



# **Principles for Helping People Change In Christ**

## **II Corinthians 5:17**

Pastor Walt Willett Grace Baptist Church of Indianapolis  
Section 3 How People Change and Grow

- 1. Our relationship with the counselee helps them change. - Phil. 2:3**
  - a. Putting off pride, and self-centeredness and putting on humility as one who also struggles with change is foundational to helping others change. - Eph. 4:2**
  - b. Learning to focus on the other person through listening, identifying with their emotional state and discernment is critical to helping people change. - Rom. 12:9-17**
  - c. The following habits help us relate in ways that encourage change.**
    - 1) Listen - James 1:19-20**
      - a) Listen for facts, feelings, beliefs, heart's desire, whose ruling the heart, view of God, sin, and unbelief in this situation.**
      - b) Restate what they have said in your words, reflecting the levels of listening**
    - 2) Identify with their emotional state. - Rom. 12:15**
    - 3) Learn to discern what God is doing in their lives and heir desires, interests and needs. - Ph. 2:4**
  - d. Demonstrating agape love (putting the needs of others before your own) and phileo love (truly being a friend) is critical to helping people change. - I Thess. 4:9, Eph. 4:2**
  - e. Speaking the truth in love helps people change. - Eph. 4:15**
- 2. The Scriptures help people change.**
  - a. Approaching the Bible as the inspired, inerrant, infallible and authoritative Word of God helps people change. - 2 Tim. 3:16**
  - b. Ministering the Scriptures so they teach, rebuke, correct and develop righteous habits helps people change. - 2 Tim. 3:16**
  - c. Learning to minister the Scriptures nouthetically so people's hearts are convicted by the Spirit of their wrong doing and unbelief and are motivated and enabled by the Spirit to change desires, beliefs and habits. - Rom. 15:14, 1 Cor. 10:11**
- 3. Connecting people to the Triune God helps people change. - I Thess. 5:23-24**
  - a. Realizing the fullness of the character of God provides all I need to meet every problem helps people change. - 2 Cor. 1:3-4, Gal. 5:16-23**
  - b. Focusing on the glory of God not their feelings or desires helps people change. - I Cor. 10:31**
  - c. Realizing Christ understands our struggles and will give grace to help in times of struggle helps people change. - Heb. 4:14 -15**
  - d. Connecting people to the grace of God helps them change. - Titus 2:11-12, 2 Pet. 3:18**
- 4. Helping people focus on purifying the heart, changing beliefs and behavior helps them change.**
  - a. Change begins with purifying the heart as we devote ourselves to loving God and others and not ourselves, our pleasures and possessions and image. - Matt. 22:27-40; Rm. 13:8; Ps.139:23-24; Jm.4**
  - b. Change continues with renewing the mind. Rom. 12:2**
    - 1) Ridding our thinking of psycho babel helps people change. - I Cor. 6:20-21**
    - 2) Ridding the mind of the devil's lies whether taught by family, peers, community, ethnic group or nationality helps people change. - John 8:44.**
    - 3) Restoring them to God's image helps people change. - Col. 3:10**
    - 4) Filling their mind with God's truth which is His Word for every area of their life helps people change. - Jn. 15:17.**
  - c. Helping people rehabilitate according to God's word like learning good communication skills helps people change. - Eph.4:25-32**
  - d. Discerning when the situaion might be medical and requesting a physical helps people change. - James 5:16**

# I Really Want to Change... So, Help Me God

James MacDonald

An Outline By Pastor Walt Willett of Grace Baptist Church of Indianapolis  
Section 3 How People Change and Grow

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|----|--|-----|----|
| 1. | Do you really want to change?          | YES | NO |
| 2. | Do you really want to change God's way | YES | NO |

<b>I. Preparation for Change</b>		
Take Out the Garbage	Sign Me Up	Let's Get Specific
1. Confess: Admit, I am the problem.  2. Turn to God – Only He can change the heart.	Conversion → Glorify God Sanctification → Holiness  1. Trust and obey God. 2. God will change us.	1. Ask God 1-2 areas in which you need change. 2. List attitudes and behaviors that need to be changed. 3. Confess your sin to a friend (accountability)

