**
 - GET THIS, UNDERSTAND IT, MARK IT DOWN: ETCH THIS IN THE STONE OF YOUR SOUL. The issue is this: Who or what are we **worshipping**? We are never worship neutral. We have a **worship disorder**.

 - Now, your “heart” is not *basically* good – even as a *Christian* you still struggle with unruly wants, sinful desires, wrong drives, “needs”, sinful passions, misplaced expectations, “remnant sin” [see John’s last plea: 1 John 5:21; cf 1 Cor 10:14]
 - Your “heart” is alive, not empty or passive; as believers, *we can still stray* in our hearts & *want things* more than God (fall into idolatrous patterns). We must repent.

- **Turn to Ezekiel 14.** It makes this clear for us as there is no reference to a particular object and that the “idol” actually resides *in* our heart [the problem is *WITHIN* us; internal; inside]!
- God’s solution for sinful man -- Ezekiel 14:1-7 — repent of your heart-idols!
- So, are we in danger of worshipping idols, like the Israelites? Calvin once said that the human heart is an **idol factory**. What he is getting at is that our hearts are constantly churning out new idols.
 - As Christians, God is to be our first and foremost priority in all things. ***Idols are anything that stands in the place of God.*** Any good gift that God has given us—money, work, relationships, material possession, plans, hopes, and dreams—any of these things can be turned into an idol. A good thing can become an idol [longing for marriage, kids].

- Everything in life has its own proper “weight” and influence on our life. **But -- idols are things that have grown to a place where they have too much influence.** Idols are dangerous because they can control our life, and more specifically, can control our hearts.

❖ **A GOOD THING >> THAT BECOMES A GOD THING >> IS A SINFUL THING.**

- Did you notice the phrase in Ezekiel 14:7 — “put a wicked stumbling block before their faces.” Idols are also blinding. They blind us from seeing that they exist. And they blind us as we make decisions, set our priorities, speak to others. Be on guard from *heart-idols!*
- **Psalm 135:15-19** — IDOLATRY DEADENS YOUR SPIRITUAL SENSES (makes you foolish)
 - So, here, Psalm 135 shows us that the active worship and pursuit of our idols actually deaden our spiritual senses. Parsing out the influence of idols in our heart can be one of the single most important things you do to help those who you are ministering to.

So what do you do as a believer (or what must your friend/counselee do)?

- Just like any other form of sin, a believer can and should not tolerate the idolatry in his or her life, but should **repent** of it and turn yet again to Christ & forsake the idol.
 - And yet, some idolatry is so well-ingrained in a person's life, there will be an *on-going* battle to fight it off and reduce its influence [lust for control, acceptance, power, respect].
 - **But we can't repent like God calls the people to do in Ezekiel 14:6 of what we are oblivious to and that is where you as the Christian counselor comes in.**
- ❖ **Proverbs 20:5 - a plan in the heart of man is like deep water; but a man of understanding draws it out!**

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3. the Frustration = idolatry/lust (1 Kings 11.4; Ezek 14.11; Rom 1.25)

“An idol of the heart is anything that rules me other than God. As worshiping beings, human beings always worship someone or something. This is not a situation where some people worship and some people don't. If God isn't ruling my heart, someone or something will. It is the way we were made.” (Paul Tripp – *Instruments in the Redeemer's Hands*)

- **So then, DIAGNOSING & UNDERSTANDING YOUR HEART.** How do we know what is going on inside of our hearts?

- Ideally, at least from our limited vantage point, we would have a spiritual x-ray machine that could show us the root of someone's struggle. Or short of that, at least a chart that shows us that if you see X fruit, then you know that the root is Y.
 - But - how do you figure it out? **How do you excavate the depths and lower layers and unseen habitation of someone's heart?**

❖ **Luke 6:44-45 -- excavating the deep recesses of your heart**

- Luke 6:44-45 teaches that you can learn a lot about a person by watching the "fruit" of their life. While you can learn a lot by watching their life, another way to "see" and "know" a person's heart is to draw them out with questions. Solomon writes in Proverbs 20:5, "The purposes of a man's heart are deep waters, but a man of understanding draws them out."

