



Procedures, Practices, and Principles for Biblical  
Counseling (ACBC Supervision Portion of Certification  
Process)

By Dr. Nicolas Ellen

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# **ACBC Supervision Procedures and Arrangements**

**By Dr. Nicolas Ellen**

## **Introduction:**

I believe the supervision phase of the certification process is NANC's crown jewel. It was certainly that in my own experience. I will forever be indebted to Randy Patten for the hours he invested in helping me to grow in my abilities to minister to hurting people using God's Word. As a result of his careful coaching, my counseling skills significantly increased. My desire is to have the same positive impact in the lives of the people I supervise.

Every ACBC Fellow has his own particular procedures to accomplish the counseling supervision. If my procedures and arrangements are not acceptable for any reason, you can call me to discuss your concern or secure another Fellow. The ACBC Membership Services Coordinator, can assist you if you need help. You may contact her at the ACBC office.

## **ACBC Requirements:**

Read carefully the ACBC Policies and Procedures for Individual Membership at ACBC website. Pay particular attention to I. C, Supervised Counseling and II, Procedures for Supervision. Life will be easier for all involved if you follow the directions precisely! Please make sure you email me a copy of the letter from ACBC showing you have passed your exams and that you are ready for supervision.

## **My Personal Procedures & Arrangements:**

1. I do counseling supervision during office hours on Weekdays. Once I agree to work with you, we will schedule a mutually agreeable time to talk, and it will become a weekly thirty-minute to an hour appointment.
2. Unless told otherwise, please call me at the office at the designated time. Phone 832-215-0123. When you call, you should have at your fingertips your case reports, Bible, and a way to take notes.
3. You are expected to do 50 Session of counseling at one hour minimum per session. At least 10 of those sessions are to be with the same person. The goal will be to take at least one person from beginning of counseling to graduation of counseling if they are willing to continue to follow your counsel. In other words, at least one counselee is to be taken from beginning of counseling to the end of counseling via graduation. A counselee is ready for graduation when he/she can:
  - A). Identify the issue(s) and be able to understand it from a biblical perspective as explained through the counseling sessions.
  - B). Explain the solution(s) to their issue(s) from a biblical perspective as explained by the counselor through the counseling sessions.
  - C). Apply the biblical principles consistently to the issue(s) addressed through the counseling sessions as directed by the counselor.

4. Your case reports are to be emailed to me in Word format no later than 2 days prior to our meeting time. You are expected to use the case report form and to answer all the questions. (See table of contents to find case report form. The answers to questions #1 and #2 need to be repeated in each report to help me remember the particular counselee and his/her circumstances.

5. Name each case report file by the First name and last name initials of the counselee, case # and session number, e.g. "Jim R. Case 1 Session #2." When we talk, you can tell me the counselee's first name, and that will be sufficient for my records.

6. This is a once-in-a-lifetime experience, so pick carefully the counseling cases you choose to submit for supervision. I suggest that you ask God to give you hard and varied cases that will stretch you.

7. You are responsible to provide audio recordings of at least five sessions. I want to listen to sessions 1, 2, 3 with a new counselee during our first 10 sessions of supervision. When we are at the 35-40 sessions of completed supervision, I will want to listen to sessions 1 and 2 with another new counselee. Acceptable formats for audio recordings are MP3, CD, WAV, and WMA. They can be sent to me via email or mail. You can mail them to my address at 6906 La Granada Dr. Houston, Texas 77083.

It is very important that you practice with the recording equipment and position the microphone where all parties in the session can be clearly heard. You are expected to listen to the session and make observations of your performance and then discuss those with me after I have listened to the session.

Note: If I have not listened to three recorded sessions by the 10<sup>th</sup> session, the supervision process will be put on hold until recorded sessions are provided.

8. Start a document titled "Lessons Learned during Supervision." This should be updated regularly and sent to me monthly. This document will include insights you are gaining from our discussions and your experiences in counseling.

9. Keep track of all your counseling sessions according to Microsoft excel process. I will send you a copy of an example of how to track your sessions.

10. The ACBC Board of Trustees has approved Fellows charging \$650 for supervision. This reflects the amount of time spent reading and marking reports, talking to you, and listening to audio recordings. If you will be counseling as part of your church's ministry, it is customary to ask the church to pay this fee.

11. People I supervise are asked to make the checks payable to Expository Counseling Center and to send them to 6906 La Granada Dr. Houston, Texas 77083. On the memo line please state, "supervision for training in counseling." It should be received within the first two weeks of the supervision.

12. The following information below is to be used by persons being trained under the supervision of Dr. Nicolas Ellen. No copies, reproductions, selling of the material is permissible unless one has gained written permission from Dr. Ellen.

# PERSONAL DATA INVENTORY

Please complete this inventory carefully  
(Question marks have been omitted)

## PERSONAL IDENTIFICATION:

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ Referred By \_\_\_\_\_

Marital Status:

Single \_\_\_\_\_ Engaged \_\_\_\_\_ Married \_\_\_\_\_ Separated \_\_\_\_\_ Divorced \_\_\_\_\_ Widowed \_\_\_\_\_

Education: (last year completed): \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Employer \_\_\_\_\_ Position \_\_\_\_\_ Years \_\_\_\_\_

In case of emergency, please contact: \_\_\_\_\_ (name)

\_\_\_\_\_ (Phone numbers)

## MARRIAGE AND FAMILY:

Spouse \_\_\_\_\_ Birth Date \_\_\_\_\_

Age \_\_\_\_\_ Occupation \_\_\_\_\_ How long employed \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Date of Marriage \_\_\_\_\_ Length of dating \_\_\_\_\_

Give brief statement of circumstances of meeting and dating \_\_\_\_\_

Have either of you been previously married \_\_\_\_\_ To Whom \_\_\_\_\_

Have you ever been separated \_\_\_\_\_ Filed for divorce \_\_\_\_\_

Information about children:

Name	Age	Sex	Living	Yrs. Ed.	Step-child
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Describe relationship to your father \_\_\_\_\_

Describe relationship to your mother \_\_\_\_\_

Number of siblings \_\_\_\_\_ Your sibling order \_\_\_\_\_

Did you live with anyone other than parents \_\_\_\_\_

Are your parents living \_\_\_\_\_ Do they live locally \_\_\_\_\_

**HEALTH**

Describe your health \_\_\_\_\_

Do you have any chronic conditions \_\_\_\_\_ what \_\_\_\_\_

List important illnesses and injuries or handicaps \_\_\_\_\_

Date last medical exam \_\_\_\_\_ Report \_\_\_\_\_

Physician's name and address \_\_\_\_\_

Current medication(s) and dosage \_\_\_\_\_

Have you ever used drugs for other than medical purposes \_\_\_\_\_

If yes, please explain \_\_\_\_\_

Have you ever been arrested \_\_\_\_\_

Do you drink alcoholic beverages \_\_\_\_\_ If so, how frequently and how much \_\_\_\_\_

Do you drink coffee \_\_\_\_\_ How much \_\_\_\_\_

Other caffeine drinks \_\_\_\_\_ How much \_\_\_\_\_

Do you smoke \_\_\_\_\_ What \_\_\_\_\_ Frequency \_\_\_\_\_

Have you ever had interpersonal problems on the job \_\_\_\_\_

Have you ever had a severe emotional upset \_\_\_\_\_ If yes, explain \_\_\_\_\_

Have you ever seen a psychiatrist or counselor \_\_\_\_\_ If yes, explain \_\_\_\_\_

Are you willing to sign a release of information form so that your counselor may write for social, psychiatric, or other medical records \_\_\_\_\_

**SPIRITUAL:**

Denominational preference \_\_\_\_\_

Church attending \_\_\_\_\_

Church attendance per month (circle one) 0 1 2 3 4 5 6 7 8+

Do you believe in God \_\_\_\_\_ Do you pray \_\_\_\_\_

Would you say you are a Christian or still in the process of becoming a Christian \_\_\_\_\_

Have you been baptized \_\_\_\_\_

How often do you read the Bible \_\_\_\_\_ never \_\_\_\_\_ Occasionally \_\_\_\_\_ Daily

Explain any recent changes in your religious life \_\_\_\_\_

**WOMEN ONLY:**

Have you had any menstrual difficulties \_\_\_\_\_ Do you experience tension, tendency to cry, other symptoms prior to your cycle, please explain \_\_\_\_\_

Is your husband willing to come for counseling \_\_\_\_\_

Is he in favor of your coming \_\_\_\_\_ If no, explain \_\_\_\_\_

**PROBLEM CHECKLIST:**

- |                         |                   |                   |
|-------------------------|-------------------|-------------------|
| ___ Anger               | ___ Depression    | ___ Loneliness    |
| ___ Anxiety             | ___ Drunkenness   | ___ Lust          |
| ___ Apathy              | ___ Envy          | ___ Memory        |
| ___ Appetite            | ___ Fear          | ___ Moodiness     |
| ___ Bitterness          | ___ Finances      | ___ Perfectionism |
| ___ Change in lifestyle | ___ Gluttony      | ___ Rebellion     |
| ___ Children            | ___ Guilt         | ___ Sex           |
| ___ Communication       | ___ Health        | ___ Sleep         |
| ___ Conflict (fights)   | ___ Homosexuality | ___ Wife Abuse    |
| ___ Deception           | ___ Impotence     | ___ A vice        |
| ___ Decision-making     | ___ In-laws       | ___ Other         |



**BRIEFLY ANSWER THE FOLLOWING QUESTIONS:**

1. What is the problem or concern that brings you here today?

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2. What have you done about this problem?

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3. What are your expectations from counseling?

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4. Is there any other information we should know about?

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**PERSONAL INVENTORY:** Matthew 7:1-5

Rate yourself on each of the following traits. Before each word, put the number from the rating scale which most accurately describes you.

Rating Scale: 0 = Never    1 = Seldom    2 = Sometimes    3 = Often    4 = Usually

- |                                   |                     |
|-----------------------------------|---------------------|
| _____ Loving                      | _____ Forgiving     |
| _____ Honest                      | _____ Generous      |
| _____ Sensitive                   | _____ Frugal        |
| _____ Good father/mother          | _____ Appreciative  |
| _____ Works hard                  | _____ Hospitable    |
| _____ Humble                      | _____ Diligent      |
| _____ Keeps his/her word          | _____ Discerning    |
| _____ Dependable                  | _____ Encouraging   |
| _____ Does not take advantage     | _____ Enthusiastic  |
| _____ Does not use people         | _____ Courageous    |
| _____ Not an opportunist          | _____ Conscientious |
| _____ Plans ahead                 | _____ Patient       |
| _____ Knows where he/she is going | _____ Considerate   |
| _____ Fair                        | _____ Persistent    |
| _____ Consistent                  | _____ Punctual      |
| _____ Perseveres                  | _____ Disciplined   |
| _____ Admits it when wrong        | _____ Resourceful   |
| _____ Teachable                   | _____ Sincere       |
| _____ Analytical                  | _____ Other         |
| _____ Compassionate               |                     |
| _____ Cooperative                 |                     |
| _____ Neat                        |                     |
| _____ Objective                   |                     |
| _____ Courteous                   |                     |
| _____ Creative                    |                     |
| _____ Decisive                    |                     |
| _____ Efficient                   |                     |

**SPIRITUAL CONVICTIONS QUESTIONNAIRE:** (Please use the back of this sheet if necessary.)

1. Describe Who God is:

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2. Describe Who Jesus Christ is:

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3. Describe the kind of relationship you have with God and His Son Jesus Christ:

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4. What is the Definition of a Christian?

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5. I am or (I am not) a Christian because:

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6. What do you believe about the Bible?

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7. What is your definition of sin?

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8. What sins do you struggle with the most?

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9. How do you handle sin in your life?

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10. How do you handle guilt?

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11. What do you tend to pray about the most?

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12. What do you seek to accomplish in life?

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13. I do attend or I do not attend church because:

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14. I allow Christians or I do not allow Christians to be involved in my life because:

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15. The changes I would like to make in my life are

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What have you learned about yourself and what have you learned about your partner? What changes do you need to make in light of this study?

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(Adapted from Jay Adams and Wayne Mack)

## **Consent to Biblical Discipleship Counseling And Release of Liability Form**

### **What is Expected of You?**

It is our belief that change must begin with ourselves as we look to Jesus Christ for the power to change. Therefore, we ask you (counselee) to approach the counseling and encouragement process as an opportunity for personal change and spiritual growth. We ask that you refrain from the temptation of focusing on others, and instead we ask you to focus on what changes God desires to make in your life, in the midst of your circumstances. Be advised that you will be assigned “homework.” Homework is a vital part of the change process; therefore, completion of the homework assignments before your next session is expected.

### **CONFIDENTIALITY CLAUSE**

- 1) Absolute confidentiality is not scriptural. In certain circumstances the Bible requires that facts be disclosed to select others (Matthew 18:15ff). In these areas we follow the guidelines of the church. When your church leadership inquires, we will disclose to them the information they need to effectively and biblically fulfill their responsibility to shepherd you.
- 2) The privacy and confidentiality of our conversations and records are a privilege of yours and are protected by our ethical principles in all but a few circumstances. BY LAW, there are certain situations in which information about individuals undergoing counseling may be released with or without their permission. These situations are as follows: (Romans 13:1-3)
  - A. Where it is proven that children are physically abused, neglected, or sexually abused;
  - B. In emergency situations where it is proven that there may be danger to the counselee or others, as with homicide or suicide, confidentiality may be broken;
  - C. If a court of law issues a legitimate subpoena relating to a child abuse case, we are required by law to provide the information specifically described in the subpoena;
  - D. If an unreported life-threatening felony has been committed, we are required by law to report it to the police.
- 3) We reserve the right to consult with others or appropriate church ministry staff members regarding your sessions. This consultation will be held in the same level of confidence as your sessions. This will involve issues such as:
  - A. Church discipline matters
  - B. Seeking wise counsel to help address the matter in a thorough manner
  - C. Reporting to other leaders on the status of counseling when feasible and appropriate
  - D. Training of other counselors to learn how to handle cases of the same nature

### **Resolution of Disagreements**

If a dispute should arise between the counselee and the counselor regarding the session or the counselor’s advice or conduct, one should bring this dispute to the attention of the Director of the Biblical Discipleship Counseling Ministry of the church. If the dispute cannot be resolved at this level, all parties agree to resolve such dispute by submitting to the Conflict Resolution Team of the Church for full **and** final resolution and conciliation. Both, the counselee and the counselor agree **not** to take this matter to any secular court system. (1 Corinthians 6:1-7)

**Waiver of Liability**

The undersigned counselee, having sought biblical discipleship counseling as adhered to by the church, a nonprofit religious organization, hereby acknowledges their understanding of the above stated conditions and therefore releases from liability the Church and any/all participating churches, pastors, agents or employees, from a claim or litigation whatsoever arising from the undersigned’s participation in the above-mentioned biblical discipleship counseling ministry.

It is further understood, in consideration for receiving any form of counseling from the church, the person (counselee) receiving the counseling agrees to release and waive any and all claims of any kind against the ministry, the staff, the pastoral/lay counselors or any participating church, which may arise from, result out of, or be related to conduct or advice/counsel given. Additionally, all counsel provided in/ by the church is provided in accordance with the biblical principles adhered to by the church and is not necessarily provided in adherence with any local or national psychological or psychiatric association.

That the undersigned agrees that he/she has read and thoroughly understands and agrees to what is expected of them, the confidentiality clause, the resolution of disagreements, the church’s policy for counseling that is placed on the website, and the contents of the waiver, and now willingly (without any coercion) consents to and requests said biblical discipleship counseling from the church’s biblical discipleship counseling ministry.

SIGNED on this \_\_\_\_\_ day of \_\_\_\_\_, AD, 20\_\_\_\_\_, at \_\_\_\_\_ (County)\_\_\_\_\_

Signed Name\_\_\_\_\_

Printed Name\_\_\_\_\_

Before me, the undersigned authority on this day personally appeared \_\_\_\_\_, known to me to be the person whose name is subscribed to the foregoing instrument of writing and acknowledged to me that he executed the same for the purposes and consideration thereon expressed. SWORN TO AND SUBSCRIBED BEFORE ME, under my official hand and seal of office this the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_

NOTARY PUBLIC In and for the STATE OF \_\_\_\_\_

Printed Name: \_\_\_\_\_

My Commission expires: \_\_\_\_\_

## Case Report form

### Case Report Form

(Adapted from ACBC form)

Counselor's Name \_\_\_\_\_ Name of Counselee \_\_\_\_\_

Date of Appt. \_\_\_\_\_ Session # \_\_\_\_\_

Time of Appt. \_\_\_\_\_

1. Significant background information
  
2. Summary of reason they came for counseling (presentation problem)
  
3. What main problem(s) were discussed in this session?
  
4. What can they control in this situation?
  
5. What are they not able control in this situation?
  
6. What are their neutral, unloving, loving responses in this situation?
  
7. What are the consequences of their choices in this situation?
  
8. What unbiblical habits are you seeing in the counselee (pre-conditioning)?
  - a. Thoughts, motives, desires?
  - b. Communication?
  - c. Behavior/manor of life?
  - d. Relationship patterns?
  - e. Service of others?
  
9. What idolatrous-lust are emerging? (I must have \_\_\_\_\_(Lust), If \_\_\_\_\_  
(Idol) does not provide \_\_\_\_\_ (Lust) I will be upset!)
  
10. What key concepts/worksheet did you use when discussing the specific problems?(Tied to #4)



11. What stage of spiritual growth are they in according to the problem discussed?/What stage of spiritual growth are you to lead them to as a result?(teaching stage, conviction stage, correction stage, training stage).
12. What homework was given and how did it specifically apply to the problems and the stage of spiritual growth the person is in and is to be lead into (hope homework, doctrinal homework, awareness homework, embracing God homework, action oriented homework, relation oriented homework)?
13. What specifics acts of love towards God and others will you eventually be leading them to/or are leading them to walk in?
14. How does forgiveness play out in this if at all?
15. If someone asked the counselee right after the session, “What did you learn that you needed to change?” what would you want him to say?
16. How was hope or encouragement given in this session?
17. How is the overall counseling process progressing and what issues have been sufficiently addressed by you and changed by the counselee in the areas of thoughts, motives, desires, communication, behavior, lifestyle, relationship patterns, or serving?
18. What are your goals for future sessions?

If the session is not moving, review Jay Adam’s “50 Failure Factors” at the back of the Christian Counseling Manual.