<b>II. Power to Change: My Part</b>			
Step One: Repentance	Step Two: Now I Can Choose	I'm Dead to That	Lord, I'm Yours
Definition: Repentance is a change on the inside, a change in the way I think about something. 1. Confess your sin. 2. Godly sorrow. 3. Restitution, if possible. Repentance involves the mind, emotions, and your will.	- Christ assures it.  • New heart • New spirit • New song in our heart • New name • New self We are wholly new	Process of Changing 1. Eliminate faulty change methods from my thinking. 2. Committing to cooperate fully with God' desire to change me. 3. Choosing specifically what needs to change in me next. 4. Living for God now (2 Cor. 5:9). 5. Don't trust my feelings.	We are always a slave to someone. We are now a slave to righteousness; not sin.  Offer myself moment by moment to God.  Yield (obey) to the Holy Spirit

<b>III. Power to Change: Faith in God's Part</b>		
The Power Source	The Power of Faith	The Power of Biblical Friendships
Holy Spirit (Filling) 1. We are sealed with the Holy Spirit. 2. Everyone is filled with the Holy Spirit at salvation. 3. God is the source of power. 4. We are continuously filled with the Holy Spirit forever.  Holy Spirit (Hindrances) 1. Grieving 2. Quenching 3. Rejecting  To be filled: 1. Confess all known sin. 2. Ask the Holy Spirit to fill you. 3. Yield to the Holy Spirit.	Faith to Work: 1. Believe the Word of God  2. Act upon it (obey)  3. Obey, no matter how I feel  4. God promises a good result  How to increase your faith: 1. Believe that it can be increased 2. Expose your mind to God's Word  3. Practice Genuine Prayer	1. Friends are there for you when you stumble 2. Pray for you 3. Protect us 4. Friends are committed to the relationship  Choosing a friend: 1. Choose a friend who is committed to change 2. Choose a friend who is committed to ongoing accountability

# Understanding Man: Biblical Anthropology

Pastor Walt Willett Grace Baptist Church of Indianapolis

Section 3 How People Change and Grow

## 1. God Made Us In His Image - Gen. 1:27

Colossians 3:10		
Before the Fall	Since the Fall	After the New Birth
Self-conscious	Self-centered	Christ-centered- 2 Cor. 5:9
Rational	Illogical	Biblical logic- Heb. 5:12-13
Communicates	Communicates evil	Communicates in love- Eph. 4:31-32
Creates	Creates evil	Does God's will- Matt. 6:33
Exercised dominion	Abuses or abdicates authority	Proper relationships Eph.5:24-27, I Pet. 3
Desires	Desires enslaved to sinful desires	Desires are under the Spirit of God, the Word of God and will of God. Eph. 4:22-24
Moral being	Sold to Sin	Sold to righteousness- Rm. 6
<b>Sanctification is the process of restoring the image of God.</b>		

## 2. God Made Us Male and Female - Gen. 1:27

Image of God in Man	Image of God in Woman
<b>1) Is alert to his outside environment.</b> - I Cor. 16:13	<b>1) Is alert to her heart, feelings and people.</b> - Gen. 2:18
	<b>2) Encourages principles in men but stands for relationships - I Sam. 25</b> She praises men who have the courage of convictions.
<b>3) Pursue God's mission for him - I Cor. 16:13</b> Through gifts and talents, God has prepared each man to make a special contribution toward His kingdom. - I Cor. 12:4-6 God is more concerned about faithfulness than results. - I Cor. 4:2 He His life around seeking God's kingdom and righteousness. - Matt. 6:33	<b>3) Helps complete the mission - Gen. 2:18</b> Through her own gifts and talents, she discerns how the Lord would have her complete Him, or what type of man's mission she been called to help complete. Before marriage, she encourages the men she knows in their missions.
<b>4) Initiates - I Cor.16:13</b> He learns to engage others, and to seek out others for fellowship so they can edify one another.	<b>4) Responds - I Cor. 11:8</b> She learns to wait for men to approach but affirms their approach through a warm response.
<b>5) Gives life - Gen. 4:1-2</b> He learns to bring God's life to the saved and unsaved through encouraging them with recognition and words that encourage faith.	<b>5) Receives Life - I Tim. 2:13</b> She learns to welcome recognition that focuses not on her externals but on God's love for her and work in her life and through her.
<b>6) Loves - I Cor. 16:14</b> He learns to sacrifice for others and serve them. He becomes expert in little courtesies.	<b>6) Submits - Eph. 5:24</b> She practices ranking under her father, pastor and those in authority over her in different life areas and if married her husband.
<b>7) Honors - I Pet. 3:7</b> He develops the habits of praising godly women and never demeaning women like the world does.	<b>7) Respects - Pet. 3:1-2</b> Even though the media disrespects men, she learns to act respectfully to men both, saved & unsaved.
<b>8) Guides - I Cor. 11:3</b> Even before marriage in relationships with women, he learns to facilitate mutual decision-making.	<b>8) Trusts - I Pet. 3:6</b> In relationships with men, she encourages the man to lead by waiting for him to lead or requesting it.