1. EXAMINE FRUIT OF ONE'S LIFE [*facts, what happened*] Luke 6:44-45
2. ASK QUESTIONS OF ONE'S HEART [*motives, what are you wanting/desiring*] Pr 20.5

- Am I wanting or desiring something that God does not want or desire
- Wanting something that God wants or desires but wanting it so much that one becomes ungodly to get it or ungodly if they don't
- Being controlled by expectations and becoming ungodly in thought, word, or deed when the expectation is not realized
- Perceiving a deserved right and following through with ungodly thoughts, words, and actions to try to get it when that right is denied
- Believing in something, a standard or rule, that is not of God and that leads to ungodly practice
- Having a mindset that is against the truth of God's Word, that leads to ungodliness in thoughts, words, and actions

- **CASE STUDY #1:** consider an example of a Christian who battles with the sin of lying. You can start by asking fact finding questions to understand the circumstances that surround the sin—When did this problem start? How often do you lie to others? In what situations are you more likely to say a lie?
 - But to go deeper, you have to ask more **penetrating** — heart probing — questions such as: What are you trying to cover up by your lying? What self-centered motives make you lie to others? What's the "pay-off" for lying and do you really think it is worth it? How do you plan to give an account to God when you have to explain your lying habits?
 - what do you really want?
 - why do you do what you do?
 - what do you really desire for an outcome?
 - what are you covering up?
 - what do you really fear if the truth were revealed? what are you afraid of?

- From David Powlison, *EIGHT ANALYTICAL QUESTIONS TO PROBE THE HEART*
 1. What is your situation?
 2. How are you reacting? (Behavior? Thought? Emotions?)
 3. What do you expect, demand, crave, or believe? (Motives?)
 4. What are the consequences?
 5. What does God reveal in His Word that's relevant to you and your situation?
 6. What beliefs and desires *should* rule you? Turn to God and His Word for help! (Inverse of question #3)
 7. What should you do now in this situation? Now do it! (Inverse of question #2)
 8. What are the consequences?

“A god is that which we look for all good and in which we find refuge in every time of need. To have a god is nothing else than to trust and believe him with our whole heart. As I have often said, the trust and faith of the heart alone make both God and an idol... That to which our heart clings and entrusts itself is, I say, really your God.”

— Martin Luther

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4. the Regeneration=the change of heart (not rehabilitation, behavior modification) (Ezek 36; Titus 3.5)

- Hear this reality! Changing the environment, behavior, externals or feelings will not bring about *lasting*, God-honoring change.
- **God wants HEART CHANGE.**
 - Again, the goal is not just changing the circumstance, environment, or situation or behavior. Simple external change, behavior modification is like putting lipstick on a pig. The nature, desires, and filthiness of the creature hasn't changed on the *inside!*
 - The bible calls us to a deeper, more lasting, an **ALTOGETHER SPIRITUAL CHANGE--in the heart.**
- Romans 6.17 - But thanks be to God that though you were slaves of sin, you became obedient *from the heart* to that form of teaching to which you were committed.
- Ephesians 6.6 - you can DO the will of GOD *FROM THE HEART*.
- 1 Peter 1.22 - you can LOVE ONE ANOTHER *FROM THE HEART*.
- Deut 10.12 - serve the Lord your God with *all your heart*
- Deut 6.5 - you shall love the Lord your God with *all your heart*

- Deut 11.13 - you shall serve the Lord your God with *all your heart*
- Deut 13.3 - you shall love the Lord your God with *all your heart*
- Deut 26.16 - you shall be careful to obey his commandments with *all your heart*
- Deut 30.2 - return to the Lord your God and obey him with *all your heart*

❖ **HOW?**

✓ **Deut 30.6** — the Lord will circumcise your *heart* to love the Lord your God with all your heart!