## Every Christian A Counselor

- 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. Biblical Counseling is an avenue whereby evangelism and discipleship can take place resulting in God using it to save a soul from the power, penalty and soon presence of sin and maturing saints into the image of Jesus Christ. Therefore every Christian should be a counselor!
- F. All Biblical Counseling should be built around three key objectives:
1. To lead a person into salvation (2Corinthians 5:11-21).
  2. To lead Christians into putting off particular sinful habits that keep them from walking in love toward God and others (Galatians 6:1).
  3. To lead Christians into putting on loving attitudes and actions towards God and others leading them to become like Christ in all things (Ephesians 4:11-32)
- G. There are basic categories of life whereby Biblical Counselors are to lead counselees through process of putting off particular sinful habits and putting on God-honoring righteous habits.
1. Biblical Counselors are to help counselees 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. Biblical Counselors are to help counselees 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. Biblical Counselors are to help counselees 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. Biblical Counselors are to help counselees 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. Biblical Counselors are to help counselees 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).

H. 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).

I. 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.)

J. There are several key concepts to teach within the counseling process to help counselees through each phase and stage of change.

1. **The Gospel** – The Person and work of Jesus Christ for sins and salvation of mankind.
2. **What I Can and Cannot Control**- We cannot control people and outcome of situations, We can control our own thoughts, motives, desires, words, will; Therefore, our choices reveal either our love for God and love for others or our selfish ambition with people and circumstances.
3. **The Two Choice in Life**- There are only two choices in life; We are either God-centered or self-centered; Our choices reveal our thoughts; Our thoughts are motivated by indwelling sin or by the Holy Spirit; When our thoughts are motived by indwelling sin we worship our desires turning them into lusts of our lives and we look to people, places, products, perspectives to satisfy them turning them into idols we use to satisfy our lustful desires.
4. **Idolatrous Lust**- Something you bow down to that you believe will bring you what you truly treasure while making what you truly treasure something you bow down to in place of the living God. The **avenues** we pursue and bow down to in the form of worship (Idols) along with these **treasures** we bow down to in the form of worship (Lusts) make up the idolatrous lust in our lives.
5. **The Cycle of Relationships**- When we walk in pride we relate to people according to our picture, preferences, and presumptions leading to pain in our hearts and the practice of treating people in unloving ways ; When we walk in humility we relate to people according to their position before God and others, the priority of God for others, and the precept of God for others resulting in peace in our hearts and the practice of love towards others.
6. **The Four Kinds of Human Relationships**- Understanding what it means to be open and unloving, closed and loving, open and loving, closed and unloving.
7. **Biblical View of Love**- Understanding what it means to love according to 1 Corinthians 13:1-8.
8. **Living by Purpose**-Understanding and developing a Christ-Centered life.

9. **Conflict Resolution**- Understanding why conflict exist and how to resolve it from addressing heart issues instead of just dealing with behavior.
  10. **The Biblical Framework**- Understanding what happens to man in his heart when he chooses to sin and when he chooses to live righteously.
  11. **Immaterial Pain Vs Material Pain** – Understanding that all pain is not the same. Some pain is the result of issues going in within the immaterial heart of man (Soul/Spirit). Some pain is the result of material issues (physical body). Some pain in the physical body happens as a result of pain of the immaterial heart. Deal with physical pain according to medication and all that the medical world can provide. Deal with immaterial pain according to the Messiah and all He has to provide. Do not confuse the two.
- K. 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)

- L. As a counselor determines the category of homework to be given, he can use various **methods** of implementation to help move counsees through each phase and stage resulting in escaping the corruption of their flesh, the world and the devil unto spiritual maturity in Jesus Christ. Some of those methods of implementation are:
  1. **Scripture reading** – leading the counselee into seeing and discovering the reality of God's Word in accordance to their problem; to lead them into a consistent pattern of reading and studying God's Word to understand the nature of it and to live by the content in it in order that they may know God intimately and to be useful to Him practically (Concept adapted from Randy Patten)
  2. **Literature reading** – leading the counselee into reading various biblical literature that shows them how to evaluate and address the problem from God's standpoint in a comprehensive manner so that they may turn from it and walk in obedience to God accordingly (Concept adapted from Randy Patten)
  3. **Scripture Memorization** – leading the counselee into memorizing Scripture so that they may be transformed in their thinking and turn away from sin unto living as God has commanded (Concept adapted from Randy Patten)
  4. **Prayer** – leading the counselee into the process of prayer so they may learn how to communicate with God in a way that will lead them into genuine fellowship with God; so they may learn how to make request for others and themselves in an appropriate manner (Concept adapted from Randy Patten)
  5. **Projects** – activities that lead the counselee into stopping some thought, word or action or leading them into starting some thought, word, or action in relation to God, others, self or circumstances as it relates to the issues brought up in the counseling sessions (Concept adapted from Randy Patten)
  6. **Log Lists/Journals** – having the counselee to write down specific thoughts, behaviors, actions or words to evaluate where change has taken place or to see where change needs to take place
  7. **Church Participation** – leading the counselee into:

- **Membership** – the counselee would be led to join a local church that they may experience love and enjoy the blessings of God-honoring relationships .
- **Maturity** – the counselee would be led to get involved in discipleship courses in a local Church that would lead them into loving God, loving others on a consistent basis and living a life that reflects the character of Christ
- **Magnification** – the counselee would be led to come to appreciate, value and adore the character of God through heart-felt genuine worship of Him in a local Church.
- **Ministry** – the counselee would be led to join a ministry where they can develop in bearing burdens and meeting needs according to the various relationships they will develop through the local Church
- **Missions** – the counselee would be led into supporting a local Church in sharing and defending the Christian faith

M. 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.

N. There are four basic **kinds of counselees** you may run into when involved in biblical counseling: (Adapted from various teachings of Jay Adams)

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.)

O. A Counselee is ready to be released or graduated from counseling when:

1. The counselee understands their problem from a biblical perspective.
2. The counselee understands the biblical solutions to their problem.
3. The counselee consistently applies the principles to address their problems to put off sin and to put on what is right resulting in living out in practice what they have learned.

P. Given these factors, true biblical counseling (which in essence is evangelism and discipleship) will help people through each phase, stage, and categories of life by the practice of 7 key procedures (1Thessalonians 5:14-24):

**1. Commend Submission (1 Thessalonians 5:11). (concept adapted from David Powlison)**

- A. Congratulate the person in areas they are seeking to do right thing in relation to the situation.
- B. Complement the person in areas they refused to do the wrong thing in relation to the situation.

**2. Console suffering (Romans 12:15).**

- A. Connect with the pain of the sufferer.
- B. Consider the peace God can bring to the sufferer.

**3. Confront sin (Galatians 6:1).**

- A. Call out sin with compassion.
- B. Challenge sin with care.

**4. Characterize Sovereign (Colossians 1:28-29). (concept adapted from David Powlison)**

- A. Discuss the aspects of God's character that would be appropriate to discuss in relation to the situation.
- B. Dialogue about how those aspects of God's character can be used for warning and teaching the person accordingly in relation to the situation.

**5. Communicate salvation (Matthew 28:18-20).**

- A. Present the Gospel of Jesus Christ.
- B. Provide the guidance into receiving the Gospel of Jesus Christ.

**6. Clarify sanctification (Matthew 28:18-20).**

- A. Teach the specific sins that need to be put off and how to do it through the Word of God.
- B. Tutor the specific solutions that need to be put on in place of the specific sins that demonstrate love for God and love for others through the Word of God.



**7. Celebrate summation (Philippians 3:13-21).**

A. Promote the promise of the return of Jesus Christ.

B. Proclaim the prizes that come with the return of Jesus Christ.

M. Here is a big picture:

The Areas of Change	The Phases of Change	The Stages of Spiritual Growth	Concepts to Teach in the Biblical counseling Sessions	The Homework to help implement Change	The Methods to help implement the homework	The Examples of Implementation of activities	Seven Key Procedures
Thought (Idea)	Realize truth	<b>Teaching Stage- Realize</b> truth	The Gospel/What I Can and Cannot Control	Hope Homework	Scripture Reading	Reading particular Books of the Bible that connect to your issues	Commend Submission
Attitude (Belief System that results from a pattern of Ideas)	Realize and Remorse over our Sin in connection with truth	<b>Conviction Stage- Realize and Remorse</b> over our sin in connection with truth	The Two Choices Concept	Theological Homework	Literature Reading	Reading literature that addresses your issues	Console Suffering
Motives or Intentions/Desires	Renounce our Sin	<b>Correction Stage- Renounce</b> our Sin; <i>Repent</i> of our Sin	Idolatrous Lust/ The Four Kinds of Human Relationships	Awareness Homework	Scripture Memorization	Memorizing and Meditating on Scripture/ Biblical Concepts according to your issues	Confront Sin
Communicational Patterns	Repent of our Sin	<b>Training Stage- Renew</b> our minds; <i>Replace</i> our Sin with the right thing to do in the areas change	Biblical View of Love/Living by Purpose	Embracing God Homework	Prayer	Writing out Log list, or journals to evaluate yourself or your progress	Characterize Sovereign
Behavioral and Relational Patterns	Renew our Minds		Conflict Resolution	Action Oriented Homework	Projects	Communicating certain things to God or people on a regular basis	Communicate Salvation
Service for God and Others	Replace our Sin with the right thing to do in the areas of change		Biblical Framework	Relation Oriented Homework	Log List/ Journals/ Church Participation	Practicing certain attitudes, actions or behaviors towards God, others , and in situations/ Getting involved in particular aspects of Church life to enhance growth in Christ	Clarify Sanctification/ Celebrate Summation

## The BIG PICTURE FOR BIBLICAL COUNSELING

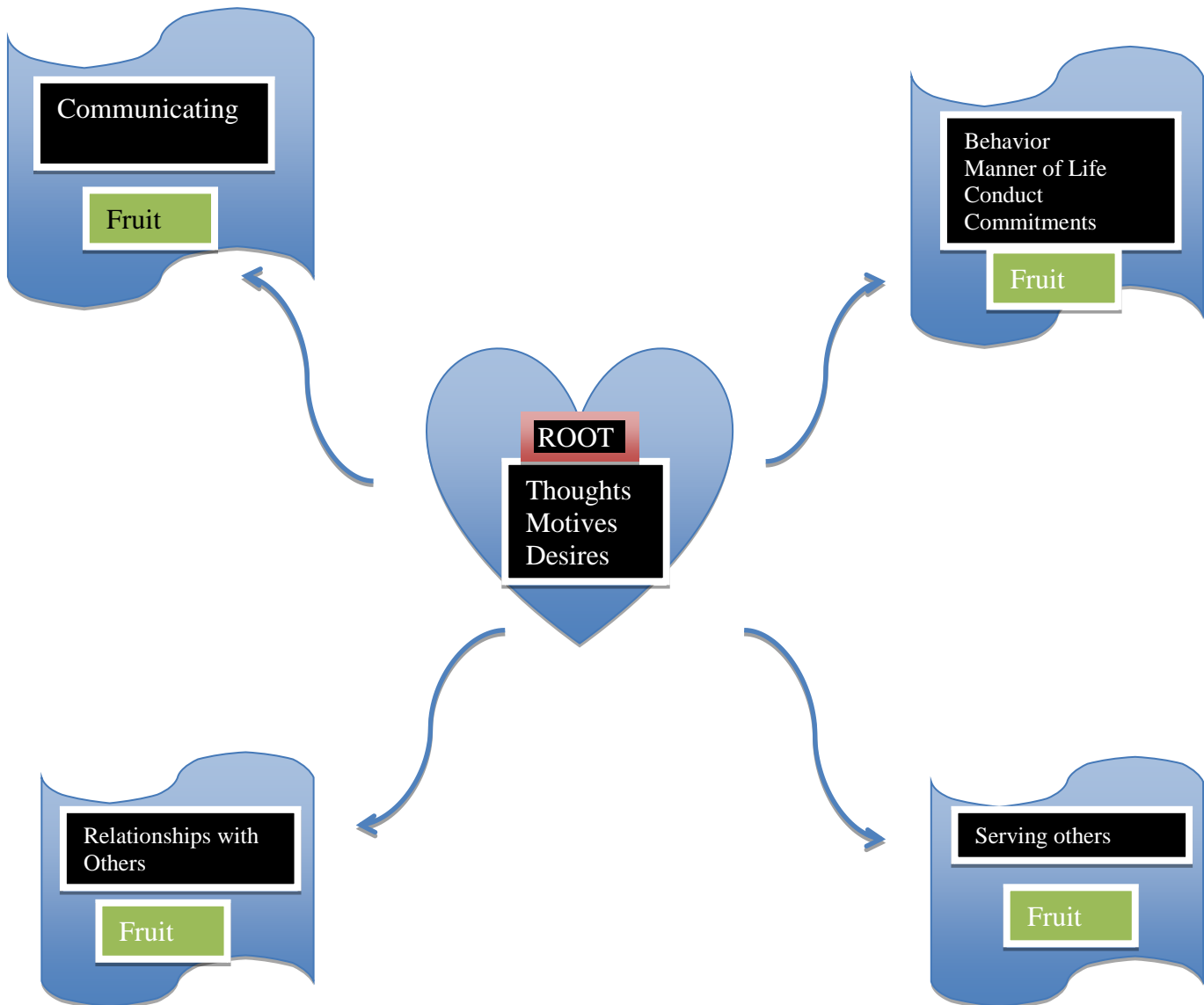
1. There are only two central commands that sum up all commands:
  - A. Love God
  - B. Love Others
2. Man's basic problem is a lack of love of God or a lack of love of others which is what sin is: If you love me you will keep my commandments/Love Your neighbor as yourself. To disobey God is to sin. To sin is to lack love for God and to lack love for others.
3. Man's lack of love for God and others shows up in five places:
  - C1. Thoughts, motives, desires
  - C2. Communicating
  - C3. Behavior/ manner of life/ conduct/ commitments
  - C4. Relating to others
  - C5. Serving others
4. We will see a lack of love for God or others in areas C1- through C5 as we observe people's actions, reactions or responses to other people and circumstances.
5. Our mission is to help people see the lack of love for God or others in areas C1-C5 and to help move them from a lack of love for God and others to walking in love for God and others.
6. The root lack of love will be found in C1.
7. The fruit lack of love will be found in C2-C5.
8. We will help people understand how C1 is driving C2-C5.
9. We will then lead them to walk in love for God and others in C1-C5.
10. The tools we have to do this are the worksheets and homework assignment we give.
11. Therefore as we observe people's actions, reactions or responses to other people and circumstances or listen to them talk about these issues we should listen, identify and document our observations on 7 basic levels:
  - a. Level 1 Listen, identify and document the C1-C5 Issues being presented or discussed
  - b. Level 2 Listen, identify and document what they can and cannot control according to the issues presented or discussed
  - c. Level 3 Listen, identify and document the person(s) actions, reactions, or responses to other people and circumstances being presented or discussed
  - d. Level 4 Listen, identify, and document where their actions, reactions, or responses fit on the Biblical Framework
  - e. Level 5 Listen, identify and document the belief systems, agendas, and desires being revealed from their actions, reactions, or responses being presented or discussed

- f. Level 6 Listen, identify and document the pride, lust, and idols, being revealed from their actions, reactions, or responses being presented or discussed
- g. Level 7 Listen, identify and document the C2-C5 issues that are the by-products of the C1 issues

12. We will lead them to see and understand these things through the worksheets and homework we will give them.

13. We will lead them to renounce, repent, and replace these things with Love for God and love for others through the worksheets and homework we will give them.

14. We will lead them to do all of this according to the phases and stages of change the person is in accordingly.



In summary, people who come in for counseling are bringing in a lot of data to us which are the fruit of their root sin. Their Lack of Love for God and others is sinful.

Lack of Love for God:

John 14:15 "If you love Me, you will keep My commands."

Lack of Love for Others:

Mark 12:31 "The second is, Love your neighbor as yourself. There is no other command greater than these."

When gathering data, we must look beyond the "fruit" sin and stay attentive to their speech for the "root" sin. Keep the "root" in your mind as they are communicating to you.

Luke 6:45 "A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."

Do not get caught up in the "fruit" "drama" but instead ask good questions to search for the root. "What motivated you to do that?" "What were you desiring at that moment?" and so forth. If you stay in the "fruit" of the issues...you will get caught up in the "leaves" therefore blinding you to see the "root."

## The 8 “C”s Of Biblical Counseling

1. **Connect** with the counselee in the first part of the counseling session.
  - a. Ask your counselee questions that will help you to get to know them better.
  - b. Identify areas of common interest and share those with the counselee.
  - c. Share things about yourself that you think will lead your counselee to be comfortable with you. (Proverbs 16:24))
2. **Console** the Counselee during the counseling session.
  - a. Give words of hope and encouragement to assure the counselee that God has solutions to their problem.
  - b. Provide comfort as the counselee shares their problems and concerns.
  - c. Be compassionate and patient as your counselee shares their heart with you.
3. **Collect** data from the Counselee in regards to their problems and concerns.
  - a. Find out what is happening or has happened to the person.
  - b. Identify what they cannot control, what they can control, the motives (God-centered or self-centered) that are being revealed in their choices or responses to the people/circumstances accordingly.
  - c. Find out how they are responding in thoughts, words, behavior, lifestyle, relational patterns to what is happening or has happened (neutral, unloving, loving responses).
  - d. Identify time frame of responses to people, places, events in accordance to what is happening or has happened.
  - e. Find out what they want that they cannot control getting and what they are getting they do not want.
  - f. Identify areas of pride, idolatrous lust, worry, anger, fear, depression.
  - g. Find out what the person’s perceptions, preferences, pains, passions are in connection to what is happening or has happened.
  - h. Find out how the person has dealt with or is dealing with sin towards God and others.
  - i. Look for any and all unloving thoughts, words, and actions.

4. **Categorize** data from the Counselee into Biblical terms and perspectives as you are thinking through Biblical solutions.
  - a. Where there is a biblical term or interpretation for the data use it in place of psychological terms so that those issues may be dealt with accordingly.
  - b. Identify and interpret data that is an expression of apparently uncaused fleeing as such when you are collecting the data. (See the book ***The Heart of Man and the Mental Disorders*** by Rich Thomson for insight into this.)
  - c. Identify and interpret data that is an expression of apparently uncaused fear as such when you are collecting the data. (See the book ***The Heart of Man and the Mental Disorders*** by Rich Thomson for insight into this.)
  - d. Identify and interpret data that is an expression of a sense of guilt as such when you are collecting the data. (See the book ***The Heart of Man and the Mental Disorders*** by Rich Thomson for insight into this.)
  - e. Identify and interpret first level and second level sins, root sins and fruit sins as such when you are collecting the data. (See the book ***The Heart of Man and the Mental Disorders*** by Rich Thomson for insight into this.)
  - f. Identify and interpret what a person can and cannot control in their situation past, present, future as you are collecting the data.
  - g. Identify and interpret their conduct, character, and conversation according to Biblical perspectives.
5. **Communicate** to Counselee what the Bible defines as the source and the symptoms of the problems in Biblical terms and **clarify** what the Biblical solutions are to those problems.
  - a. Explain the concept of the Gospel.
  - b. Explain the concept of What I Cannot and Can Control.
  - c. Explain the concept of the Biblical Framework.
  - d. Explain the concept of The Point of Choice.
  - e. Explain the concept of Pride.
  - f. Explain the concept of Idolatrous Lust.
  - g. Explain the concepts of Worry, Anger, Fear.
  - h. Explain the concept of the Cycle of Relationships.