**3. God Called Us To Multiply and Subdue The Earth - Gen. 1:28**

- a. God has given us dominion over the earth and asked us to fill the earth.
- b. Psalms 8 tells man’s position.

**4. God Formed Man of the Dust of the Earth - Gen. 2:7**

- a. Like all living things, we are made of the dust of the earth.
- b. We share many things in common with other mammals.
- c. Like animals we are living beings. We are distinct in the fact that man was made separately, God breathed into man the breath of life and God made us in His image. We are not part of the Animal kingdom but a unique creation of God.

**5. Man Is Both a Material Self and Immaterial Self**

Material Self	Immaterial Self
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- a. The immaterial self is sometimes called soul, mind, inner man, heart or spirit. Matt. 10:28; Rm. 12:2 Eph. 3:16-17; Jam. 2:26
- b. Sometimes the immaterial self is divided. Heb. Matt. 22:37-28; I Thess. 5:23; Heb. 4:12; James 4:8
- c. The most common division is soul, heart, mind and spirit. Heb. 4:12; I Thess. 5:23.

Material Self	Immaterial Self		
	Soul	Heart	Spirit

- a. Soul when used specifically refers to my interaction with the body and outside world and interaction with others. – I Sam. 20:17; I Pet. 2:11, I Pet. 2:11
- b. Spirit refers to that part of me that relates to God and sometimes refers to man when disembodied as does soul.

**6. Mind Renewal**

Old Mind	New Mind	Process
<b>Vain in thought processes - Rom. 1:19-20</b>	<b>Mind of Christ - I Cor. 2:16</b>	<b>Renewing the Mind - Rom. 12:2</b>
<b>Evil imaginations – Gen. 6:5</b>		<b>Titus 3:5</b>
<b>Distorted ministry - Rom. 1:22</b>		
<b>Reprobate - Rom. 1:28</b>		
<b>Carnal or fleshly – Rom. 8:7</b>		
<b>At war with God - Rom. 8:6-7</b>		
<b>Conceited – Rom. 12:3</b>		
<b>Incapacity to receive God’s truth - I Cor. 2:14</b>		
<b>Blinded – II Cor. 4:4</b>		
<b>Empty – Eph. 4:17</b>		
<b>Earthly mind – Phil. 3:19</b>		
<b>Defiled – Titus 1:5</b>		

- a. **Memorization - Psalm 119:11 (KJV) Thy word have I hid in mine heart, that I might not sin against thee.**
- b. **Meditation - Joshua 1:8 (KJV) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.**  
**1 Timothy 4:13,15 (KJV) <sup>13</sup> Till I come, give attendance to reading, to exhortation, to doctrine. <sup>15</sup> Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. getting to the Heart of the Matter**

## Getting to the Heart of the Matter

Pastor Walt Willett Grace Baptist Church of Indianapolis  
Section 3 How People Change and Grow

### 1. The heart is central to life and our new life in God.

1) Proverbs 4:23 (KJV) <sup>23</sup> Keep thy heart with all diligence; for out of it *are* the issues of life.

### 2. The heart is the center of understanding.

This includes thoughts, beliefs, understandings, memories, judgments, conscience, and discernment.