✓ **Ezek 36:26-27** — “Moreover, **I will** give you *a new heart and put a new spirit* within you; and **I will** remove the heart of stone from your flesh and **I will** give you *a heart of flesh*. **I will** put My Spirit within you and **I will** cause you to walk in My statutes, and you will be careful to observe My ordinances.

MARK IT! Your heart reveals your deepest desires. Be renewed/shaped by Truth!

❖ Psalm 119:10-11, 34, 36, 80, 161 (cf. Rom 12:1-2; 2 Cor 4:16; Eph 4:23; Col 3:10)

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5. the Transformation = sanctification / renewing the mind/heart

- it's a battle/war (1 Tim 1:18; 1 Tim 6:12; 2 Tim 4:7; Eph 4:22; 2 Cor 10.5)
- Rom 8.28-29; 2 Cor 3.18; Gal 4.19; Col 1.17

6. the Glorification = Christ's return (Rom 8.18-25; 30; 1 Cor 15.51-58)

So what can you do?

Meditate frequently upon & memorize these Scriptures on *the heart*:

- Proverbs 4:23
- Proverbs 23:7
- Proverbs 20:5
- Mark 7:21-23
- Luke 6:44-45



Ask yourself: the eight *heart* questions [‘heart-probing-exposers’]

- (1) What are my goals, expectations, or intentions?
- (2) What do I become anxious over or fearful over?
- (3) What makes me happy?
- (4) What motivates me?
- (5) What would I like, possibly more than anything?
- (6) In what situation do I respond in anger?
- (7) What perceived right(s) has been denied?
- (8) What biblical standard or principle permits that thought, word, or action?

Class #3: How People Change

Understanding the process of change & repentance

Sunday, January 20, 2019 | Geoff Kirkland

We think: O how much better life would be if a certain situation or a relationship were different! Meanwhile, God says that what needs change most is *us*! He does not just work to fix situations and relationships; he is intent on rescuing *us* from ourselves. *We* are the focus of his loving, lifelong work of change.

-- Tim Lane, *How People Change*

Review from last week on "The Heart":

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2. the occupation = worship (Rom 1:25)
3. the frustration = idolatry/lust (Ezek 14:1-7; James 4:1-2)
4. **the regeneration = the change of heart (not rehab)**
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1. the Regeneration=the change of heart (not rehabilitation, behavior modification) (Ezek 36; Titus 3.5)

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 - Again, the goal is *NOT* just changing the circumstance, environment, or situation or behavior. Simple external change, behavior modification is like putting lipstick on a pig. The nature, desires, and filthiness of the creature hasn't changed on the *inside*!
 - The bible calls us to a deeper, more lasting, an **ALTOGETHER SPIRITUAL CHANGE**--in the heart.
 - Sanctification, change toward God, is the goal of all Christian counseling (Jay Adams)
- Romans 6.17 - But thanks be to God that though you were slaves of sin, you became obedient *from the heart* to that form of teaching to which you were committed.
- Ephesians 6.6 - you can **DO** the will of **GOD FROM THE HEART**.
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❖HOW?

✓**Deut 30.6** — the Lord will circumcise your *heart* to love the lord your God with all your heart!

✓**Ezek 36:26-27** — “Moreover, **I will** give you *a new heart and put a new spirit* within you; and **I will** remove the heart of stone from your flesh and **I will** give you *a heart of flesh*. **I will** put My Spirit within you and **I will** cause you to walk in My statutes, and you will be careful to observe My ordinances.

MARK IT! Your heart reveals your deepest desires. Be renewed/shaped by Truth!

❖ Psalm 119:10-11, 34, 36, 80, 161 (cf. Rom 12:1-2; 2 Cor 4:16; Eph 4:23; Col 3:10)

Jeremiah 13:23 – can the Ethiopian change his skin?