- i. Explain the concept of four kinds of human relationships.
  - j. Explain the concept of Love for God and others.
  - k. Explain the concept of progressive sanctification.
  - l. Explain the concept of confession, repentance, and replacement.
  - m. Explain the material and immaterial issues of man.
  - n. Explain the concept of guilt and the standards of the conscience.
  - o. Explain the fear of man, anxiety and the solutions.
  - p. Explain the concept of embracing God according to who He is.
  - m. Explain the concept of being controlled by the Holy Spirit.
6. **Challenge** the Counselee to a commitment to confess, repent, and replace sin with love for God and others.
- a. Ask the counselee if they are willing to do the hard work of confessing, repenting, radically amputating and replacing sin to walk in love for God and others.
  - b. Explain to the counselee the importance of being a doer of the Word and not just a hearer of the Word.
  - c. Explain what kind of commitment it will take to make the appropriate changes to resolve the problem and become Godly in the situation.
7. **Construct** homework for the counselee to apply to their lives that will lead them into confession, repentance, and replacement of sin with love for God and others.
- a. **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.
  - b. **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.
  - c. **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.



- d. **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.
  - e. **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 that according to the situation or problem.
  - f. **Relational Orientated 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.  
(Portions of this information was adapted from *Instruments in a Redeemer's Hand* by Paul Tripp)
8. **Conjoin** the counselee to the Body of Christ according to where they need it.
- a. **Membership** – the counselee would be lead to join a local church that they may experience love and enjoy the blessings of God-honoring relationships .
  - b. **Maturity** – the counselee would be lead to get involved in discipleship courses in a local Church that would lead them into loving God, loving others on a consistent basis and living a life that reflects the character of Christ
  - c. **Magnification** – the counselee would be led to come to appreciate, value and adore the character of God through heart-felt genuine worship of Him in a local Church.
  - d. **Ministry** – the counselee would be led to join a ministry where they can develop in bearing burdens and meeting needs according to the various relationships they will develop through the local Church
  - e. **Missions** – the counselee would be led into supporting a local Church in sharing and defending the Christian faith

## **Things to Find out While Collecting Data in the Counseling Process**

- Find out what is happening or has happened to the person.
- Identify the key people and situations involved.
- Find out what they can and cannot control within the situation.
- Find out how they are responding in thoughts, words, behavior, lifestyle, relational patterns to what is happening or has happened.
- Identify time frame of responses to people, places, events in accordance to what is happening or has happened.
- Identify the consequences of their choices in the situation.
- Find out what they want that are not getting and what they are getting that they do not want.
- Identify their perceptions, preferences, pains, and passions connected to what is happening or has happened.
- Identify the key sins and the motivating sins from the sins that are merely forms of escape from the key and motivating sins.
- Look for central unloving issues such as self-centeredness leading to preoccupation with what a person wants above everything else (lust) leading to making idols of the creation to have it, resulting in kinds of sinful responses to gain, maintain, or as result of or the perception of losing the lust one treasures in his heart above all others things.

## The Gospel

### 1. The Detriment

Romans 3:23 – “For all have sinned and fall short of the glory of God.”

We all have failed to live up to the standards of God and demonstrate His character. This is what we call sin.

### 2. The Devastation

Romans 6:23 – “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.”

Revelation 20:15 – “And if anyone’s name was not found written in the book of life, he was thrown into the lake of fire.”

The punishment and payment for sin is that mankind is separated from God in life and in relationship and will be placed in the eternal lake of fire to burn in hell for all eternity, apart from receiving the gift of eternal life in Jesus Christ.

### 3. The Deliverance

1 Corinthians 15:1-4 – “Now I make known to you brethren, the gospel which I preached to you, which also you received, in which also you stand, by which also you are saved if you hold fast the word which I preached to you, unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried and that He was raised on the third day according to the Scriptures.”

Jesus Christ came to earth, took on manhood, lived a perfect life, was crucified, buried, and resurrected in order to take the punishment and pay the penalty for our sins. This was done to deliver us from having to pay for our sin through burning in hell forever and to reconcile us back into right relation with God forever.

### 4. The Directions

John 3:16 – “God so loved the world that He gave his only begotten Son, that whoever believes in Him shall not perish but have eternal life.”

John 17:3 – “This is eternal life, that they may know You, the only true God and Jesus Christ whom You have sent.”

Acts 3:19 – “Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord.”

Put your trust & confidence in the person of Jesus Christ and the work Jesus Christ did to save you from the consequences of your sin, and you will be delivered from the penalty, the power and soon the presence of sin unto a new and right relationship with God through His Son, Jesus Christ.

## **5. The Downfall**

John 3:18 – “He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God.”

Ephesians 2:1-3 – “And you were dead in your trespasses and sins, in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. Among them we too all formerly lived in the lust of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.”

Ephesians 5:5-6 – “For this you know with certainty, that no immoral or impure person or covetous man who is an idolater, has an inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.”

If you refuse to follow the directions to place your trust and confidence in the person of Jesus Christ and the work of Jesus Christ to save you from the consequences of sin and to reconcile you to a new and right relationship with God, the Father, through the Son, Jesus Christ, you will spend the rest of your life separated from God, living a life of sin, and spend eternity burning in the lake of fire as payment for your sin, which is the judgment for unbelief in Jesus Christ.

## **6. The Difference**

John 1:12 – “But as many as received Him, to them He gave the right to become children of God, even to those who believe in the name.”

2 Corinthians 5:18 – “Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation.”

If you put your trust & confidence in the person and work of Jesus Christ, you will be placed in the family God, you will become a Child of God, you will be reconciled to a right relationship with God the Father and you will be able to share this good news with others so that they may receive the gift too.

## **7. The Delight**

Philippians 3:8-11 – “More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ, and may be found in Him, not having a righteousness of my own derived from the Law, but that which is through faith in Christ, the righteousness which comes from God on the basis of faith, that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death, in order that I may attain to the resurrection from the dead.”

As a result of becoming a child of God and being reconciled to a right relationship with God, the Father, through His Son, Jesus Christ, there will be a desire: to know His Son Jesus Christ, to be like His Son Jesus Christ, and to be useful to His Son Jesus Christ.

## **8. The Director**

Ephesians 1:13-14 – “In Him, you also, after listening to the message of truth, the gospel of your salvation- having also believed, you were sealed in Him with the Holy Spirit of promise who is given as a pledge of our inheritance, with a view to the redemption of God’s own possession, to the praise of His glory.”

Romans 8:14 – “For all who are being led by the Spirit of God, these are the sons of God.”

Galatians 5:16 – “But I say, walk by the Spirit, and you will not carry out the desire of the flesh.”

Romans 8:3-4 – “For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, so that the requirement of Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.”

As a result of becoming a child of God and being reconciled to a right relationship with God the Father through His Son, Jesus Christ, you will be given God the Holy Spirit to dwell within your soul. God the Holy Spirit will be given to you to assure you that salvation in Jesus Christ is secure and all that comes with that salvation will happen. God the Holy Spirit will be given to guide you in the right direction in your relationship with God and to empower you to obey God as you walk by His power.

## 9. The Dialogue

If you would like to receive this gift and be reconciled to a new and right relationship with God, you may use these words as a means to express to God your sincere desire to be saved from the penalty, power and presence of sin unto a new and right relationship with Him. Remember, the power to save you is not in these words but in God to whom you are using these words to pray. If these words reflect your desire to be saved from sin and to be reconciled unto a new and right relationship with God then they will be a means of dialogue with God, who will save you as a result of your sincere faith, not by merely repeating these words:

*“Father God I understand that I am a sinner and need to be forgiven and delivered from my sin condition and have a restored relationship with You. I understand that You, Lord Jesus Christ, are God the Son, and that you took on manhood, and were crucified, buried, and resurrected to pay the penalty for my sin in order to deliver me from the penalty, the power and soon the presence of sin unto a new and right relationship with You and God the Father that starts now and will continue in heaven. I understand, believe and trust in this fact and now entrust myself to You, Jesus Christ, as my savior from sin, the Lord of my life and reconciler of me unto a new and right relationship with You and God the Father. Thank you Jesus Christ for saving me so that I may know You and God the Father. Thank you God the Holy Spirit as you now take residence in my soul and will guide me into this new and right relationship and empower me to obey accordingly. May you now lead me, oh God, to the Church that will teach me how to live in this new life I have with you.”*

## 10. The Discipleship

If you have been sincere in your dialogue with God to deliver you from sin unto a new and right relationship with Him- congratulations, you are now in the family of God and have a new and right relationship with Him! Now, find a church that will help you move in the direction of knowing Jesus Christ, becoming like Jesus Christ and being useful to Jesus Christ.

Remember: God did not save us just to go to Heaven but that we may be delivered from the penalty, power, and soon presence of sin unto a new and right relationship with God through His Son Jesus Christ which involves intimate fellowship with God, character development into the image of Jesus Christ and service for Jesus Christ while connecting intimately with other fellow believers in a local church – heaven comes along with the relationship!

John 17:3 – “This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.”

2 Corinthians 3:18 – “But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”

Ephesians 2:8-10 – “For by grace you have been saved through faith; and that not of yourselves, it is the gift of God, not as a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.”

Hebrews 10:23-25 – “Let us hold fast the confession of our hope without wavering, for He who promised is faithful; and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.”

John 14:2-3 – “In My Father’s house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also.”

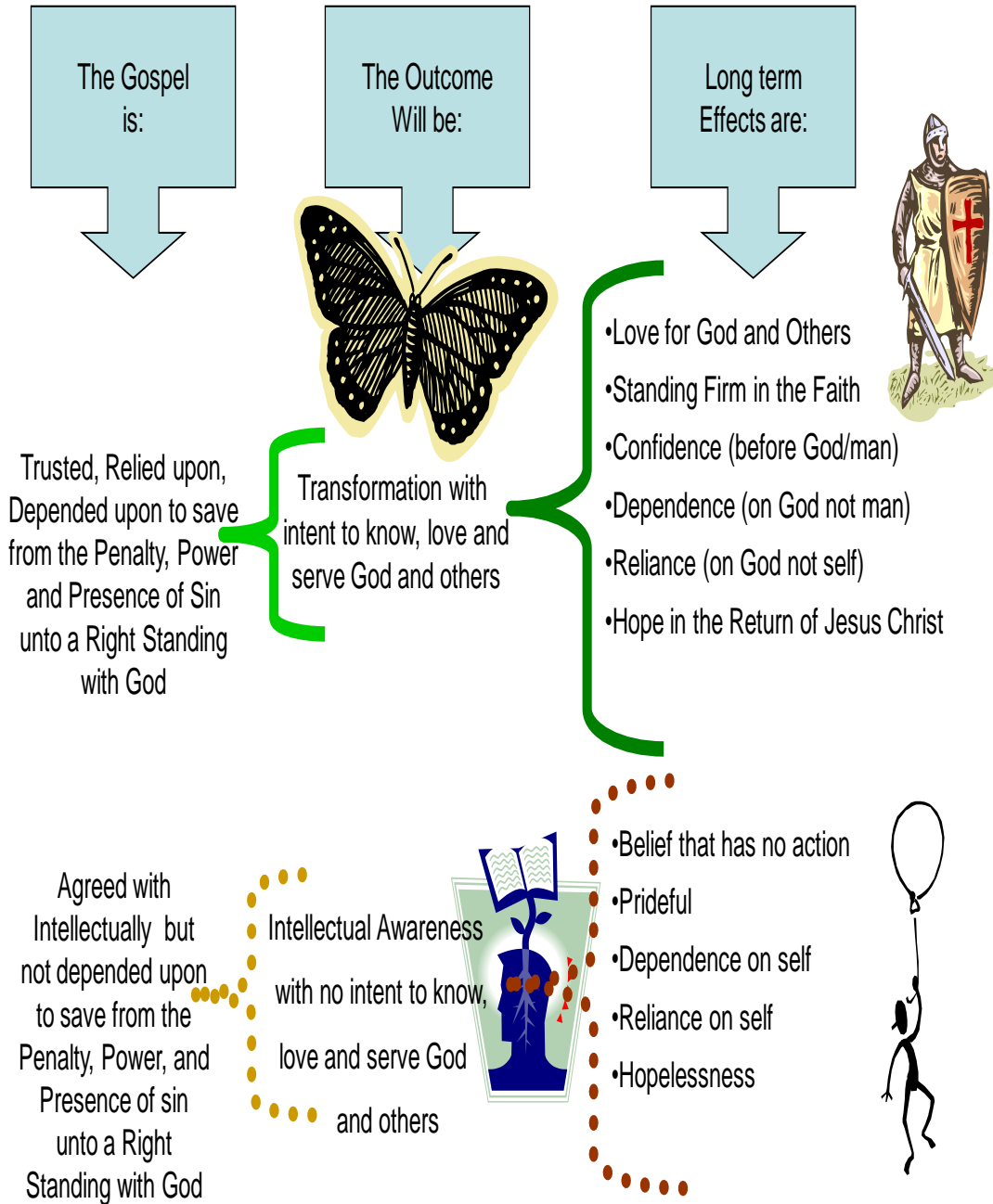
## Understanding the Difference between a Faith that works and working for salvation

Chart adapted from (Picture from [www.middletonbiblechurch.org](http://www.middletonbiblechurch.org))

Paul's Teaching	James' Teaching
<p>How can a person be saved?</p> <p>By faith alone (Rom. 3:28)</p>	<p>How can a person show that he is saved?</p> <p>By works alone (James 2:18)</p>
Faith alone saves.	The faith that saves is not alone.
<p>A person is not saved by works.</p> <p>(“Works” are rejected by Paul as <b>the means of salvation</b>: it is wrong to say that a person must do good works in order to be saved.)</p> <p>These are meritorious works, that is, works done to try to merit or earn salvation.</p>	<p>A saved person will perform good works.</p> <p>(“Works” are understood by James to be <b>the result of salvation</b>: a person does good works because he is saved.)</p> <p>These are faith works, that is, works that spring from a faith that is real and living.</p>
Paul used the example of Abraham when he first believed in God (Rom. 4:3 and compare Genesis 15:6).	James used the example of Abraham when his faith was tested by God, about 40 years later (James 2:21 and compare Genesis 22).
<p>The error Paul corrected:</p> <p>Salvation is by the works of the law (the error of legalism).</p>	<p>The error that James corrected:</p> <p>Works are unnecessary after a person is saved (the error of antinomianism).</p>
Paul wrote about how a guilty sinner may be justified before God.	James wrote about how a believer can show that his faith is genuine (justification or vindication before men).
Paul's perspective: He was viewing the guilty sinner who needed to be right with God. (The sinner is in view.)	James' perspective: He was viewing the believer (or professing believer) who needed to demonstrate that his faith was real. (The believer is in view.)



## True Faith in the Gospel vs Intellectual Awareness of the Gospel



## The Three D's from Salvation to Sanctification to Satisfaction

<b>Salvation</b>	<b>Sanctification</b>	<b>Satisfaction</b>
<b>God Delivers you from:</b>	<b>God delivers you so that you may Develop in:</b>	<b>As you Develop , God will bring Delight in:</b>
The Penalty of Sin (Colossians 1:1-22, Romans 8:1-2)	Knowing Him Intimately (John 17:3, Jeremiah 9:23-24, Philippians 3:1-11)	His Presence (Psalm 37:4)
The Power of Sin (Romans 6:14, 7:4-6)	Becoming Like Him (Ephesians 4:11-24, Colossians 3:1-11)	The Joy from His Presence (Psalm 16:11)
The Presence Sin (soon) ( Revelation 21:1-7)	Being Useful to Him (Ephesians 2:10, 1Peter 4:10-11)	The Pleasures from His Presence (Psalm 16:11)

### Questionnaire

Have you been delivered from the penalty, power, and one day presence of sin?  
What evidence of this fact can you draw from in your life?

### Are you developing in...

Knowing Him intimately? If yes how?

Becoming like Him in all aspects of life? If yes how?

Being useful to Him in serving others through evangelism and discipleship? If yes how?

**Are you taking delight in...**

Being in the presence of God? If yes, how?

The joy that comes from his presence? If yes, how?

The pleasures that come from his presence? If yes, how?

**The Danger of Spiritual Amnesia**  
**( 2Peter 1:9)**

**I. A Christian who lacks the spiritual qualities of moral excellence, knowledge, self-control, perseverance, godliness, brotherly kindness, and love is blind or shortsighted v9**

- A. A Christian who is blind or shortsighted is seeing only what is near.
- B. A Christian who is blind or shortsighted is lacking in a godly perspective of life; He does not interpret life situations through God's truth.
- C. A Christian who is blind or shortsighted has his mind set on things of this world with no serious thought to a godly interpretation of the things of this world.

**II. A Christian who is blind or shortsighted has forgotten his purification from his former sins v9**

- A. A Christian who has forgotten his purification from his former sins, is a Saint who has been living as if his past forgiveness of sin through Jesus Christ has no relevance to his present lifestyle.
- B. A Christian who has forgotten his purification from his former sins, is a Saint who is not living in practice what he is by position.
- C. A Christian who has forgotten his purification from his former sins, is a saint who has allowed the light of the world to dim his eyes to his conversion, connection, commitment and calling to Jesus Christ our Lord, God and Savior.