- 1) 1 Kings 3:12 (KJV) <sup>12</sup> Behold, I have done according to thy words: lo, I have given thee a wise and an understanding heart; so that there was none like thee before thee, neither after thee shall any arise like unto thee.
- 2) Matthew 13:15 (KJV) <sup>15</sup> For this people's heart is waxed gross, and *their* ears are dull of hearing, and their eyes they have closed; lest at any time they should see with *their* eyes, and hear with *their* ears, and should understand with *their* heart, and should be converted, and I should heal them.
- 3) Mark 2:6 (KJV) <sup>6</sup> But there were certain of the scribes sitting there, and reasoning in their hearts,
- 4) Luke 24:38 (KJV) <sup>38</sup> And he said unto them, Why are ye troubled? and why do thoughts arise in your hearts?
- 5) Romans 1:21 (KJV) <sup>21</sup> Because that, when they knew God, they glorified *him* not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.
- 6) 1 Timothy 1:5 (KJV) <sup>5</sup> Now the end of the commandment is charity out of a pure heart, and *of* a good conscience, and *of* faith unfeigned:

### 3. The heart is the center of affection.

This includes longings, desires, feelings, imaginations, and emotions.

- 1) Deuteronomy 28:47 (KJV) <sup>47</sup> Because thou servedst not the LORD thy God with joyfulness, and with gladness of heart, for the abundance of all *things*;
- 2) Isaiah 35:4 (KJV) <sup>4</sup> say to them *that are* of a fearful heart, Be strong, fear not: behold, your God will come *with* vengeance, *even* God *with* a recompence; he will come and save you.
- 3) 1 Samuel 1:8 (KJV) <sup>8</sup> Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? *am* not I better to thee than ten sons?
- 4) Psalm 20:4 (KJV) <sup>4</sup> Grant thee according to thine own heart, and fulfil all thy counsel.
- 5) Psalm 73:7 (KJV) <sup>7</sup> Their eyes stand out with fatness: they have more than heart could wish.
- 6) Psalm 73:7 (KJV) <sup>7</sup> Their eyes stand out with fatness: they have more than heart could wish.
- 7) Ecclesiastes 11:9 (KJV) <sup>9</sup> Rejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, and in the sight of thine eyes: but know thou, that for all these *things* God will bring thee into judgment.
- 8) Isaiah 35:4 (KJV) <sup>4</sup> Say to them *that are* of a fearful heart, Be strong, fear not: behold, your God will come *with* vengeance, *even* God *with* a recompence; he will come and save you.
- 9) James 3:14 (KJV) <sup>14</sup> But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth.
- 10) Hebrews 12:3 (KJV) <sup>3</sup> For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

### 4. The heart is the center of will.

This includes choosing and determining action.

- 1) Hebrews 4:12 (KJV) <sup>12</sup> For the word of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and

marrow, and *is* a discerner of the thoughts and intents of the heart.

- 2) James 4:7-8 (KJV) <sup>7</sup> Submit yourselves therefore to God. Resist the devil, and he will flee from you. <sup>8</sup> Draw nigh to God, and he will draw nigh to you. Cleanse *your* hands, *ye* sinners; and purify *your* hearts, *ye* double minded.

### The Heart Is the Center Of:

Thought:	Affections:	Will:
Thinks	Longs	Chooses and wills.
Believes	Desires	
Understands	Feels	
Remembers	Imagines	
Judges	Emotes	
Discerns		
Conscience		

### 5. The Heart Is Polluted by Sin

- 1) Genesis 6:5 (KJV) <sup>5</sup> And GOD saw that the wickedness of man *was* great in the earth, and *that* every imagination of the thoughts of his heart *was* only evil continually.
- 2) Psalm 51:5 (KJV) <sup>5</sup> Behold, I was shapen in iniquity; and in sin did my mother conceive me.
- 3) Ecclesiastes 9:3 (KJV) <sup>3</sup> This *is* an evil among all *things* that are done under the sun, that *there is* one event unto all: yea, also the heart of the sons of men is full of evil, and madness *is* in their heart while they live, and after that *they go* to the dead.
- 4) Matthew 15:19 (KJV) <sup>19</sup> For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

### 6. The Heart Is Deceitful

- 1) Jeremiah 17:9 (KJV) <sup>9</sup> The heart *is* deceitful above all *things*, and desperately wicked: who can know it?