The point? Change cannot happen apart from God's power.

1. the location = the heart
2. the occupation = worship
3. the frustration = idolatry/lust
4. the regeneration = the change of heart (no rehab)
5. **the transformation = sanctification / renewing the mind/heart**
6. the glorification = Christ's return

2. the Transformation = sanctification / renewing the mind/heart

- it's a battle/war (1 Tim 1:18; 1 Tim 6:12; 2 Tim 4:7; Eph 4.22; 2 Cor 10.5)
- Rom 8.28-29; 2 Cor 3.18; Gal 4.19; Col 1.17

3. the Glorification = Christ's return (Rom 8.18-25; 30; 1 Cor 15.51-58)

I. Introduction: Two Hypothetical Scenarios:

1. The well-intentioned but misinformed counsel of Cliff.

Cliff, a very concerned Christian, has been counseling with Brad, a friend at work, who has confessed homosexual tendencies. Brad isn't a Christian, and cliff has plunged into the counseling process without first confronting him with the GOSPEL.

As Cliff's efforts prove fruitless and even counterproductive, he wonders WHY he is unable to promote any real change.

Cliff's ineffectiveness reflects a problem of *ORDER*. He has gotten things out of sequences in the counseling process. Properly instructed about the process of Counseling as laid out in Scripture, CLIFF would have dealt with Brad much differently, beginning NOT with counseling him on his behavior, but PRE-COUNSELING >> diagnosing his soul. (pre-counseling = evangelism)

2. The warmly-caring but harmfully unbiblical counsel by Suzanne.

BARBARA HAS BEEN served the divorce papers by Phil, her husband of 9 years. Both are professing Christians and both go to a church. Barbara does NOT want the divorce at all. But the church has never exercised church discipline, and of course, she has never been instructed and taught about what to do in such an event.

The church has done nothing. Crushed and defeated, Barbara turns to Suzanne for advice and comfort and strength.

Although Suzanne, a member of the same church, would LIKE to help, she is equally untaught. So instead of pointing her to heart-motives, biblical truth, and Mathew 18 on rebuking a sinning brother, Suzanne merely extends sympathy and tries to "comfort" Barbara by "TALKING IT OUT".

Her well meant efforts soon turn into pity parties and later degenerate further into daily gossip sessions where both of their husbands are on the receiving end of DEEP loads of resentment and anger and bitterness. When well meant help is NOT biblically directed, it does more harm than good. It can be bad advice that leads to bad action.

Christian seeking to help others battling with life-struggles, **all** counseling is pre-counseling until they come to Christ.
— Dr. John Street

The change we as biblical counselors seek is unique. Col. 1:28; 1 Tim. 1:5
The change we, as Biblical counselors, seek to make in the lives of people is unique. It's not a man-centered change where somebody says, "Well, I wanna be happy, I wanna be comfortable, I wanna think better of myself as slim, handsome, popular. I want relief from my struggles/pain." Rather, It's not about man, it's a God-centered change. As Paul writes, "The goal of our instruction is love from a pure heart. We desire to present every man complete in Christ." And so we wanna help people to live lives for the glory of God, but that will involve changing things in their lives as well.
— Dr. Jim Newheiser

II. So **HOW** do people change?

(Regeneration -- this is assumed at this point in biblical counseling: this is assumed/prerequisite)

1. REALIZE (the sin) [*this was last week's study on 'the heart/anthropology'*]
2. REMOVE (REPENT/ROOT OUT)
3. REPLACE (RENEWAL/ NEW ACTIONS)
4. REMAIN (NEW HABITS, PATTERNS)

Consider this 3-fold pattern from Jesus' words in Matt 16.24:

1. Must deny himself (=remove/put off sin)
2. Must take up his cross (=replace it)
3. Must follow Christ (=new patterns, habits, life, conduct)

We might say that this process is *thoroughly biblical* -- 2 Tim 3:16-17!