**III. A blind, shortsighted Christian who has forgotten his purification from his former sins lacks a godly perspective on his: v9**

- A. *Personhood in Christ-* Since this Christian has not embraced his identity in Christ, he tends to tie his identity to other people, his own performance, positions of authority, or possessions he wants or has; This person has connected his identity to the temporal things of this world instead of the Character of Jesus Christ. He does not see himself as Christ sees him. This Christian does not evaluate himself, his roles, and his responsibilities according to God's perspective (1Samuel 15:1-24, Galatians 2:20)
- B. *Provision in Christ-* This Christian is blind to the implications of his union with Christ. As a result he is dominated by indwelling sin, the world and the devil leading to instability in his life. He does not embrace the fact that he has been joined with Christ. Nor does this Christian embrace that in his relationship with Christ he has all he needs

to live a proper, peaceful, productive life; He does not understand that this kind of life would result in grace and peace being multiplied to him through Christ, experiential knowledge of Christ, genuine Christ like character, and stability in his life. (James 1:5-8, 2Peter 1:1-8)

- C. *Progressive sanctification in Christ* – This Christian may focus on past forgiveness of sin and future blessings in heaven, but he does not focus on the present pursuit of knowing Christ, becoming like Christ, and being useful to Christ. He lacks discernment of good and evil because he is lazy in his pursuit of truth and application thereof. This Christian does not understand that through his relationship and union with Christ he has been given the command and the power to turn from sin in thoughts, words and deeds and to walk in what is right in thoughts, words, and deeds so that he may know Christ intimately, become like Christ practically, and to be useful to Christ consistently. ( Hebrews 5:11-14, Eph. 4:11-32)

**IV. A Christian who lacks a spiritual perspective on his personhood in Christ, his provision in Christ, and progressive sanctification in Christ may seek to fill in the gaps with God-replacements such as: (Jeremiah 2:13)**

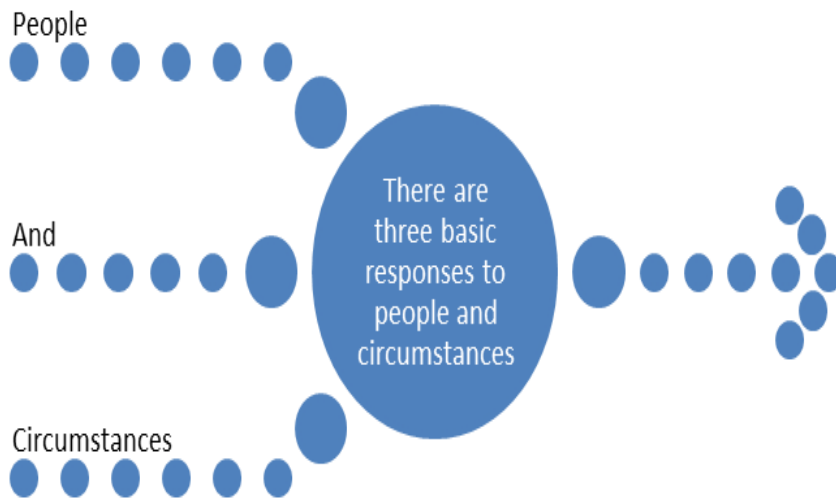
- A. Formalism-Consistent participation in church meetings, ministries, and missions activities yet void of a transformed life from participating in these meetings, ministries, and missions activities because there is no genuine fellowship with Christ in these activities.
- B. Legalism- Living a life of rules and regulations thinking one is right with God by keeping them yet void of a transformed life through them because there is no genuine fellowship with Christ; Trying to earn by works what can only be gained through grace and genuine fellowship with Jesus Christ.
- C. Mysticism- Constantly hunting for a spiritual high, a dynamic encounter with God; reducing Christianity to the pursuit of dynamic emotional and spiritual experiences instead a pursuit of Jesus Christ yet void of a transformed life through these experience because there is no genuine fellowship with Christ in these experiences
- D. Biblicism- pursuit of a high knowledge of the Bible; becoming a theological expert yet void of a transformed life because there is no seeking to know Christ, to become like Christ, and to be useful to Christ through the pursuit of a high knowledge of the Bible (James 1:22-24)

E. Social-ism- connecting with others in the Church for genuine fellowship, acceptance, respect and position yet void of a transformed life in these connections because they were reduced to an avenue for self-fulfillment instead of being elevated to an avenue for mutual sanctification in Jesus Christ

(Examples from the book How People Change by Timothy Lane and Paul Tripp)

**Key Point:** *Saving Grace does not produce a license to live any way we want and bank on the salvation from Christ as security that we are still going to heaven; Saving Grace teaches us to deny ourselves the worldliness that corrupts us so that we may pursue the Godliness that changes us into the image of Jesus Christ. If you are claiming salvation but living like those who do not belong to Christ either you are suffering from Spiritual Amnesia, or Spiritual Deception. Meaning, either you have forgotten that you have been saved to know Christ, to become like Christ and to be useful to Christ, or you are really not a Christian but have been deceived into thinking you are. Experiencing the saving grace of God should lead us to consistency in denying self and a stable God-ordered life. May you examine yourself and ask God for wisdom to discern between Spiritual Amnesia and Spiritual Deception (concept about worldliness and godliness taken from Essential Virtues by Jim Berg). (Romans 6:1-23)*

# The Three Basic Responses to People and Circumstances



## Neutral Responses-

Demonstrating and expressing happiness, sadness, disappointment, embarrassment, or hurt that does not violate Scripture; The normal expressions in life that God does not hold against you as wrong.

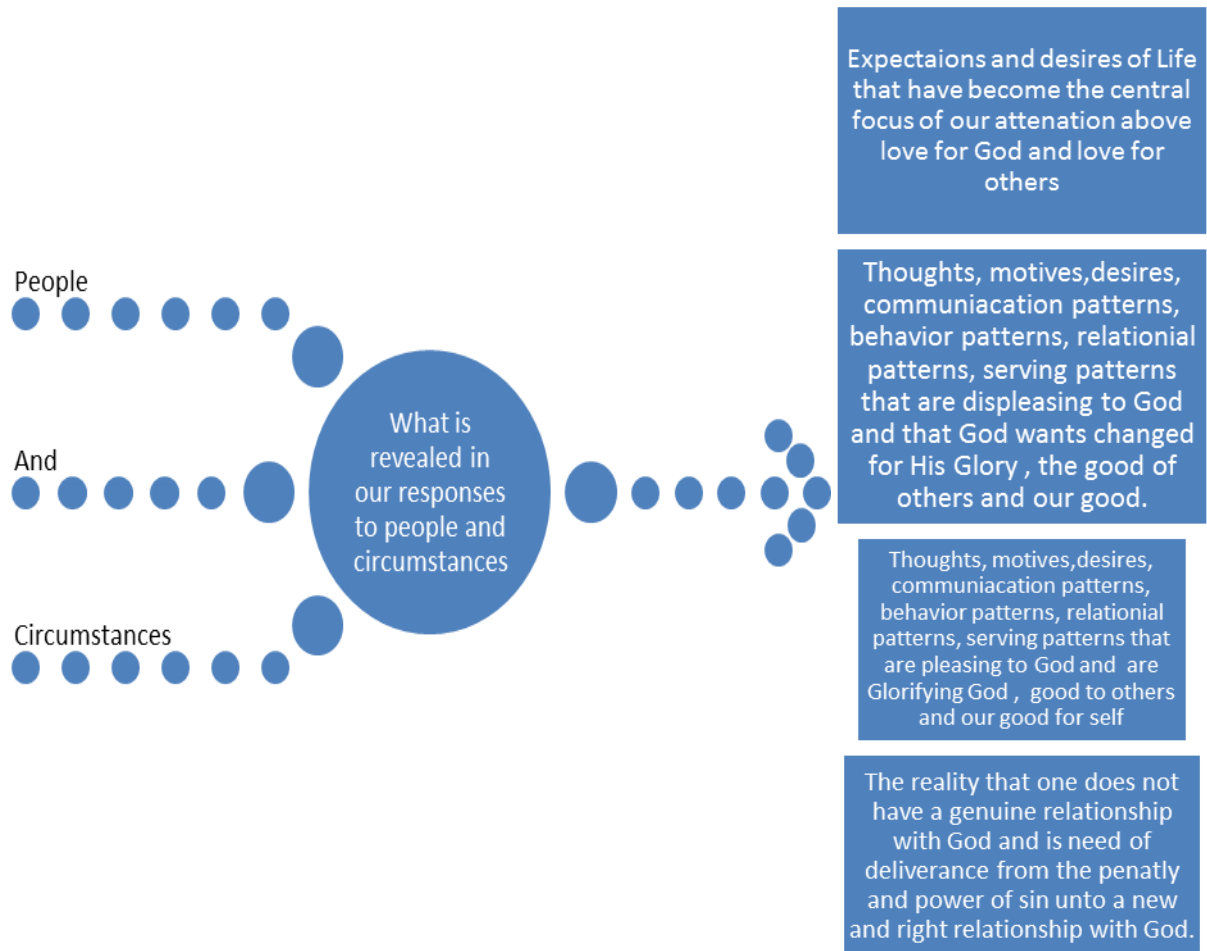
## Loving Responses-

to have thoughts, motives, desires, communication patterns, behavior patterns, manner of life patterns, relationship patterns, or serving patterns we are commanded and empowered by God to have that demonstrate love for God and others.

## Unloving Responses-

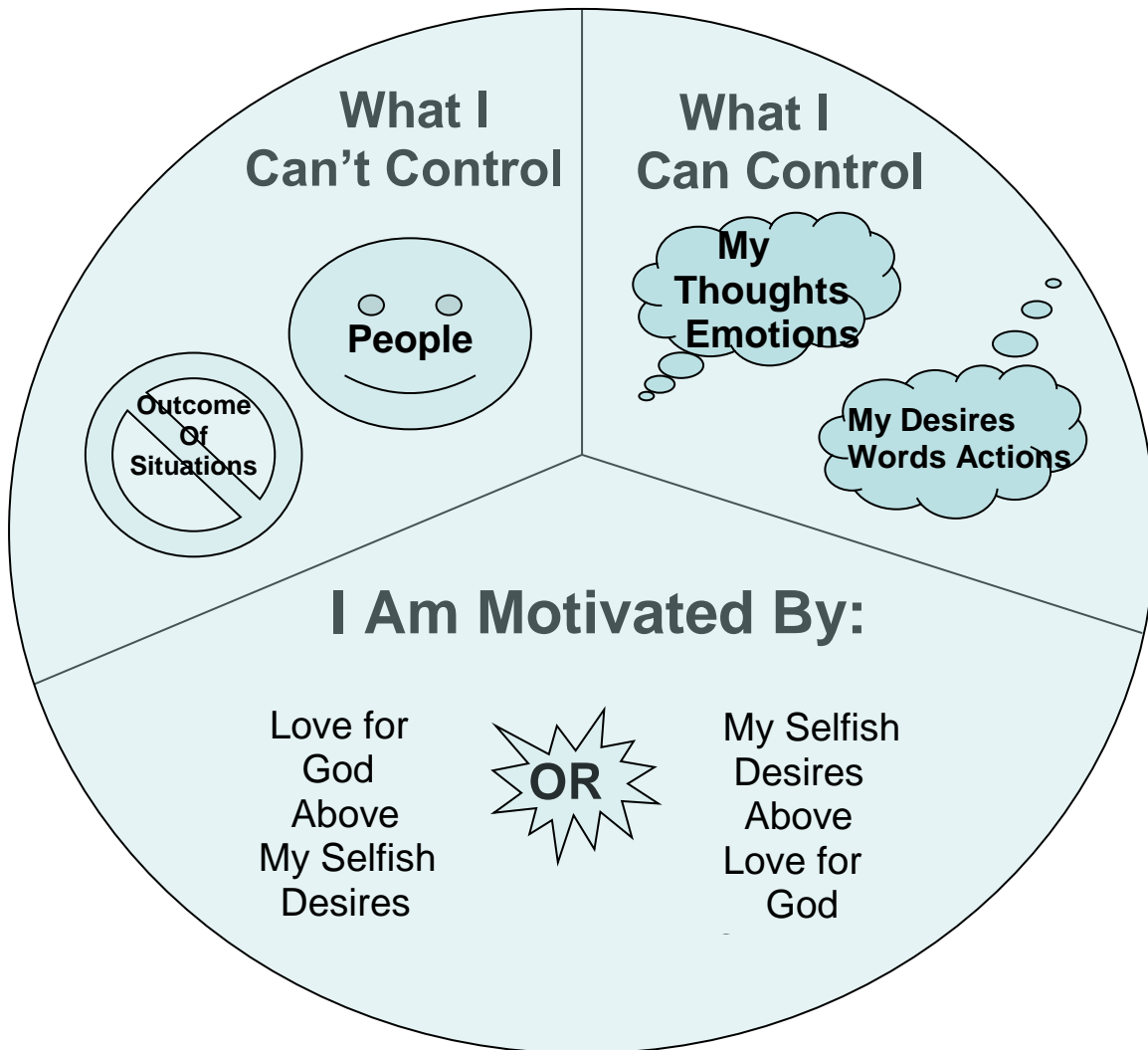
to have unloving thoughts, motives, desires, communication patterns, behavior patterns, manner of life patterns, relationship patterns or serving patterns that are prohibited by God and are determined by the evil in our hearts.

## Four Key Issues Revealed in Our Responses to People and Circumstances





# What I Can't And Can Control



We cannot control people or the outcome of situations (Ecclesiastes 3:1-11, 7:13-14, 9:1-2.) We can only control our own thoughts, emotions, desires, words, and actions. (Romans 12:2-3, Proverbs 16:32, Psalm 37:4, Ephesians 4:29, 22-24) Therefore, we need to evaluate and take responsibility for how we are responding to people and the outcome of situations. (Galatians 6:7-8, 5:16-25) We need to evaluate what is motivating us with people and the outcome of situations. (James 1:13-14, 3:13-16, 4:1-3). Are we motivated by love for God above our selfish desires? Or, are we motivated by our selfish desires above love for God? (1John 2:15-16, James 4:4, James 3:16)

## What Do You Want And How are You Responding?

1. I Want \_\_\_\_\_ from \_\_\_\_\_ :

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

2. However, I end up getting \_\_\_\_\_ from \_\_\_\_\_ :

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

3. As a result I tend to react negatively by:

a. In my thoughts I think things such as/ I feel things such as:

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b. In my conversation I say things such as:

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c. In my actions I tend to behave and live like:

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d. In my relational patterns towards \_\_\_\_\_ I:

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4. If I were to look at this from God's perspective He would probably view my reaction as:

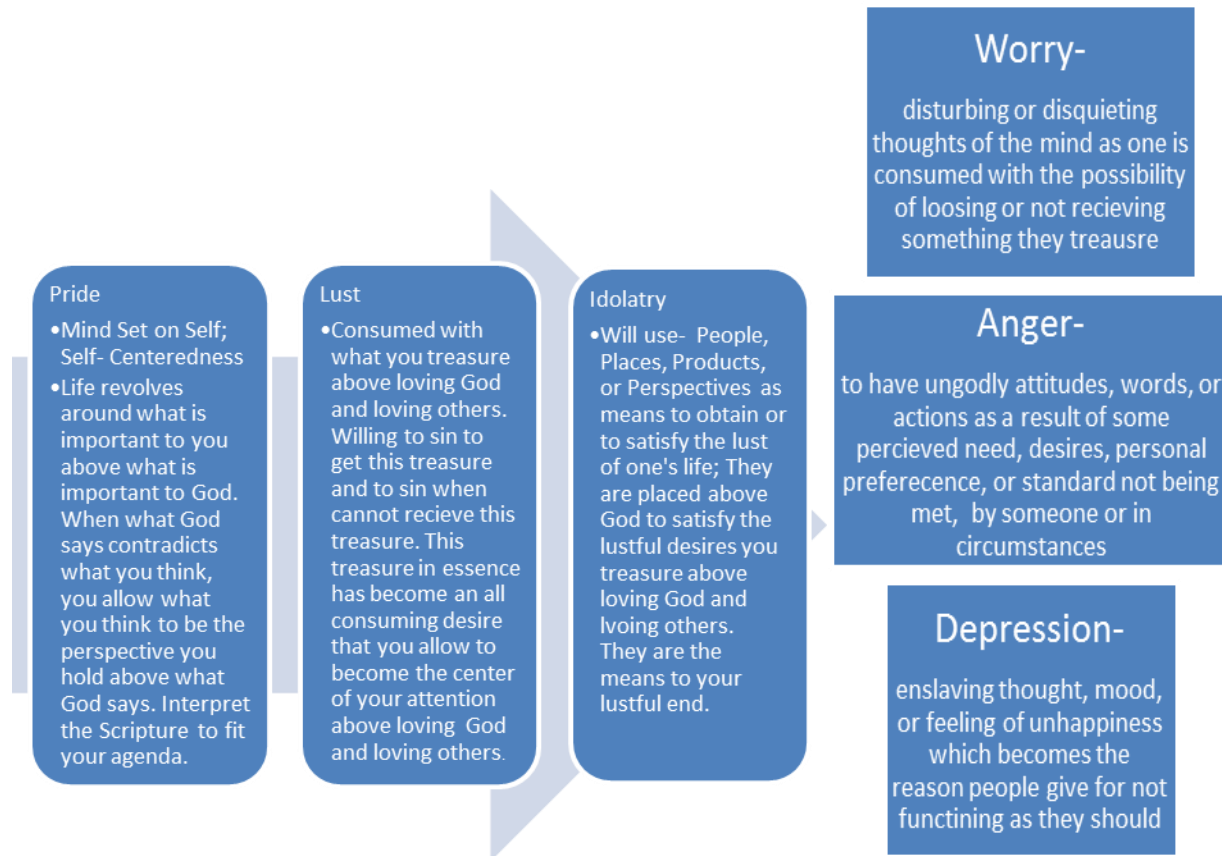
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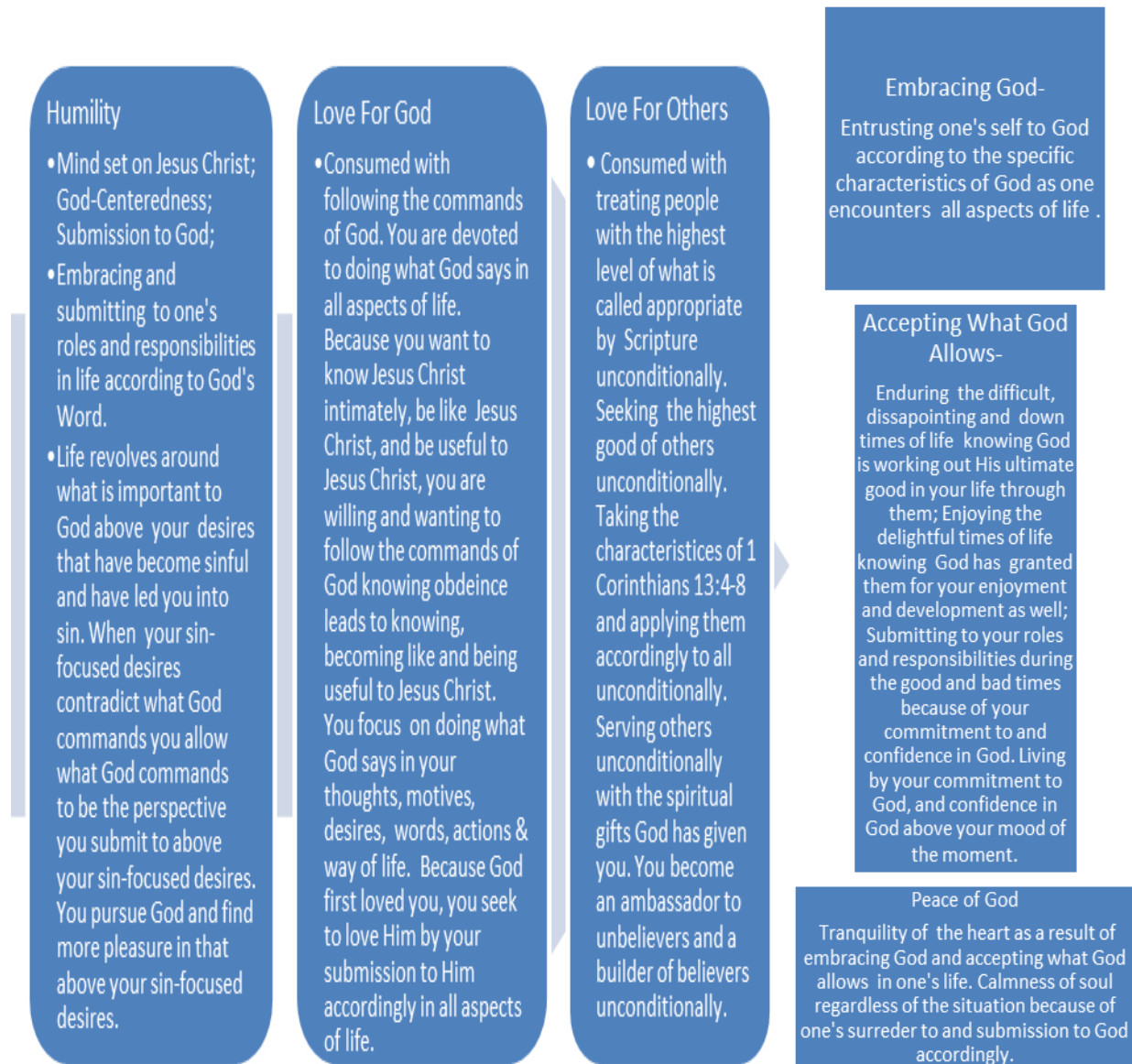
5. Read James 3:13-4:10. Based upon this insight what are 6 key things you need to consider in regards to your situation?