### 7. The Heart Is Known by God

- 1) 1 Samuel 16:7 (KJV) <sup>7</sup> But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for *the LORD seeth* not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.
- 2) 1 Chronicles 28:8-9 (KJV) <sup>8</sup> Now therefore in the sight of all Israel the congregation of the LORD, and in the audience of our God, keep and seek for all the commandments of the LORD your God: that ye may possess this good land, and leave *it* for an inheritance for your children after you for ever. <sup>9</sup> And thou, Solomon my son, know thou the God of thy father, and serve him with a perfect heart and with a willing mind: for the LORD searcheth all hearts, and understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever.
- 3) Psalm 44:21 (KJV) <sup>21</sup> Shall not God search this out? for he knoweth the secrets of the heart.
- 4) Jeremiah 17:10 (KJV) <sup>10</sup> I the LORD search the heart, *I* try the reins, even to give every man according to his ways, *and* according to the fruit of his doings.
- 5) John 2:25 (KJV) <sup>25</sup> And needed not that any should testify of man: for he knew what was in man.
- 6) Acts 1:24 (KJV) <sup>24</sup> And they prayed, and said, Thou, Lord, which knowest the hearts of all *men*, shew whether of these two thou hast chosen,
- 7) Revelation 2:23 (KJV) <sup>23</sup> And I will kill her children with death; and all the churches shall know that I am he which searcheth the reins and hearts: and I will give unto every one of you according

to your works.

## 8. The Heart Is The Center of Evil Desire and Idolatry

- 1) James 1:14 (KJV) <sup>14</sup> But every man is tempted, when he is drawn away of his own lust, and enticed.
- 2) James 4:1-3 (KJV) <sup>1</sup> From whence *come* wars and fightings among you? *come they* not hence, *even* of your lusts that war in your members? <sup>2</sup> Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. <sup>3</sup> Ye ask, and receive not, because ye ask amiss, that ye may consume *it* upon your lusts.
- 3) 1 John 2:15 (KJV) <sup>15</sup> Love not the world, neither the things *that are* in the world. If any man love the world, the love of the Father is not in him.
- 4) 1 John 5:21 (KJV) <sup>21</sup> Little children, keep yourselves from idols. Amen.
- 5) The characteristics of an idol.
  - a) What makes happy?
  - b) What makes me strong?
  - c) What makes me wise?
  - d) What do I trust in?
  - e) What do I want, desire and wish for?
  - f) What do I fear?
  - g) Who was I trying to please?
  - h) What was I loving?
  - i) What was I hating?
- 6) Repenting from idolatry?
  - a) Whom or what was I worshipping?
  - b) What did I desire more than being holy?
  - c) What specific commands did I ignore?
  - d) What specific sins do I need to stop?

### Disposition of the Heart

Before the Fall	After the Fall	In Christ
1. Trusting, loving, serving and obeying God enjoying and rejoicing in God in everything.	1. Worshipped false gods or idols.	1. Consumed with trusting, loving and obey Christ and enjoying and rejoicing in Him in everything.
2. Understanding that no created thing can fully or adequately image God.	2. Made idols like created things.	2. See in Christ the fullness of the God head.
3. Speaking respectfully of God and His creation.	3. Cursed God and everything God made.	3. Speaking respectfully of Christ and His creation.
4. Happily engaging in a time of rest and fellowship with His creator, family and others.	4. Worked for self or engaged in self-centered recreation.	4. Dedicating the Lord's day to time of rest and fellowship with His Savior, family and church family.
5. Starting with spouse and parents, honoring those in authority.	5. Rebelled against those in authority.	5. Starting with Lord and spouse and parents honoring those in authority.
6. Physically becoming one with spouse to enhance unity and joy and produce offspring.	6. Fulfilled desire for sex with anyone at anytime in any place.	6. Under headship of Christ physically becoming one with spouse to enhance unity and joy and produce offspring.
7. Respecting life and only killing by God's commands.	7. Killed for greed or out of anger.	7. Respecting life and only killing by Christ's commands.



