

## The Process of Change

- A. God is saving souls from the power, penalty, and soon the presence of sin (Ephesians 2:1-10, Colossians 1:12-14).
- B. God is maturing Saints into the image of Jesus Christ (2Corinthians 3:18, Romans 8:29-30).
- C. God is using the Church through evangelism to save souls (2Corinthians 5:18-20, Colossians 1:3-6).
- D. God is using the Church through discipleship to mature saints into the image of Christ(Matthew 28:18-20, Ephesians 4:11-15).
- E. There are basic categories of life whereby we are to put off particular sinful habits and put on God-honoring righteous habits.
1. We are to look closely at and work hard on having a thought, attitudes, motives/intentions, and desires that are pleasing to God as God's Word commands (Romans 12:2-3, 2Corinthian 10:3-5, 1 Corinthians 4:5, Proverbs 16:2, Colossians 3:1-5).
  2. We are to look closely at work hard on communicating in ways that are honest and edifying to others as God's Word commands(Ephesians 4:29).
  3. We are to look closely at and work hard on walking in behavior that is consistent with Christ's Character as God's Word commands (Ephesians 4:17-32, 5:1-17, Galatians 5:16-26).
  4. We are to look closely at and work hard on relating to others in ways that demonstrate the love of Christ as God's Word commands (Romans 12: 9-21, 13:8-12).
  5. We are to look closely at and work hard on servicing others in ways that will bear their burdens and meet their needs as God's Word commands (Ephesians 4:11-16, 1Peter 4:10-11).
- F. There are six phases that one goes through when genuine change takes place.
1. Realization Phase- One comes to see truth and understand how it applies to their life (2Timothy 2:24-26).
  2. Remorse Phase- One comes to feel godly sorrow in relation to their sin and desire to make things right with God and others accordingly.(2 Corinthians 7:10).
  3. Renounce Phase- One comes to confess their sin to God and to others when appropriate (Psalm 32:1-11, James 5:16).
  4. Repentance Phase- One comes to turn away from their sin towards God and towards others accordingly (Proverbs 28:13, 2Corinthians 7:10-11).

5. **Renewal Phase**- One comes to meditate on the truth so that he/she may learn the new direction by which he/she is to obey God and love others accordingly (Ephesians 4:17-23).

6. **Replacement Phase**- One comes to obey God and love others in the area where he /she has disobeyed God and been unloving towards others (Ephesians 4:17-23).

G. Each **phase of change** is worked out through **stages of spiritual growth**. As God is working inside of individuals (Philippians 2:12), they respond accordingly (Philippians 2:13). Here is an example of how it works (2Timothy 3:16-17):

**1. Teaching Stage**: The Holy Spirit guides, convicts and enlightens your mind through the Word of God, the Body of Christ, circumstances, and prayer (John 16:8-13, 1Corinthians 2:9-12, Hebrews 4:12, 1John 4:4-6, 1Peter 4:12-13, Romans 8:26-27). (Realization Phase occurs as a result.)

**2. Conviction Stage**: God begins to focus your attention in particular areas of life convincing you that change is necessary. (Phil. 3:14-15, 2Cor. 7:10-11). (Realization Phase and Remorse Phase occurs as a result.)

**3. Correction Stage**: You make a decision to abandon a sin issue and begin a new thought, word, or action trusting God's power to make things function accordingly (2Corinthians 7:10-11, Proverbs 28:13-14). (Renounce Phase and Repentance Phase occurs as a result.)

**4. Training Stage**: As you are responding to God's conviction you are seeking to put to practice what God has commanded in His Word.

a. By the power of God you are walking in harmony with God in areas where you were once disobedient.

b. You are experiencing victory: a deeper fellowship with God and with others (2Peter 1:1-11, Proverbs 12:13, 24:16, John 8:31-32, Luke 8:4-18, Ephesians 4:11-13, 1John 3:1-3).

(Renewal Phase and Replacement Phase occurs as a result.)

H. Overall, Biblical Counselors are to lead **counselees** into:

1. Gaining a biblical understanding of God and submitting to God's will accordingly.

2. Gaining a biblical understanding of themselves and submitting to God's will accordingly.

3. Gaining a biblical understanding of others and submitting to God's will accordingly.

4. Gaining a biblical understanding of life's situations and circumstances and submitting to God's will accordingly.

I. There are six key categories of homework that can be given to guide counselees into the process of change according to each phase and stage. This is to lead them into escaping the corruption of their flesh, the world and the devil unto spiritual maturity in Jesus Christ:

1. **Hope Homework** – projects, activities and reading assignments given to help people gain a true hope in Christ in accordance to the problems they are facing (Used in all stages of spiritual growth)
2. **Doctrinal Homework** – projects, activities, and reading assignments given to help people gain a solid theological understanding of their problems so that they can deal with them properly (Used to lead people into the Teaching Stage of spiritual growth)
3. **Awareness Homework** – projects, activities, and reading assignments given to help people become aware of their own sinfulness in the problem so that they can stop deceiving themselves about the problem they are facing and own up to it accordingly (Used to lead people into the Conviction Stage of spiritual growth)
4. **Embracing God Homework** – projects, activities, and reading assignments given to help people to connect with God according to a particular characteristic of God that relates to their problem or sin (Used to lead people into the Correction and Training Stage of spiritual growth)
5. **Action Oriented Homework** – projects and activities that lead people to put off particular sinful thoughts, desires, conversations, behavior, and lifestyle and to put on particular godly thoughts, desires, conversations, behavior, and lifestyle according to the situation or problem (Used to lead people into the Correction and Training Stage of Spiritual growth)
6. **Relational Oriented Homework** – projects and activities that lead people to put off unloving relational patterns and move them to relate in open and loving relational patterns towards others within the situation or problem and abroad (Used to lead people into the Correction and Training Stage of spiritual growth)

(Portions of this information was adapted from *Instruments in a Redeemer's Hand* by Paul Tripp)

J. There are four basic **kinds of counselees** you may run into when involved in biblical counseling:

1. Those who **lack knowledge** on what to do in the situation. (Don't know what to do in the situation.)
2. Those who **have knowledge** but **lack skill** on how to apply the knowledge to their situation. (Know what to do but do not know how to do it in relation to the situation.)
3. Those who **have knowledge** and **have skill** on how to apply the knowledge to their situation but refuse to apply what they know to the situation. (Know what to do and how to do it but refuse to do what they know in the situation.)
4. Those who **lack knowledge** and **lack skill** on how to apply the knowledge to their situation and are not interested in gaining either. (Don't know what to do in the situation, or how to do it in the situation and are not interested in learning either.) (1-4, *Adapted from the various teachings of Jay Adams*)