## Looking at Some Central Heart Issues



**As you walk in pride, you will be consumed with lust. As you are consumed with lust you will seek idols to satisfy your lustful desires. When the idols seemingly are not going to follow through your expectation to satisfy your lustful desires you may begin to worry. When the idols do not follow through on your expectation to satisfy your lustful desires you may fall into anger. All of this worry and anger could possibly lead you to depression. As you listen and talk with people evaluate how you are responding to other people and circumstances. Listen to the dominating topics of conversation to determine what you tend to treasure, dislike, worry about, get angry about. Learn the people, places, products, and perspectives you tend to discuss the most and why. Listen to see if your primary conversations are driven by discussions of yourself or others things more important than yourself. Identify who or what tends to lead you to react in happiness or sadness.**

## Direction and Result of Addressing Some Central Heart Issues



**As you walk in humility, you will be preoccupied with love for God. As you are preoccupied with love for God you will develop in genuine love for others. As you walk in love for God and love for others you will develop in embracing God and accepting what God allows as you live by your trust in the person, plans, precepts and promises of God. Living this way involves living by your commitment to God and confidence in God above your mood of the moment. As you develop in living by your commitment to God and confidence in God, you will experience the peace of God in your life on a consistent basis in the good and bad of life. Overall, as you develop in living by humility, love for God and**

others, embracing God, and accepting what God allows, you will not only experience the peace of God consistently, but you will find yourself turning away from a life reduced to making God, people and circumstances the help to or the complaint against you accomplishing your personal ambitions. Living a life where you make God, people and circumstances the help to or the complaint against you accomplishing your personal ambitions reveal the pride, lust, idolatry, worry, or anger in your life which can lead to depression in your life. Evaluate your life and see where you stand. Identify where you are lacking in humility, in love for God and others, in embracing God, in accepting what God allows and in the peace of God. Move into the process of remorse over your sin accordingly, renouncing of your sin accordingly, repenting of your sin accordingly, renewing your mind in the truth of humility, love for God and others, embracing God, accepting what God allows, and the peace of God. Replace the pride, lust, idolatry, worry, anger, (and all other sins discovered) which can lead to depression with humility, love for God and others, embracing God, accepting what God allows, which will result in the peace of God accordingly on consistent basis in the good and bad of life. You will see a difference in your life when you start living for God and stop living for yourself. People and circumstances will be handled by God's agenda. You will find that life is more satisfying and productive as you live to please God instead of seeking to use God, people or circumstances to accomplish what is and has been more important to you above your allegiance to and obedience to God. You will find that life is more satisfying and productive as you live to please God instead of being worried or angry with God, people, or circumstances as a result of them falling short of providing what is and has been more important to you above your allegiance to and obedience to God.

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## The Point of Choice

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- I. **We choose to be God-Centered or Self-Centered.** (*Galatians 5:16-25*)  
(*See Illustration of Point I*)
  - a. When we are God-centered we choose to live our lives for God resulting in doing things according to God's standards. (Psalm 119:105)
  - b. When we are self-centered we choose to live our lives for ourselves resulting in doing things according to our own agenda. (2Timothy 3:1-4)
  - c. When we choose to live for ourselves instead of living for God we will live in slavery to sin. (Proverbs 5:22).
  - d. When we choose to live for God instead of living for ourselves we live in slavery to God (Romans 6:22).

## Illustration of Point I.

# God-Centered

### Slave of God

**Romans 6:22**-But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life.

**Psalms 119:105** - Your word is a lamp to my feet and a light to my path.

We have two choices in life. We either choose to be God-centered or self-centered. The more we choose to be self-centered the more we are held captive by our sin. The more we choose to be God-centered we are freed from sin but walk in slavery to God resulting in God's glory and our greatest good.

# Self-Centered

### Slave of Sin

**Proverbs 5:22** – His own iniquities will capture the wicked, and he will be held with the cords of his sin.

**2 Timothy 3:1-4**-But realize this, that in the last days difficult times will come. For men will be lovers of self, lovers of money, boastful, arrogant, revilers, disobedient to parents, ungrateful, unholy, unloving, irreconcilable, malicious gossips, without self-control, brutal, haters of good, treacherous, reckless, conceited, lover of pleasure rather than lover of God.

Point of Choice

*Graphics developed by Cathy Poulos from the presentation "Idols of the Heart," by Mark Dutton, NANC On-the-Road-Training, Track #1, Module #2, November 2003, Houston, TX.*

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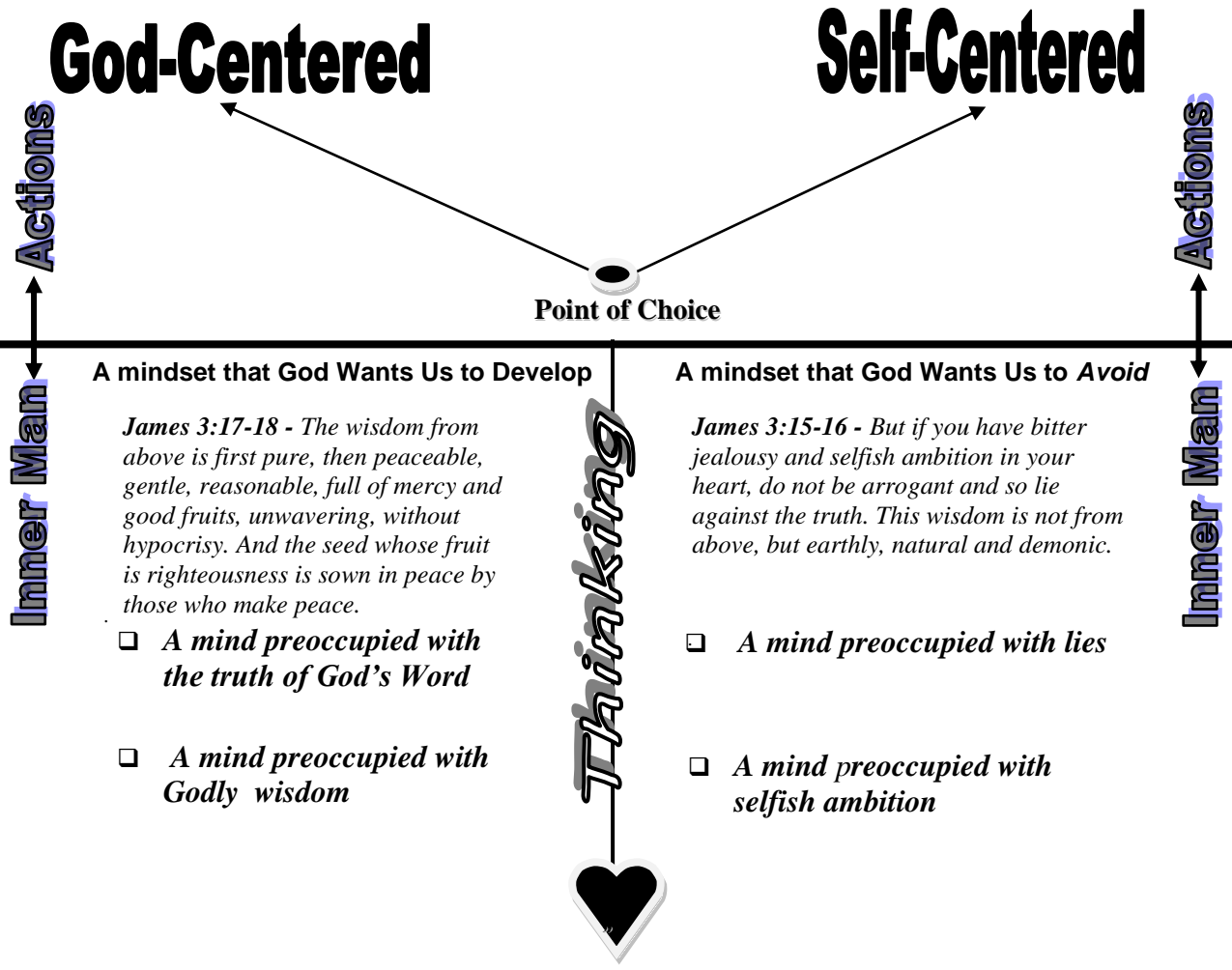
## The Point of Choice

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- II. **Our choices are driven by our thoughts.** (*Romans 8:5*)  
(*See illustration of Point II*)
- a. When we are self-centered, our thoughts are dominated by lies and selfish ambition. (James 3:13-16)
  - b. As a result of those lies and selfish ambition, our thoughts tend to be driven and reduced to what we have been denied, what we believe we deserve, what we want, what we think we should have or what we think we need. We become friendly with the world and unfriendly with God. (James 4:1-10)
  - c. When we are God-centered, our thoughts are dominated by truth and wisdom.(James 3:17-18)
  - d. As a result being dominated by truth and wisdom, our thoughts tend be driven by what God commands of us and how to live according to that; We focus on things such as what God promises to do for us and when to expect it. We tend to also focus on what God is doing for us , has done for us as well as what we can be doing for others and how to do it accordingly. (James 3:17-18)



Illustration of Point II.



**God-Centered**

**Self-Centered**

Point of Choice

A mindset that God Wants Us to Develop

A mindset that God Wants Us to Avoid

*James 3:17-18 - The wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. And the seed whose fruit is righteousness is sown in peace by those who make peace.*

*James 3:15-16 - But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. This wisdom is not from above, but earthly, natural and demonic.*

- ❑ A mind preoccupied with the truth of God's Word
- ❑ A mind preoccupied with Godly wisdom

- ❑ A mind preoccupied with lies
- ❑ A mind preoccupied with selfish ambition

Thinking



Graphics developed by Cathy Poulos from the presentation "The Heart of Man as Presented in the Book of Psalms," by Mark Dutton, Co-Pastor of Faith Baptist Church, Lafayette, IN; NANC certified instructor.

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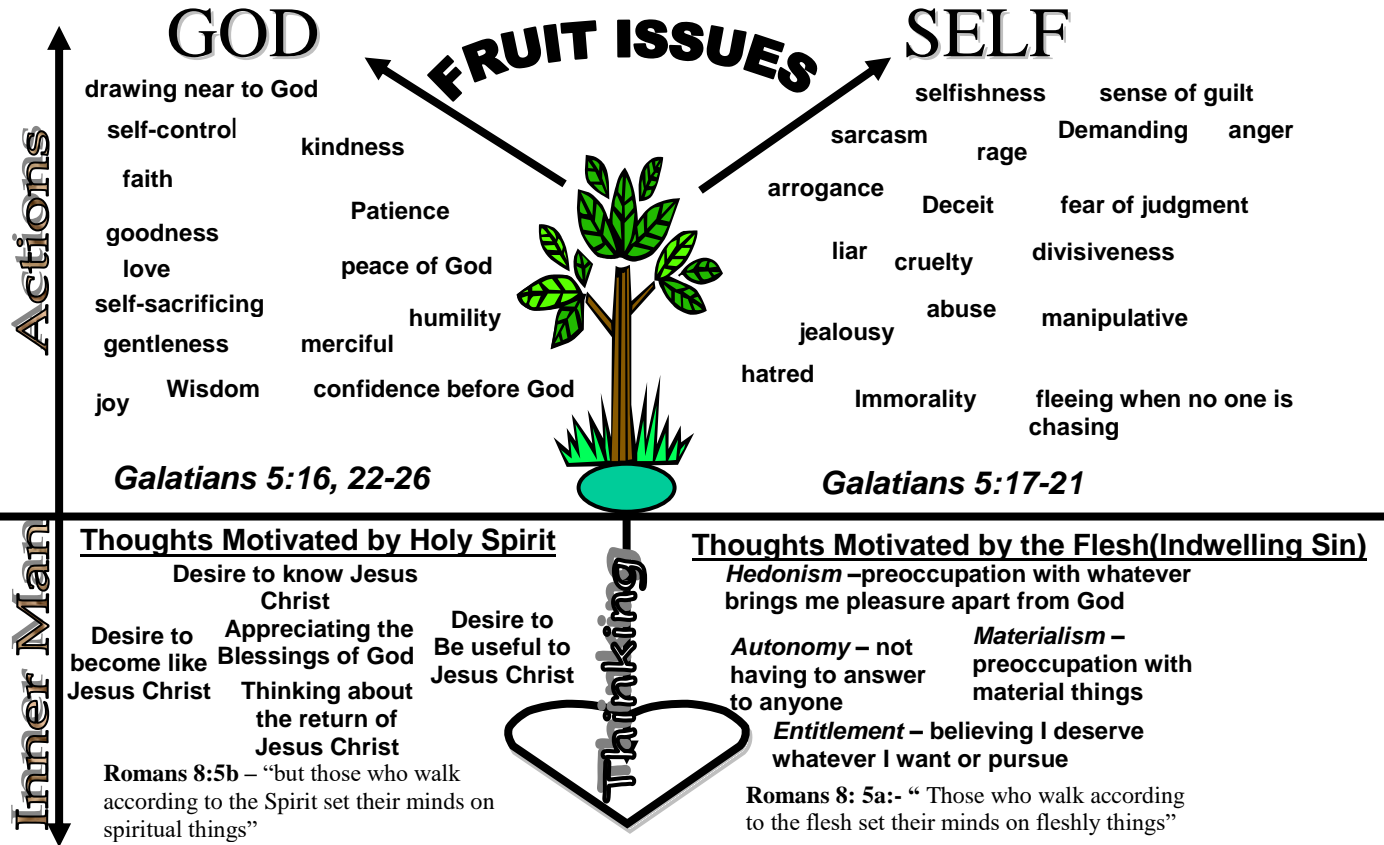
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## The Point of Choice

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- III. **Our thoughts are motivated by the flesh (sin in our hearts) or by the Holy Spirit Romans 8:1-14** (*See illustration of Point III*)
- a. When our thoughts are motivated by the flesh (sin in our hearts) we are preoccupied with issues such as hedonism (preoccupation with whatever bring me pleasure apart from God), autonomy (independence from authority; not having to answer to any one), materialism (preoccupation with material things), and entitlement (believing I deserve whatever I want or pursue) dominate our thinking.
  - b. This leads to further disobedience to God. We will see things such as anger, hatred, immorality, jealousy, abuse, cruelty, lying, selfish ambition, arrogance, rage, sarcasm or selfishness. This leads to a guilty conscience, a fear of God's judgment, and a desire to escape God's judgment resulting in trying to flee from the inevitable consequences of disobedience to God. (2 Timothy 3:1-9, Proverbs 28:1)
  - c. When our thoughts are motivated by the Holy Spirit we tend to be preoccupied with a desire to know Jesus Christ, to become like Jesus Christ, to be useful to Jesus Christ, the return of Jesus Christ, and the blessing in this life and the life to come from Jesus Christ our Lord.
  - d. This leads to further obedience to God. We will see things such as humility, patience, peace, joy, self-sacrifice, kindness, goodness, mercy, love, faith, gentleness, self-control, and wisdom. This leads to a peaceful conscience, a confidence in the presence of God, and a desire to draw near to God resulting in drawing near to God. (Galatians 5:22-25)

Illustration of Point III.



Graphics by Cathy Poulos

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## The Point of Choice

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**IV. When our thoughts are driven by the flesh (sin in our hearts) we will begin to worship our desires, turning them into the lusts of our lives.**

*(James 4:1-3) (See Illustration of Point IV and V)*

- a. Our minds will be set on things below instead of things above leading us to make self-interest a priority over God's will. We focus less and less on loving God and loving others; we focus more and more on using God and using others according to our self-interest. (Philippians 3:17-19, James 3:13-4:3)
- b. Our desires will become preoccupations resulting in us looking for avenues to satisfy these desires we have started to worship. We look to any person, place, product, or perspective we believe will satisfy these desires we have started to worship above loving God and loving others. (James 4:1-3)
- c. We will build our lives around these desires we have started to worship above loving God and loving others.  
(Philippians 3:17-19)
- d. We will become servants of our flesh to satisfy these desires we have started to worship above loving God and loving others. (Galatians 5:16-21)

Illustration of Point IV. & V.