8. Respecting the property God has given others.	8. Stole the property of others	8. Respecting the property of others, working for his own things and sharing.
9. Speaking truth and not bearing false witness.	9. Lied when perceived to be a benefit.	9. Speaking the truth in love.
10. Being content with what God has given you.	10. Always wanted more.	10. Being content with God and His presence.
11. Using communication to fellowship with God and build oneness with one's spouse and teach one's children and evangelize and edify others.	11. Using communication to serve self and at times conning people and at times tearing them down.	11. Using communication to fellowship with Christ and build oneness with one's spouse and teach one's children and evangelize and edify others.
12. Ruling over creation through joyful work accomplished, for the glory of God.	12. Using creation for his purposes to satisfy his cravings for things, respect and honor.	12. As stewards of Christ, through the enabling of the H.S. ruling over creation through joyful work accomplished for the glory of God.
13. Being a steward of the resources of creation to care for the needs of one's self and others with a thankful heart.	13. Greedily consuming resources for his own pleasure and mismanaging his resources.	13. Under Christ and enabled by the Spirit using resources to care for family and others with a thankful heart.
14. Enjoying God's creation by enjoying its beauty and studying it's orderly design.	147. Striving to affirm his own beauty and order apart from God.	14. Celebrating creations beauty and seek to glorify God with creative ability.

## 9. The Heart Is Indwelt by Christ by faith.

- 1) Ephesians 3:17 (KJV) <sup>17</sup> That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,
- 2) Romans 5:5 (KJV) <sup>5</sup> And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

Adapted and expanded from *The Idols of the Heart* by Elyse Fitzpatrick.

### Teaching the Heart

#### 1. Discerning the heart

- 1) Speech may reveal the heart, Luke 6:45.
  - a. Ask them to tell, read a verse, and tell you what it means.
  - b. Feedback what they are saying, so they can hear their hearts.
  - c. Misquote Scripture to see if their hearts discern it.
- 2) The heart can be deceitful, Prov. 23:6-8.
  - a. I hear your words. I do not know if that is what you are really thinking in your heart.
  - b. For a miser may say, "eat of my food", and not really mean it.
- 3) Judgments may reveal the heart, Matt. 7:1-5.
  - a. When a person is really critical of others, it may reveal his heart.
  - b. Example: David and Nathan, II Sam. 12.
- 4) Actions may reveal the heart, Mark 7:20-23.
  - a. Evil imaginations, Gen. 6:5.
  - b. Fool commits abominable deeds, Psalms 14:1.

5) Treasures may reveal the heart, Matt. 6:21.

6) The Word reveals the heart, Heb. 4:12.

2. Teaching the heart

1) When the II Timothy 3:16 four-fold process is used, the Word teaches the heart.

2) Pray for God to touch the heart, II Cor. 3:12-15.

### Common Idols of the Heart

By Pastor Walt Willett Grace Baptist Church of Indianapolis

“<sup>3</sup> Thou shalt have no other gods before me.” – Moses - Exodus 20:3 (KJV)

“<sup>21</sup> Little children, keep yourselves from idols. Amen.” - Apostle John - I John 5:21 (KJV)

<b>Idol</b>	<b>Heart Desire</b>	<b>Belief</b>	<b>God Worship</b>
<b>Control</b>	<b>Have everything my way.</b>	<b>I will be happy if everything goes my way.</b>	<b>Submit to God – James 4:8</b>
<b>Food</b>	<b>Comfort</b>	<b>Food satisfies desire for intimacy.</b>	<b>Eternal life is Jesus – John 17:3</b>
<b>Laziness</b>	<b>Save effort</b>		
<b>Liked</b>	<b>Approval of others</b>	<b>My importance lies in the acceptance of others.</b>	
<b>Money</b>	<b>To have things</b>		
<b>Perfection</b>			
<b>Pleasure</b>	<b>Feel good</b>		
<b>Power</b>	<b>Rule others</b>		
<b>Prestige</b>	<b>Be somebody</b>		
<b>Always Right</b>	<b>Mental</b>		
<b>Sex</b>	<b>Feel good</b>		
<b>Sleep</b>	<b>Forget my problems.</b>		
<b>Security</b>	<b>Have money and things to feel secure.</b>		

# Developing a Spiritual Exercise Program - I Tim. 4:7-8

Pastor Walt Willett Grace Baptist Church of Indianapolis  
Section 3 Change and Growth

## Possible Comparison to Physical Training

Stretching	Aerobic	Strength
Renewing the Mind	Purify Heart	Changing Behavior
Romans 12:2	James 4:8	Eph. 4:22-24; James 1:25

## Renewing the Mind

Romans 12:2 (KJV)