In fact, Jay Adams argues that there are — biblically from 2 Tim 3 — 4 steps of change for a believer (*how do believers change?*):

1. TEACHING (teach the truth) [**realize the sin!**]
2. CONVICTION (expose the shortcomings to the Truth) [**expose & remove the sin**]
3. CORRECTION [**show how to walk in the right way/path, good conduct**]
4. DISCIPLINED TRAINING IN RIGHTEOUSNESS [**remain here with new habits/patterns**]

2 Tim 3.16-17

There are “unbiblical” ideas of change (or, sanctification) that many advocate. In other words, Many people who claim to believe the biblical view nevertheless fall practically into the **errors** of other approaches. Here are a few examples:

- **Behavior modification** -- pull yourself up; change behavior, focus on ‘externals’ and lots of lists of ‘dos and don’ts. It may include: let go and let God, etc. [*Focus solely on externals*]
- This echoes unbiblical views of sanctification when they seem to be **waiting for some divine** event that will take away the strongest pulls of sin and eliminate the need for concentrated self-discipline. **Note:** It’s very passive, non-active, sit back and wait for *God* to do “all the work.” They say: “I’m just waiting on God to take the desire away.”
- They echo the Wesleyan view specifically when they **admit that we sin “all the time”** but very seldom confess it or ask forgiveness. More of a party of people who all ‘admit’ they sin rather than a place where one confesses, repents, hates, mortifies and exchanges the sin.
- And they echo the Keswick view specifically when they **“let go and let God’s Word”** by thinking that the absorption of scriptural teaching alone, without its practice, will change them.

Biblical Counselor, Bob Kelleman, speaks of the *accurate view*:
The biblical approach to sanctification is a both/and approach. Christ's grace is both a salvation grace and a sanctification grace. We highlight both the indicatives of our salvation (Christ has already changed us) and the imperatives of our sanctification (Christ is empowering us to increasingly reflect His image). We must understand our salvation and we have a role to play in applying our salvation.

Kelleman helpfully goes on...

I'm also convinced that many have given up on sanctification partially because we've made the goal so otherworldly and mystical. The Bible makes it so this-worldly, so human. Sanctification is increasingly becoming like Christ in His relating, thinking, choosing, and feeling. Our target is the heart—a heart that increasingly relates like, thinks like, chooses like, acts like, and responds to feelings like Christ does. Sanctification is both who we are and who we are becoming. In Christ we are regenerated human beings and we are sanctified human becomings—becoming more like Jesus.

Simplified & memorable: how does God bring change in us?

Put off & Put on!

Permanent change in the Christian life is always 2-factored: putting off & putting on.
— Dr John Street

Biblical change must involve both “putting off and "putting on." In other words, It must involve both dehabitation and rehabilitation. Old sinful patterns must be replaced with new godly ones in order for the change to be pleasing to God and to last over time.

1. **PUT OFF** (or, lay aside, put to death)

- Rom 13.12 - lay aside deeds of darkness (cf. Rom 13.12-14)
- Eph.4.22 - lay aside the old self
- Heb 12.1 - lay aside every encumbrance ... and let us RUN with endurance
- Col 3:5 - ‘put to death’
- Rom 8:13 - put to death the deeds of the body/flesh, you will live...

2. **PUT ON** (or, pursue, clothe yourself with; be ‘renewed’)

- Ephesians 6.11 - put on the full armor of God
- Col 3.10 - put on the NEW self
- Col 3:12 - put on the heart of compassion...

- Col 3:14 - PUT ON LOVE
- 2 Cor 4.16 - inner man being **renewed** day by day
- Eph 4.23 - be **renewed** in the spirit of your mind
- Col 3.10 - **be renewed** in a true knowledge.