*To Be:* **Appreciated Great**  
**Loved Accepted Served**  
**In Charge Happy Approved Of:**  
**Understood Satisfied Significant**  
**Comfortable Safe Respected**  
**Held in High Regard**  
**Viewed as Competent**

To Have  
Influence

To Never  
Hurt  
Again

To Have  
Our Way

To Have  
Control

Desires We Treasure and Worship above  
Loving God and Loving Others

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## The Point of Choice

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- V. **As we make choices according to the desires we have begun to worship we will find ourselves on a path of difficulty and hard times.** (*Proverbs 13:15*) (*See Illustration of Point IV and V*)
- a. We will become a slave to that which we pursue above loving God and loving others. (2Peter 2:18-19)
  - b. We will develop sinful habits that are hard to repent and replace as a result pursuing those desires we worship above loving God and loving others. (Proverbs 5:21-22)
  - c. We will reap negative consequences of our sinful habits and pursuit of those desires we worship above loving God and loving others. (Galatians 6:7-8)
  - d. We will have a negative effect on the lives of those around us as a result of pursuing those desires we worship above loving God and loving others. (1Corinthians 5:1-6)

Illustration of Point IV. & V.

*To Be:* **Appreciated Great**  
**Loved Accepted Served**  
**In Charge Happy Approved Of:**  
**Understood Satisfied Significant**  
**Comfortable Safe Respected**  
**Held in High Regard**  
**Viewed as Competent**

To Have  
Influence

To Never  
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Desires We Treasure and Worship above  
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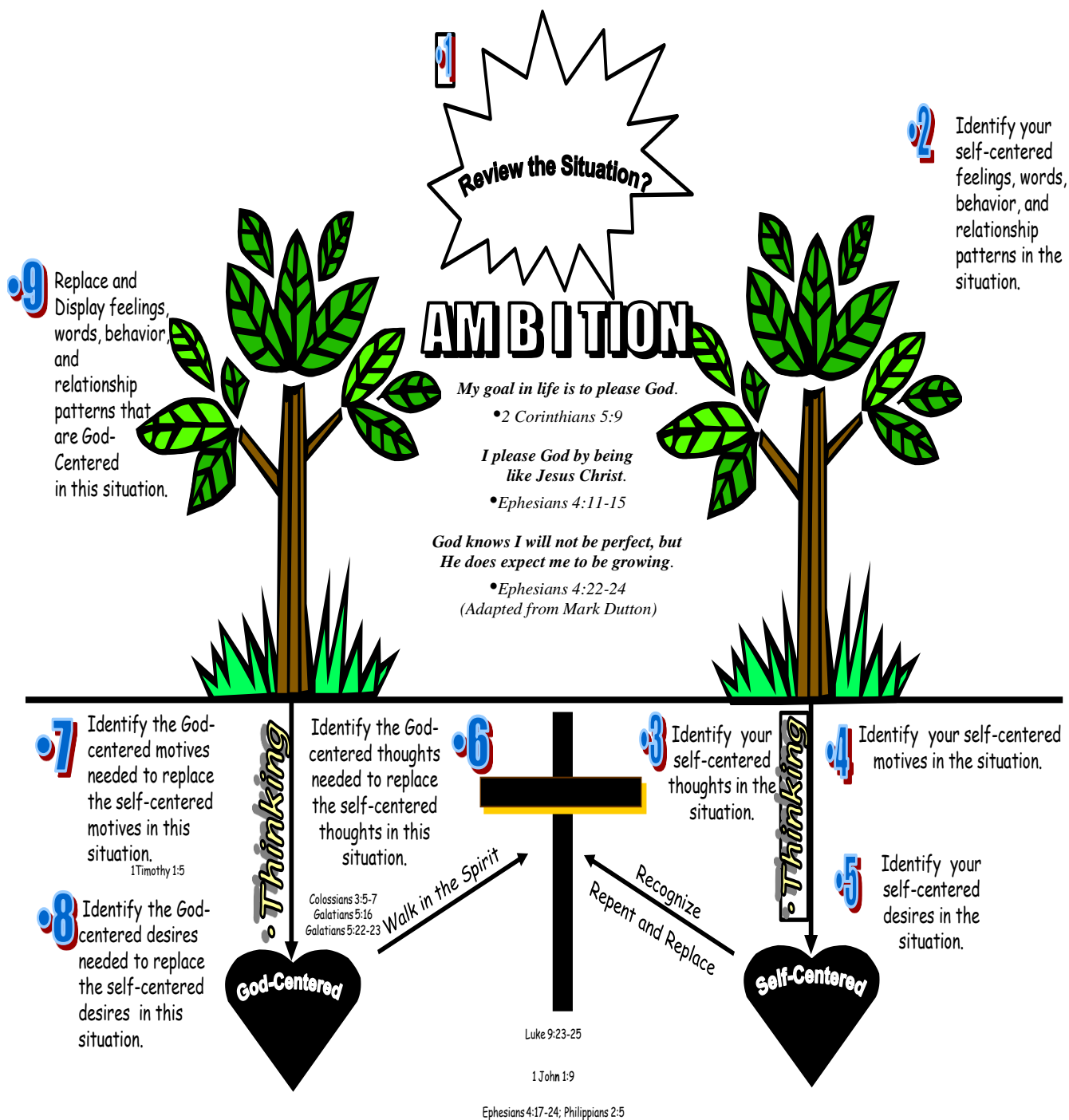
## The Point of Choice

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- VI. **We must turn from a self-centered life to a God-Centered life through the Person, Power and Precepts of Jesus Christ.** (*Romans 13:8-14*)  
(*See Illustration of Point VI*)
- a. We must identify the areas of our lives where we are dominated by lies, selfish ambition, hedonism, autonomy, materialism, entitlement, and lustful pursuits above loving God and loving others; We must identify where this is happening in our attitudes, intentions, desires words, actions, relationship patterns and service to God and confess and repent of these things accordingly. (*Proverbs 28:13-14*)
  - b. We must decide to make God a priority in all that we think, say and do. (*1Corinthians 10:31*)
  - c. The areas of lives where we are dominated by lies, selfish ambition, hedonism, autonomy, materialism, entitlement, and lustful pursuits, must be replaced with specific obedience to God accordingly in those areas. (*Ephesians 4:17-32, Colossians 3:1-25*)
  - d. In other words, we must guard our hearts from self-centeredness by walking in genuine love for God and love for others in our attitudes, intentions, desires, words, actions, relationship patterns, and service.



## Illustration for Point VI.



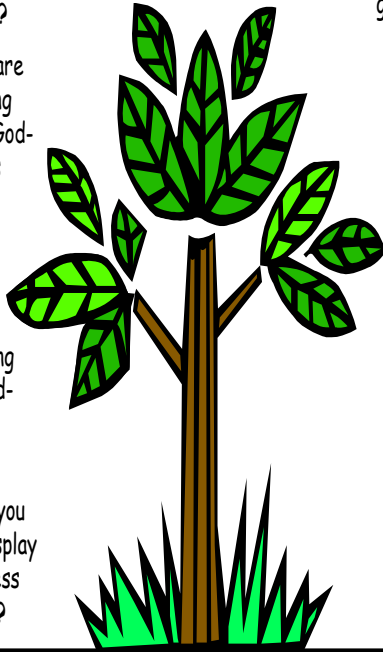
Adapted from curriculum presented in BC590s: Counseling Practicum, Dr. John Street professor, The Master's College, Santa Clarita, CA July 2004. Graphics by Cathy Poulos

**9** What feelings are you displaying that reflect God-centeredness in this situation?

What words are you expressing that display God-centeredness in this situation??

What behavior are you displaying that reveals God-centeredness in this situation?

What ways are you relating that display God-centeredness in this situation?



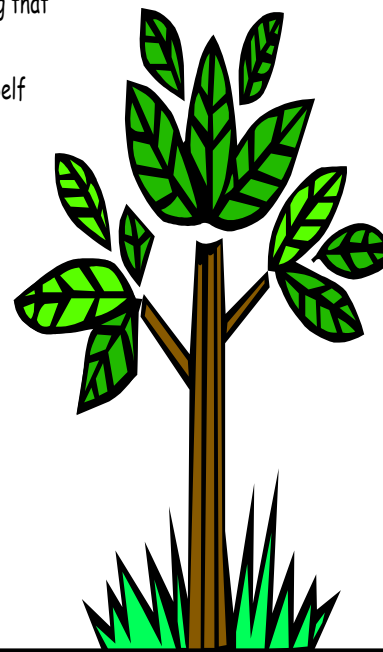
**1** **What is the Situation?**  
 What is happening? When? Where? With whom?  
 What do you want that you're not getting? What are you getting that you don't want?  
 Are you God-Centered or Self-Centered?

**2** What feelings are you displaying that reflect self-centeredness in this situation?

What Words are you expressing that display self-centeredness in this situation?

What behavior are you displaying that reveals self-centeredness in this situation?

What ways are you relating that display self-centeredness in this situation?



**7** What God-centered motives need to replace the self-centered motives in this situation?  
1 Timothy 1:5

**8** What God-centered desires need to replace the self-centered desires in this situation?

Thinking

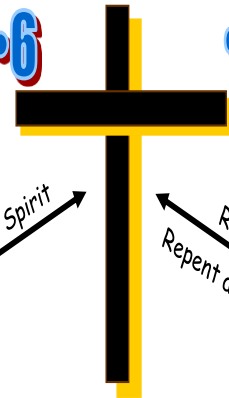


What God-centered thoughts need to replace the self-centered thoughts in this situation?

Colossians 3:5-7  
Galatians 5:16  
Galatians 5:22-23

Walk in the Spirit

**6**



Luke 9:23-25

1 John 1:9

Ephesians 4:17-24; Philippians 2:5

**3** What are your self-centered thoughts in this situation?

Recognize  
Repent and Replace

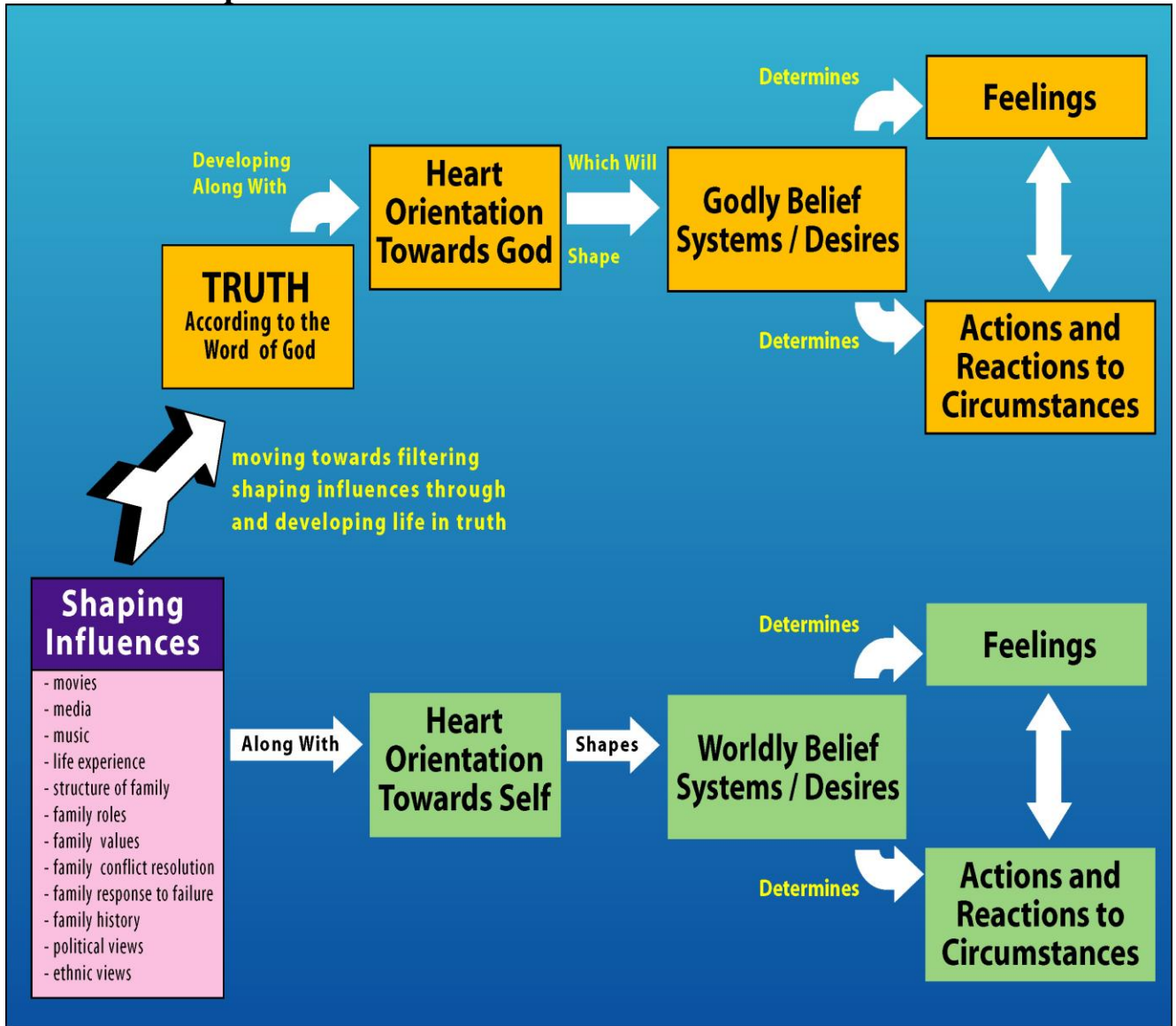
Thinking



**4** What are your self-centered motives in this situation?

**5** What are your self-centered desires in this situation?

**Illustration for point VI.**



Graphics by Adrian Baxter

**Discussion Questions**

1. When looking at the choices that you have made today, were you self-centered or God centered in your choices? Write down you findings. .

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2. Identify thought patterns you have which are rooted in lies and selfish ambition then identify thought patterns you have that are rooted in truth and godly wisdom. Explain how these thought patterns determined your choices above.

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3. What desires have you allowed to become a form of worship resulting in further complications in your life?

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4. What loving thoughts, motives, desires words, actions, relationship patterns and service do you need to walk in to replace the sin you are in?

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## Understanding Pride

**Key Point:** Pride is at the root of every sin you commit and is at the core of the problems we have with people and circumstances. Therefore, we need to understand the nature of pride if we are going to deal properly with the problems we face with people and circumstances.

**I. The Principle of Pride:** Pride is mind set on self with resistance and or a lack of Submission to the will of God. (Romans 8:5-7)

- A. A mind governed by one's own assessment of self with resistance and or a lack of submission to the will of God. (Luke 18:9-14)
- B. A mind governed by one's own belief system about God, life, and people with resistance and or lack of submission to the will of God. (Proverbs 28:26)
- C. A mind governed by trust, confidence, or dependence in one's own abilities, accomplishments, academics, affluence, associations, or position in life, with resistance and or lack of submission to the will of God. (Daniel 4: 30-37)
- D. A mind governed by service of self, sustaining of self, satisfaction of self, or exalting one's self with resistance and or lack of submission to the will of God. (Genesis 11:1-9)

**II. The Problem of Pride:** Pride is detestable to God and brings detriment to you from God when you walk in it. (Proverbs 6:16-17, Psalm 119:21)

- A. Pride is hated by God. (Proverbs 6:16-17)
- B. Pride puts you in opposition to God. (James 4:6)
- C. Pride leads God to bring destruction to your home. (Proverbs 15:25a)
- D. Pride leads to God's judgment of you. (Proverbs 16:5)

**III. The Practice of Pride:** Life is lived being consumed with pleasing, providing, or promoting, or one's self with a lack of love for God and others. (2 Timothy 3:1-4)

- A. Pride is revealed in one being preoccupied with having their way and using people to get it resulting in confusion disorder and every evil thing in their lives. (James 3:13-16)
- B. Pride is revealed in one having a sense of entitlement to God's comfort while getting anger when God allows discomfort in one's life. (Jonah 4: 5-9)
- C. Pride is revealed in one talking in a manner which reveals that they think too highly of themselves. (Psalm 94:4)
- D. Pride is revealed in rebellion and or disrespect of God and God-given authority in one's life. (Nehemiah 9:1-26)

**IV. The Product of Pride:** Pride leads to a disconnect from God, a downfall in your life, and to division with others. (Hosea 7:10, Proverbs 18:12, 29:23, 13:10)

- A. Pride hinders you from seeking the Lord. (Hosea 7:10)
- B. Pride leads you to be deceived about who you really are. (Jeremiah 49:16)
- C. Pride hinders you from genuine improvement. (Proverbs 26:12)
- D. Pride brings shame to your life. (Proverbs 11:2)
- E. Pride leads you to self-destruction. (Proverbs 16:18)
- F. Pride leads you to stir up strife with others. (Proverbs 28:25)

**V. The Picture of Pride:** Pride will manifest itself in many ways and in various forms:

- A. Arrogance – to exaggerate one’s own worth/importance.
- B. Presumption- to suppose that something is true without checking because you think you know.
- C. Unbelief – skepticism of truth presented by God.
- D. Self -Protection – keeping yourself from people, places, and things that may hurt you or disappoint you and using that as an excuse not to love.
- E. Un-forgiveness – holding a grudge against someone, not setting them free from the wrong they have committed against you even though they have sought your forgiveness.
- F. Unbiblical Control – seeking to regulate what people think, say and do according to your personal standards and agenda and not God’s Will.
- G. Self-preoccupation – preoccupation with what happens to you, through you and for you.
- H. Blame Shifting – blaming your sin on the negligence of someone else or circumstances perceived as beyond your control.
- I. Grumbling- unthankful in your situation or with people, believing you deserve better or more.
- J. Lazy- doing things when you get ready or when you feel like it not when God has commanded.
- K. Self-Sufficient- living and believing the lie that you do not need anyone and that you can handle life by yourself.
- L. Un-Teachable- unwilling to listen to instruction.
- M. Lack of submission- unwilling to follow the instruction.

- N. Perfectionism- setting standards that God did not set and seeking to live by them without any failure in them.
- O. Pity Party- always focusing on how bad you are and how bad you fail and feeling sorrow for yourself as a result.
- P. Resisting Accountability- unwilling to answer to people and to be open to people who can help keep you from the people, places, products, or perspectives that lead you into sin or help you to confess, repent and replace sin with right living.
- Q. Defensive attitude- seeking to escape or avoid criticism through some rationalization, justification or denial.