<sup>2</sup> And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

Bible Reading	Bible Study	Scripture Memory	Word Taught
I Timothy 4:16	II Timothy 2:15	Psalms 119:11	Hebrews 10:24-25
<b>Suggestions</b>			
Combine with Classes	Inductive study 15 - 30 minutes daily	3/5 cards and spare moments	Attend Sunday School
Bible Year = 23 chapters a week	II Tim. 3:16 method	Combine with physical exercise	Attend Public teaching
Read a book through several times	Teach S. School	Use your learning style	Use Christian radio

## Purifying the Heart

James 4:8 (KJV)

<sup>8</sup> Draw nigh to God, and he will draw nigh to you. Cleanse *your* hands, *ye* sinners; and purify *your* hearts, *ye* double minded.

Confession	Meditation	Worship	Prayer
I John 1:9	Psalms 1:1-2	Ephesians 5:19-20	Colossians 4:2
<b>Suggestions</b>			
Moment by moment	Personalize	Sing Hymns	Begin day Lord's prayer
Daily time	Diagram or put to motions	Listen to Christian music	Times of prayer
Pray Ps. 139:23-24	Relate to life	Read worship Psalms outline & then praise	Pray when you begin and as you go

## Changing Behavior

James 1:25 (KJV)

<sup>25</sup> But whoso looketh into the perfect law of liberty, and continueth *therein*, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

Monitor Behavior	Consider the Blessing	Flee or Abstain	Accountability/Discipline
Eph. 4:23-24	James 1:25; I John 14:21; II Cor. 10:5	II Tim. 2:22a; I Pet. 2:11	James 5:16 II Thess. 3:14-15
<b>Suggestions</b>			
Growth in grace log	Best for us	Abstain	Accountability partner
Pray for grace in a.m.	Brings God's presence	Avoid temptation places	Home/School
Note the times	Good judgment to come	Set limits	Church discipline

# 7 DAYS IN THE WORD

John 17:17

Week 4

John 17:17 (KJV) <sup>17</sup> Sanctify them through thy truth: thy word is truth .

John 17:17 (KJV) <sup>17</sup> Sanctify (Set aside from the Word and to God, a holy vessel) them through thy truth: thy word is truth .

## OBSERVE

**DAY 1** Write the verse out on a 3x5 index card and read 4 times.

**DAY 2** Review the verse again and identify the topic, main point, and how the verse is developed- Who? What? When? Where? & Why?

## INTERPRET

**DAY 3** Context- Read and identify the context surrounding the verse.

**DAY 4** Identify the literary style and grammar of the verse

**DAY 5** Look up the definition of key words in the Strong's Concordance

**DAY 6** Fill out the verse meditation form

**DAY 7** Think about how you can make this verse a habit in your daily living

## Verse Meditation Form Based on II Tim. 3:16

Pastor Walt Willett Grace Baptist Church of Indianapolis

**Name:**

**Date:**

**Verse:**

**Teaching:** What is the teaching?

**Reproof:** What should I put off? What should I stop doing?

**Correction:** What should I put on? What should I start doing?

**Instruction in Righteousness:** What habits should I develop?

## Case No. 3 Case No 9 Depression

Pastor Walt Willett Grace Baptist Church of Indianapolis

Lexie was an active member in her church and Sunday school class, but a year ago everything changed. Now she is always on the edge of tears. She has been to several psychologists who have labeled her with depression and prescribed different medications. She has attempted suicide twice. She doesn't do much of anything. Mostly you can find her sleeping the day away. She says "I enjoyed my life a year ago but then everything went wrong. I want to be able to live my life free of this depression." She does not want to be on the medication any longer and has come for help.

### Listen

1. **T** - Tell me more

2. **R** -How would you reassure the counselee or How would you relate to the counselee?

3. **U** - What is the counselee's understanding of their situation?

4. **T** - What are the teaching methods needed?

5. **H** - What are ways to help the counselee evaluate the challenges here? What is their view or theology of God and have they invited God into this life problem?

# **Biblical Counseling**

## Six Key Elements

1. How would you gather more data by listening?

2. How would you express love to or establish involvement?

3. How would you encourage or give hope?

4. Discern: What is the problem?

5. What portion of the Word would you teach?

6. What homework would you give to help them apply the Scripture?