Jay Adams writes concerning why Paul gives a two-part, put off and put on process: “Putting off will not be permanent without putting on. Putting on is hypocritical as well as temporary, unless it is accompanied by putting off.”

Again, Wayne Mack remarks: “For our instruction to be biblically accurate, we must not merely tell people what they should not do but also what they should do... We need to help them replace old, sinful habits with godly ones.”

Replacement is taught **all throughout** Scripture (e.g. Psalm 1:1-2; Isaiah 1:16-17; 1 Thess. 5:21-22; Hebrews 10:25; James 5:12; I Pet.3:9; III John 11; **2 Timothy 2:22; 1 Timothy 6:11-12; 1 Peter 2:1-3; James 1:21-22; Hebrews 12:1-2; Romans 12:2; 13:14**), but the most clear and complete references are in Eph.4:22-32 and Col. 3:5-17.

Remember that Jay Adams writes that, “When Christ said, ‘take up your cross daily and follow me’...he represented the Christian life as *a daily struggle to change*.” As we pursue the instructions of Paul in Ephesians 4:25-32 and seek to make them our own, let us remember the words of Thomas Watson, who said, “Until sin be bitter, Christ will not be sweet.”

To summarize all this:

Jay Adams reminds us that: **REAL, GENUINE, GOD-HONORING CHANGE includes 3 things:**

- 1.Change is brought about by the *MINISTRY OF THE WORD* [**SCRIPTURES**]
- 2.Change is blessed by the *SPIRIT OF GOD* [**SPIRIT**]
- 3.Change is bringing the Christian closer to *LIKENESS TO JESUS* [**SANCTIFICATION**]

So, there is one unique factor here in biblical counseling (in all true, real, Christian change): the presence and power of the Holy Spirit and the necessity for HIS blessing in conforming the counselee to Jesus Christ, through the essential & transforming power of the written Word of God.

III. Supporting How People Change *Biblically*:

Here we want to go through just three *texts* to show/prove this “put off/put on” change.

1. Colossians 3

1. Your POSITION / CONDITION (1-4)
2. Your MORTIFICATION // PUT OFF (5-11) v.5 - *put to death...*
3. Your REVIVIFICATION // PUT ON (12-25) v.12 - *put on...*
 - Attitudes (12)
 - Responses (13-14)
 - Meditation (15-16)
 - Ambitions (17a)
 - Gratitude (17b)
 - Family relations (18-21)
 - Social/work relations (22-25)

2. Ephesians 4:22-32

Note the context of Eph.4:17 - do not walk like the Gentiles/nonbelievers.

See the pattern of change for true believers in 4:22-24

4:22 - *lay aside the old self...*

4:23 - *be renewed in the spirit of your mind* [your heart, mind, thinking, ambitions, desires]

4:24 - *put on the new self...*

Paul gives 5 examples of put off/put on:

1. lying (25)
2. anger (26-27)
3. stealing (28)
4. filthy speech (29-30)
5. ungodly attitudes (31-32)

3. Proverbs 5

Proverbs 5 — the context: a father instructing his son on sexual purity/guarding from immorality

1. Listen up! (vv1-6) [*tune your heart to the wisdom of God*]
2. PUT OFF immorality (vv7-14)
3. PUT ON holy love (vv15-19)
4. REMEMBER GOD (vv20-23)
 - > remember how important the heart is: Prov 6:20, 21, 25; 7:3, 25!

Another example: Proverbs 7: see the structure to see the *put off/put on* emphasis

Put on the words of God (keep, treasure, bind them, write them, keep God's Word (vv1-5)

Put off immorality [see the step-by-step, frank, candid progression into immorality] (vv6-23)

Put on the words of God (listen, pay attention, don't let your heart turn aside) (vv24-27)

Class #4: Suffering [*Sufferology*]

The longing for relief: seeking to refocus the goal, purpose & perspective in and through suffering

Sunday, January 27, 2019 | Geoff Kirkland