(Portions of insight in this list came from the booklet From Pride To Humility by Stuart Scott pp. 6-10)

## VI. The Process to Put Away Pride (Proverbs 28:13-14)

- A. Examine Yourself (Proverbs 14:8).
  1. What has God said to me that I cannot accept?
  2. Who do I compare myself with?
  3. What standards of thinking, behaving and living govern my life?
  4. Do I live by what I feel or what God says?
  5. What areas of my life have I chosen not to submit to God?
- B. Examine Your Relationships (Romans 12:9-21).
  1. How often do I confess my faults to a person I have offended?
  2. How often do I confess my hurts to a person I have offended?
  3. Is my anger toward my family, friends, co-workers and church members pleasing to God or displeasing to God?
  4. Am I critical of family, friends, co-workers, and church leaders who do not do things according to my standards?
  5. Do I give according to my feelings or God's standards?
  6. Do I love according to my standards or God's standards?

C. Examining your response to God given authority (1 Peter 2:13-17).

1. Am I submitting to my husband according to my standards or God's standards?
2. Am I submitting to leaders on the job, at church according to my standards or God's standards?
3. Do I have a Biblical reason not to submit?

D. Identify key areas where you have pride:

1. Family
2. Friends
3. Work
4. Finances
5. Reputation
6. Entertainment

E. Ask yourself, "Am I willing to live up under God's authority in this area of my life?"

F. Confess to God your sin of pride in this area.

G. Ask God to give you a desire and will to repent in this area.

H. Learn God's truth in the area and meditate on it consistently.

I. Do the hard work of training in God's truth through the help of the Holy Spirit and other believers.

J. Expect difficulty, hardships, and resistance from all angles

K. Allow God's grace, time, and truth to strengthen you as you train through the difficulty, hardship, and resistance.

L. Find a set of people that will encourage you, keep you accountable and work with you.

***(For more insight on this read the booklet [From Pride to Humility](#) by Stuart Scott)***



## Understanding Idolatry

### I. The Characteristics of Idolatry: (Jeremiah 2:13)

- A. Idolatry is depending on some aspect of life or creation as you should depend on God which in Jeremiah was categorized as broken cisterns. Broken cisterns are man-made unreliable large pits dug in the rock covered with plaster used to gather rainwater. When cracks developed in the cisterns, they would hold no water unlike the reliable natural springs of living water which always provided water no matter the situation which was symbolizing God. (Bible Knowledge Commentary /The Book of Jeremiah)
- B. Idolatry is dependence of some aspect of life creation at the level of worship above God to get what we treasure above God.
- C. Idolatry is the dependence on certain aspects of life or creation at the level of worship above God making them the avenue to of our satisfaction and solutions to our problems.
- D. Idolatry is the preoccupation with some aspect of life or creation above and apart from the Creator to bring some longing(s) of our hearts that have become the lusts of our hearts.

### II. The Creation of Idolatry: (Jeremiah 2:13)

- A. Idols are created when we no longer look to God as the source of our satisfaction.
- B. Idols are created when we no longer look to God as the solution to our problems.
- C. When we no longer look to God as the source of our satisfaction, we look to His creation to bring it us.
- D. When we no longer to look to God as the solution to our problems, we look to His creation to bring it to us.

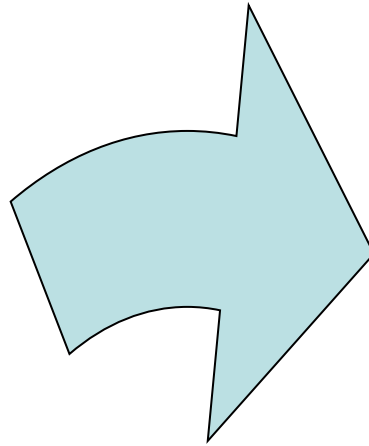
### III. The Criticism and Consequences of Idolatry: (Jeremiah 2:13, Ezekiel 14:3)

- A. Idolatry is evil in the sight of God.
- B. Idolatry leads you away from serving God to serving His creation.
- C. Idolatry leads you to stumbling into further sin.
- D. Idolatry leads God to address you according to your sin of Idolatry instead of the request you bring to Him.

**IV. The Categories of Idolatry: Remember,** Idolatry is the dependence on certain aspects of life or creation at the level of worship above God, making them the avenue to of our satisfaction and solutions to our problems. Idolatry is the preoccupation with some aspect of life or creation above and apart from the Creator to bring some longing(s) of our hearts that have become the lusts of our hearts. **Idolatry** could be:

- A. ***Depending on People as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- B. ***Depending on Places as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- C. ***Depending on Products as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- D. ***Depending on Perspectives as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- E. ***Depending on Positions as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- F. ***Depending on Power as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- G. ***Depending on Platforms of influence as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- H. ***Depending on Politics as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- I. ***Depending on Money as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- J. ***Depending on Medication as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.
- K. ***Depending on Media as the source to our satisfaction and the solution to our problems*** above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.

- L. *Depending on Ministry as the source to our satisfaction and the solution to our problems* above and apart from God to bring some longing(s) of our hearts that have become the lust(s) of our hearts making the lust(s) the source of our satisfaction and the end of our problems.



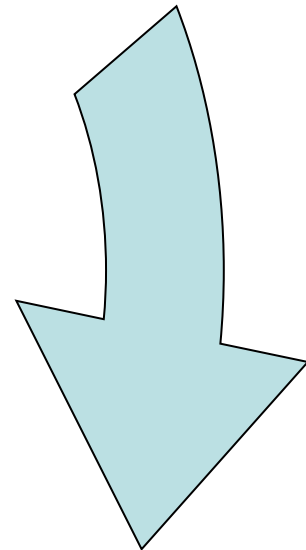
**The Discipline**

We can expect God to address our sin of idolatry as He sees fit while not addressing our prayer request as we desire. If we keep resisting God's discipline we fall further away from God resulting in further negative consequences to experience as a result.

**The Dilemma**

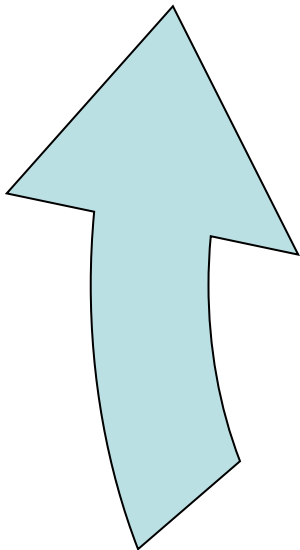
We no longer accept and embrace God as the source of our satisfaction and the solution to our problems.

**Cycle of Idolatry**



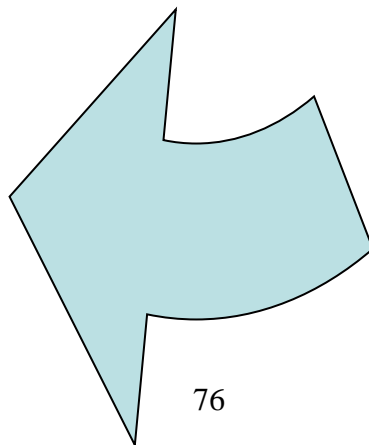
**The Downfall**

We turn from God and turn to His creation as the source to our satisfaction and the solution to our problems.



**The Direction**

When God is no longer the source of our satisfaction and the solution to our problems we make man and creation big and God small resulting in a lack of fellowship with God leading to deeper sin in our lives.



## Understanding Lust

### V. The Characteristics of the Lusts of Our Hearts: (James 1:13-14)

- A. Lusts of the hearts are longings that have become constant cravings of our hearts in an evil or wrong way.
- B. Lusts of the hearts are longings that have moved from something we want to something we must have making something that was once a good thing now an evil thing; making it a sin in our lives because we are consumed with it above God and His will.
- C. Lusts of the hearts are longings that have become such a preoccupation of our hearts that we are easily enticed by the devil when it comes to them because they have become inordinate, sinful affections of our soul.
- D. Lusts of the hearts are longings that have become such a preoccupation of our hearts that we are willing to sin to obtain them, sin to keep them, sin when do not receive them, or sin when we loose them making those longings a worship in our lives above worship and obedience to God.

### VI. The Commitment to the Lusts of Our Hearts: (Ezekiel 33:31)

- A. When we are committed to the lusts of our hearts, we will still listen to truth and delight in the truth we hear, but we will not obey that truth because we are preoccupied with the lusts of our hearts.
- B. When we are committed to the lusts of our hearts, they become a constant topic of discussion.
- C. When we are committed to the lusts of our hearts we are in constant pursuit of obtaining them.
- D. When we are committed to the lusts of our hearts, we do not find obedience to God something to be treasured above those lusts we have treasured in our hearts.

### VII. The Cancer of the Lusts of Our Hearts: (James 4:1-4)

- A. The lusts of our hearts can lead us to kill others or at least be envious of them.
- B. The lusts of our hearts can lead us to create conflict with others.
- C. The lusts of our hearts can lead us to pray selfishly.
- D. The lusts of our hearts can lead us to be friends with the world's system resulting in acting as enemies of God.

### VIII. The Consequences of the Lusts of Our Hearts: (James 1:15, Galatians 6:7-8 )

- A. The lusts of our hearts lead to walking in further sin in our thoughts, words, or actions.
- B. Walking in further sin in our thoughts, words, or actions reveals that one is walking in the flesh which leads to corruption in one's life which ultimately leads to death.
- C. This could be physical death where as a result of a Christian's unrepentant sin one is now disciplined by God by being taken from earth to be with Him resulting in lost rewards for eternity as a result of constant disobedience on earth. (1Corinthians 11:23-32)
- D. This could be eternal death where as a result of an unbeliever's life of sin he/she now faces the consequences of rejecting God and living a life of sin which is burning in hell forever. (Revelation 20:11-15)

**IX. The Categories of The Lusts of Our Hearts: Remember, Lusts of our hearts are desires we believe we cannot do without being satisfied; We are willing to sin to obtain them, sin to keep them, sin when do not receive them, or sin when we loose them making those longings a worship in our lives above worship and obedience to God. It could be a desire:**

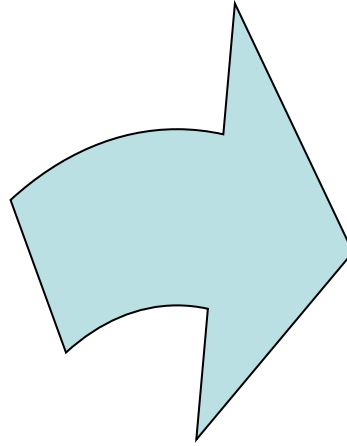
- A. ***To be loved*** by others that has become a demand or a craving we believe we can't live without.
- B. ***To be accepted*** by others that has become a demand or a craving we believe we can't live without.
- C. ***To be understood*** by others that has become a demand or a craving we believe we can't live without.
- D. ***To never be hurt or disappointed*** by others that has become a demand or a craving we believe we can't live without.
- E. ***To be respected by others*** that has become a demand or a craving we believe we can't live without.
- F. ***To be served by others*** that has become a demand or a craving we believe we can't live without.
- G. ***To have personal preferences accommodated at all times*** that has become a demand or a craving we believe we can't live without.
- H. ***To be viewed as competent by others*** that has become a demand or a craving we believe we can't live without.
- I. ***To be approved of by others*** that has become a demand or a craving we believe we can't live without.
- J. ***To belong to someone*** that has become a demand or a craving we believe we can't live without.
- K. ***To be held in high regard by others*** that has become a demand or a craving we believe we can't live without.
- L. ***To be significant to others*** that has become a demand or a craving we believe we can't live without.

- M. *To be satisfied by others* that has become a demand or a craving we believe we can't live without.
- N. *To maintain a favorable position with others* that has become a demand or a craving we believe we can't live without.
- O. *To be secure/safe with others* that has become a demand or a craving we believe we can't live without.
- P. *To never be alone* that has become a demand or a craving we believe we can't live without.
- Q. *To have someone exposed for the way they have mistreated* us that has become a demand or a craving we believe we can't live without.
- R. *To have someone to suffer the consequences for what they did to us* that has become a demand or a craving we believe you can't live without.

**The Cycle of The Lusts of Our Hearts, The Devil and The World:**

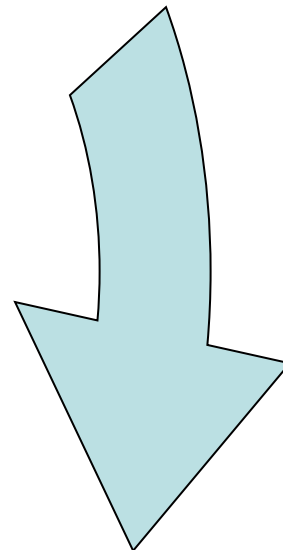
**The Display of Disobedience**

If we do not resist the temptation to find our delight in this world instead of in Jesus Christ we will walk in a lack of love for God and a lack of love for others revealing a life that is consumed with the lusts of our hearts



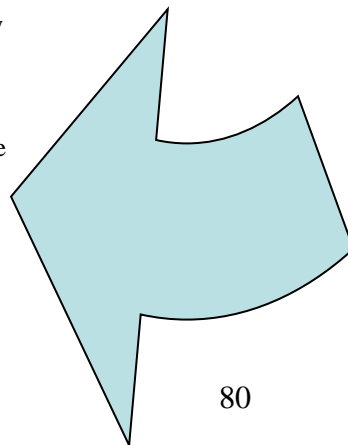
**The Dialogue of the World**

Satan uses the world to speak to the desires of our hearts that have become the lusts of our hearts



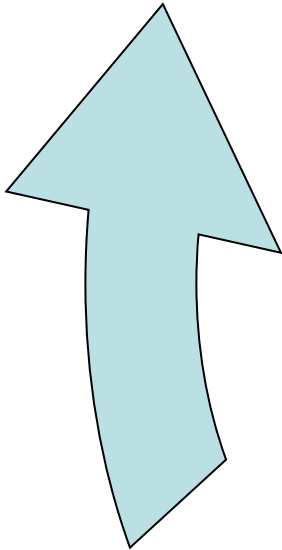
**The Deliberation of Our Hearts**

As the world speaks to our hearts appealing to the lusts of our hearts while presenting various delights in the world that will lead us into sin to obtain or maintain the lusts of our hearts, our minds contemplate pursuing or resisting these worldly delights



**The Direction of our Lives**

If we do not resist the temptation to find our delight in the world instead of in Jesus Christ, we will live by earthly, natural, demonic wisdom, the lust of the flesh, the lust of the eyes and the pride of life





## Idolatrous Lust

**Definition of Idolatrous Lust:** *Something you bow down to that you believe will bring you what you truly treasure while making what you truly treasure something you bow down to in place of the living God. It is the various aspects of life and creation we worship above the Creator as well as the basic ways we worship the creation above the Creator. Romans 1:18-32*

**X. The avenues we pursue and bow down to in the form of worship (Idols) along with these treasures we bow down to in the form of worship (Lusts) make up the idolatrous lust in our lives. (Romans 1:18-25) Examples:**

- A. Bowing down to people (*Idol*) as we should God to receive the acceptance we treasure and crave in an inordinate way (*Lust*) in place of loving God and loving others is *idolatrous lust*.
- B. Bowing down to education (*Idol*) as we should God in order to be viewed as competent which we treasure and crave in an inordinate way (*Lust*) in place of loving God and loving others is *idolatrous lust*.
- C. Bowing down to money (*Idol*) as we should God to receive the comfort we treasure and crave in an inordinate way (*Lust*) in place of loving God and loving others is *idolatrous lust*.
- D. Bowing down to control (*Idol*) as we should God to receive the security we treasure and crave in an inordinate way (*Lust*) in place of loving God and loving others is *idolatrous lust*.

**XI. There is a process by which we are lead into Idolatrous Lust:**

- A. **Mindset:** Your mind is set on things below instead of things above. (Philippians 3:17-19)
- B. **Motivation:** You begin to make self- interest a priority above God's will. (James 3:13-4:3)
- C. **Meditation:** Your desires become preoccupations resulting in becoming lust. (James 4:1-3)
- D. **Methods:** You look for avenues to satisfy your desires which have now become lust.
- E. **Manner:** You bow down and submit to these avenues in order to obtain what you have turned into lust thus making these avenues idols you bow down to in order to get what you lust after. (Philippians 3:17-19)
- F. **Mastered:** You become a servant of your flesh (Galatians 5:16-21)

## **XII. How Do You Repent of Idolatrous Lusts? (Proverbs 28:13-14)**

- A. Identify desires or cravings that have preoccupied your minds to the point of lust.
- B. Identify the avenues you have pursued and thus have bowed down to in the place of God to obtain these desires or cravings that have preoccupied your minds to the point of lust.
- C. Identify the sinful thoughts, attitudes, and behaviors that have come about as a result of these desires or cravings that have preoccupied your minds to the point of lust.
- D. Confess the lusts, idols, sinful thoughts, sinful attitudes, and sinful behaviors you have identified, to God and others accordingly.
- E. Replace your lusts, idols, sinful thoughts, sinful attitudes, and sinful behaviors you have identified, with genuine worship of God, and godly thoughts, godly attitudes, and godly behaviors.
- F. Decide to make God priority over all and everything.
- G. Guard your heart.

## Examining the Heart Journal

1. What did you want today or what were you expecting to happen today?

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2. Who did you want it from or expect it to come from?

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3. What desire(s) would this fulfill in your life?

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4. How much of your time was spent thinking, speaking, and acting on what you wanted ?

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5. What ways did you sin in thoughts, words, or actions to get what you wanted?

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6. What ways did you sin in thoughts, words, or actions when you did not get what you wanted?

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7. What person(s) did you sin against to get what you wanted?

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8. What person(s) did you sin against because you did not get what you wanted?

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9. What were your attitudes and actions like towards God and others as a result getting what you wanted today?

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10. What were your attitudes and actions like towards God and others as a result of not getting what you wanted today?

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11. What biblical standards or principles could you use to explain your thoughts, words, and actions today?

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12. What biblical standards or principles should you have practiced in thoughts, words, or actions today?

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13. Were your thoughts, words, and actions towards others based primarily on how you felt or what God commanded? Explain

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## Understanding Worry

### I. The Content of Worry (Psalm 139:23) David ask God to reveal David's anxious thoughts. In the context of this passage anxious means worry. To know what God would reveal in David we need to know what worry is.

- A. Worry can be defined as disturbing or disquieting thoughts of the mind due to preoccupation with the possibility of not getting something you want or need that is very important to you from this world below and in this world below.
- B. Worry can defined as disturbing or disquieting thoughts of the mind due to preoccupation with the possibility of losing something you want or need that is very important to you from this world below and in this world below.
- C. Worry can defined as disturbing or disquieting thoughts of the mind due to preoccupation with the possibility of getting something you do not want or need that is important to you from this world below and in this world below.
- D. In essence worry is the fear of not getting something you want or need, the fear losing something you want or need, or the fear of getting something you don't want or need as a result of being consumed and controlled by these things that are very important to you from this world below and in this world below.

### II. The Cause of Worry (Luke 10:38-42): Jesus challenged Martha about her worry. Martha exposes to us what causes worry.

- A. Worry is caused by reducing life to what you want and what you think you need from this world below and in this world below resulting in the fear of not getting something you want or need, the fear losing something you want or need, or the fear of getting something you don't want or need from this world below and in this world below.
- B. Worry is caused by trying to control the good and bad that God controls in your life, instead of enjoying and enduring what God ordains in your life. This results in the fear of not getting something you want or need, the fear of losing something you want or need, or the fear of getting something you don't want or need from this world below and in this world below.
- C. Worry is caused by trusting one's own knowledge or past experience and evaluating things according to that knowledge or past experience without considering or acting on God's Word; This results in the fear of not getting something you want or need, the fear of losing something you want or need, or the fear of getting something you don't want or need from this world below and in this world below.

- D. In essence, worry is caused by one's interpretation of a situation apart from trusting God's sovereignty, sufficiency, or wisdom resulting in preoccupation with your own cares, own riches, personal standards or past experiences.

**III. The Characteristics of Worry (Proverbs 12:25): Worry can create a heavy burden in one's heart. When something has become a heavy burden in your life it controls and consumes you. For example:**

- A. Sometimes when you worry, you are controlled and consumed with the outcome of situations/circumstances causing your heart to be loaded down with this burden.
- B. Sometimes when you worry, you are controlled and consumed with the responses and reactions of people causing your heart to be loaded down with this burden.
- C. Sometimes when you worry, you are controlled and consumed with the losing or gaining of the needs or wants of life causing your heart to be loaded down with this burden.
- D. In essence, when you worry, you are controlled and consumed with things you can't keep from happening or things you can't cause to happen resulting in your heart being loaded down with this burden. (This can lead to irresponsibility in the things you can control.)

**IV. The Counteractions to Worry**

- A. Identify the fears that have consumed your time.
- B. Identify the desires behind the fears (behind every fear there is a desire for (something ex. Fear of rejection = Desire for approval).
- C. Identify the people, places, things, and situations you believe are the source and the solution to your needs, desires, and problems.
- D. Confess and repent of trying to control the uncontrollable (Job 38-42, Proverbs 28:13-14)
- E. Confess and repent of making people, places, and outcome of events idols of your Heart (Ezekiel 14:1-11).
- F. Study, learn and accept the sovereignty of God in all things (Ecclesiastes 3:1-11, 7:13-14, 9:1, 11:5, Colossians 1:15-17).

## Understanding Anger

### I. The Definition of Anger (Ephesians 4:26-32)

- A. Disposition of the mind that entertains antagonism towards another individual, manifesting itself in various emotions and actions. (Genesis 4:1-8, Mark 3:1-6)
- B. Anger is an attitude that results in emotions that move into action. (Proverbs. 14:17,29,15:18,16:32,19:19,22:24-25)
- C. Anger can be godly/righteous indignation- To be troubled or disgusted in attitude or action as a result of someone disgracing God or disregarding His Holy Laws. (Exodus 32:1-30, Ephesians 4: 26-27, John 2:12-17, Nehemiah 5:1-13)
- D. Anger can be worldly/sinful of man- to have ungodly attitudes and actions as a result of some perceived need, desire, personal preference /standard not being met by someone or being offended by someone (Numbers 20:1-13, Ephesians 4:31-32, I Samuel 18:6-8, 20:24-34; James 1:19-20, Matthew 5:21-22)

### II. The Deliberation on Righteous Indignation Vs. Worldly/Sinful Anger of Man (Ephesians 4:26-32)

- A. Godly Anger or Righteous Indignation is the exception to the rule; Very seldom when one is angry it is about the things that disgrace God or disregard His Holy Laws. When one is walking in righteous indignation he/she is filled with desire to see justice done for the glory of God(not self) as he/she is walking by the Spirit of God in this kind of anger. When one does act in Godly anger or righteous indignation he/she is commanded to deal with it before the day is over so that the devil does not use it against him/her to lead him/her into sin.
- B. Generally, when people are angry it has nothing to do with someone disgracing God or disregarding His Holy Laws; They are not thinking about God, His holy laws, His righteousness, His will or His ways; They are thinking about themselves, their feelings, their wants, or their needs. They are self-centered not God-centered. They are preoccupied with what they crave, the means to the end that is not providing that craving or something that is hindering that craving from being realized.
- C. Therefore, most of the time when people are angry it is generally worldly/ sinful anger of man; What they want within the situation is not granted; They are receiving something they do not want or they are not receiving what they want.
- D. As a result of not receiving what they want or getting what they don't want, ungodly attitudes and actions begin to manifest; Instead of being thankful to God for how he will use the situation or accepting what God has allowed in the situation they become negative and ungodly in thoughts, words, actions, and relational patterns.

### III. The Details of Life that Can lead to Worldly/Sinful Anger of Man

- A. Worldly/ sinful anger of man may occur as a result of misplaced dependency- depending on people, place, things, or events to provide what only God provides.
- B. Worldly/ sinful anger of man may occur as a result of unrealistic expectations- expecting things that are beyond the scope of possibility.
- C. Worldly/sinful anger of man may occur as a result of being untrained in handling disappointments- not accepting the fallibility of people, places, things and events.
- D. Worldly/sinful anger of man may occur as a result of not accepting powerlessness over people, places, outcomes of events- resisting the fact that you were not designed to control people and outcome of events.

### IV. The Desires that become Demands of the Heart which is the source of Worldly/Sinful Anger of Man (James 4:1-2)

- A. When the desire to be affirmed becomes a demand to be affirmed, worldly/sinful anger of man results when your demands are not met.
- B. When the desire to not be put down by others becomes a demand not to be put down by others, worldly/sinful anger of man results when your demands are not met.
- C. When the desires that are centered on things of this life become a demand for things of this life, worldly/ sinful anger of man results when your demands are not met:
  - 1. You walk in worldly/sinful anger of man when you demand\_\_\_\_\_ and do not get it:
    - To have control ,To be loved, To be accepted, To be understood
    - To never hurt again, To be respected, To be served, To have your way
    - To be viewed as competent, To be approved of, To belong to someone
    - To be held in high regard, To maintain a favorable position with people
- D. When the desire for people to do or handle things your way or for life to go your way becomes a demand, worldly/ sinful anger of man results when your demands are not met.

### V. The Different Expressions of Worldly/ Sinful Anger of Man (Ephesians 4:31)

- A. Bitterness- resentment
- B. Wrath- intense fury or rage
- C. Anger – deep seated hostility within the heart toward another
- D. Clamor- verbal fighting with people/ Slander- ugly words, mean words in reference to someone's reputation, verbal abuse in reference to someone's character



**VI. The Dangerous ways people deal with anger (James 1:19-20, Ephesians 4:26-27)**

- A. Suppress- acting like it does not exist
- B. Aggression- openly expressed anger at someone else's expense
- C. Passive Aggressive- indirectly expressed anger at someone else's expense.
- D. Do not deal with it before the day is done

**VII. The Direction to Deal With Anger James 1:19, Ephesians 4:31, Colossians 3:1-8)**

- A. Acknowledge your anger
- B. Confess the sin of your anger
- C. Identify the details of life whereby you have chosen to be angry
- D. Identify the specific desires you have been demanding to be fulfilled by God, people, places, events resulting in responding in anger as a result of not getting your way
- E. Accept your inability to control God, people, and the outcome of circumstances
- F. Accept these conditions:
  - 1. The Person may be willing and able
  - 2. The Person may be willing and unable
  - 3. The Person may be unwilling and able
  - 4. The Person may be unwilling and unable
  - 5. It may be a desire that was not meant to be satisfied
- G. Accept responsibility for your unloving thoughts, words, deeds, in the situation
- H. Repent of unloving thoughts, words, deeds in the situation
- I. Choose to serve and love others unconditionally
- J. Follow the Biblical Mandate according to the relationship (1Cor13:4-7)
  - 1. Husband/Wife (Eph. 5:18-33, Col. 3:18-19, I Peter 3:1-12)
  - 2. Children (Eph. 6:1-2, Col. 3:20)
  - 3. Parent (Eph. 6:4, Col. 3:21, Deut. 6:6-9, Prov. 22:6)
  - 4. Friends (Prov. 27:5-6, Prov. 17:17, Prov. 27:9, Prov. 18:24)
  - 5. Others (I Peter 3:8-12, Rom. 12:9-21, Gal. 6:1-10)
  - 6. Leaders (I Tim. 4:16, Heb. 13:7, 17; I Peter 5:5, I Tim. 5:17-22, Luke 6:40)
  - 7. Employer/Employee (Eph. 6:5-9, I Peter 2:18-29)
  - 8. Government (Rom.13:1-2, I Peter 2:13-17)
  - 9. Enemies (Luke 6:27-36)
- K. Don't allow it to go beyond that day (Ephesians 4:26-27)

## Emotions

(Insights taken from the Book *The Heart of Man and Mental Disorders* by Rich Thomson)

**Definition of Emotion:** The word originated from the Latin *emovere* (*e-*, out plus *movere*, move) ; It means to “stir up.” Stirrings that move one to action or decision.

**The World’s View of Emotions:** The world sees emotions as a product of man’s evolutionary history. Simply put, man is merely a highly evolved animal who has the same emotions as other animals.

**The Biblical View of Emotions:** God is Spirit (Jn. 4:24) and has no physical brain or body. In His very nature He possesses qualities which are consistently regarded by human wisdom as emotions. Examples: Love (I Jn. 4:8, 16), Jealousy (Nahum 1:2), Anger (Hebrews 3:10), Hatred (Ps. 5:5), Joy (I Tim. 1:11), Sorrow (Eph. 4:30). Not only does God possess emotions apart from a material existence, His Word also teaches that He has created mankind in His own image (Gen. 1:26) with an immaterial aspect to his nature in which he too, experiences emotion. Examples: Godly/Sinful hatred (Ps. 105:25, Lev. 19:17), Anger (Eccl. 7:9, 11:10), Envy (Prov. 23:17), Fear (Jn. 14:27, Deut. 28:17, Isa. 35:4), Joy (Ps. 13:5, Jn. 16:22), Sorrow (Jn. 16:6, Rom. 9:2).

**God’s Judgment of Emotions:** Emotions of animals originate in their brains and bodies and they have no immaterial nature in which they are responsible to God. Mankind, on the other hand, has an immaterial nature, and according to Scripture, most of his emotions originate in that nature. God weighs as right or wrong those moral attitudes in man’s life which determine the emotions. God does not judge the experience of the emotions themselves as right or wrong, but He does weigh the heart attitudes which initiate them (I Cor. 4:5, Jer. 17:10, Heb. 4:12).

**The Three Areas where Emotions Originate:** 1. *Attitude* – Human emotions originate as a thought or a system of thoughts in one’s immaterial heart which then are experienced as emotions in his immaterial heart, physical brain and physical body. Examples: Grief (Matthew 26:36-38), Disappointment (Proverbs 13:12), Agony (Luke 22:44) 2. *Conscience* – Human emotions originate as thoughts of warnings or affirmations of the conscience upon man’s right or wrong attitudes, words, and actions. The conscience excuses, or accuses man (Romans 2:14-15) which in turn, stimulates the emotions he experiences in his immaterial heart, physical brain, and physical body from the excusing and accusing of the conscience. Examples: Bothered (1Samuel 24:5), Troubled (2Samuel 24:10), Confidence (1John 3:21). 3. *Physiological Emotion* – Human emotions originate in man’s material brain as thoughts of warnings of possible physical danger, or thoughts of pain or pleasure being experienced as an emotion in the body. Examples: Startle or Fright (Ruth 3:8), Pleasure (Proverbs 21:17), Affliction (2Corinthians 4:8).

# Emotions

God's is Spirit; He has emotions; We are created in His image

**Since we are created in His image our emotions mainly come from our immaterial heart**

**Our Thoughts/attitudes determine what we feel; they determine our emotions**

***Therefore, my emotions are a by-product of my thoughts/attitudes***

***There are three areas where these emotions derive:***

- a. The mind of man produces attitudes which produce emotions***
- b. The conscience of man produces attitudes (your right or your wrong) which produce emotions***
- c. The brain produces warning resulting in the emotions of startle or fright as well as pleasure and pain***

# Emotions

Since Emotions come  
from your immaterial  
heart:

There is no such thing as damaged emotions because emotions are the window to the thoughts and attitudes of our hearts.

**We cannot be emotionally abused by others because our emotions/feelings are a by-product of what we are thinking. We decide what we will think which determines our emotions/feelings**

***We control our emotions by controlling our thoughts/attitudes because emotions come from what we are thinking. If we control our thinking we control our emotions/feelings***

***No one can determine what we feel because our feelings/emotions come from our thoughts/attitudes. Therefore, no one hurts your feelings. You have feelings/emotions of hurt because of what you are thinking about the person who disappointed you or sinned against you. As a result, you cannot blame anyone for your feelings/emotions. The way you choose to think determines the way you feel or the emotions you have.***

## Examples of each of these kinds of emotions:

### a. Attitude Emotions

#### 1. Neutral Attitude Emotions:

common joy, common sorrow, amusement, delight, ecstasy, elation, enjoyment, euphoria, happiness, grief, anguish of heart, discomfort, displeasure, distress (when distress simply means troubled, not hopelessness), loneliness (when the reference is to one's relationship with other people), sadness, sorrow, uneasiness, unhappiness, embarrassment, regret

#### 2. Moral Attitude Emotions:

benevolence, contentment, empathy, gratitude, love, pity, and sympathy, aggression, agitation (where it does not simply mean physical discomfort) anger, annoyance, fury, hate, hostility, irritation, rage, vexation, anxiety, apprehension, distress (when this means worry), dread, fear, terror, worry, dejection, depression, distress (not physically referenced), gloom, hopelessness,<sup>1</sup> envy, jealousy, contempt, pride, querulousness, self-pity, ungrateful, thanklessness, passivity, submission, confidence

#### 3. Situational Moral Attitude Emotions:

(neutral attitude emotions that are used in a loving or unloving way)- taking *pleasure* in wickedness, *rejoicing* in the suffering of the wicked, rejoicing in the repentance of sin, grief over not being able to sin as you want

### b. Conscience Emotions:

sense of guilt, the sense of apparently-uncaused fear (fear of judgment), the sense of peace, the sense of confidence before God, bothered conscience, troubled conscience

### c. Physiological Emotions

startled, frightened, bodily pain, bodily pleasure

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<sup>1</sup> Hopelessness is not only a Moral Attitude-Emotion but, interestingly, is also a Conscience-Stimulated Attitude-Emotion (discussed later).

## Understanding The Kinds of Sorrow Mentioned In The Bible

**I. Common Sorrow (Proverbs 13:12, Roman 12:15, John 11:1-44)** – a sadness of the soul due to one experiencing the disappointments of life, the difficulties of life, or the death of a loved one. For example:

- A. One has a sadness of heart as a result of unmet expectations yet there is no corresponding sin with that sadness.
- B. One has a sadness of heart as a result of experiencing tragedy in their lives or being mistreated by others, yet there is no corresponding sin with that sadness.
- C. One has a sadness of heart as a result of experiencing the death of someone they were attached to yet there is no corresponding sin with that sadness.

**II. Chosen Sorrow (Philippians 2:14-15, 1Thessalonians 5:15)** – a sadness of the soul created by one grumbling or complaining about their circumstances. For example:

- A. One does not like and is unwilling to accept what God has allowed in the circumstances, so one complains about it creating a sadness of soul.
- B. One is unwilling to accept that people are not operating as they would like them to, so one complains about it creating a sadness of soul.
- C. One is unwilling to accept the difficulties in life, so one complains about it creating sadness of soul.

**III. Conscience Sorrow (Romans 2:14-15, 1Samuel 24:1-5, 2Samuel 24:10)**- a sadness of soul as a result one's conscience bringing about guilt due to some act(s) of sin in one's life. For example:

- A. One has been thinking in a sinful manner resulting in the conscience bringing about guilt in one's heart leading to a sadness of soul.
- B. One has been talking in a sinful manner resulting in the conscience bringing about guilt in one's heart leading to a sadness of soul.
- C. One has been living in a sinful manner resulting in the conscience bringing about guilt in one's heart leading to a sadness of soul.

**IV. Casualty Sorrow (Genesis 4:1-14, 2Corinthians 7:10)**- a sadness of soul as result of regret over the consequences of sin choices ultimately leading one to death because of a lack of repentance. For example:

- A. One is sorrowful about what is going to happen to him/her as a result of the sin.
- B. One is not focused on how their sin has dishonored God or damaged others.

- C. Since there is no change of heart only grief about the issue, one experiences more complications, problems, pain and ultimately death because of the consequences of a continued life of sin.

**V. Contrite Sorrow (2 Corinthians 7:10-11, Luke 18:9-14) - a sadness of soul because one is broken over their sin against God. For example:**

- A. One is grieved over how their sin has dishonored God.
- B. One is grieved over how they have brought sorrow to God because of their sin.
- C. As a result of grief over sin against God, one is wanting and moving towards making things right with God according to God's will and ways.

**VI. Chastisement Sorrow (Hebrews 12:11) – a sadness of soul because one is experiencing the discipline of God leading to a product of righteousness in their living. For example:**

- A. One is grieved as they experience the discipline of God producing righteousness in their thoughts, desires, motives.
- B. One is grieved as they experience the discipline of God producing righteousness in their communication, behavior, manner of life or manner of serving.
- C. One is grieved as they experience the discipline of God producing righteousness in their relationship patterns.

## **Medication: Is It Okay For A Christian?**

### **1. Man has an immaterial aspect of his being which consist of his mind, will, and affections.**

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:2

Do not envy a man of violence And do not choose any of his ways. Proverbs 3:31

May He grant you your heart's desire And fulfill all your counsel! Psalm 20:4

For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart. Hebrews 12:3

### **2. Within the mind of man you have thoughts, beliefs, understanding, memory, judgment, imaginations, discernment and conscience.**

For as he thinks within himself, so he is. He says to you, "Eat and drink!" But his heart is not with you Proverbs 23:7

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith. Romans 12:2-3

in that they show the work of the Law written in their hearts, their conscience bearing witness and their thoughts alternately accusing or else defending them, On the day when, according to my gospel, God will judge the secrets of men through Christ Jesus. Romans 2:15-16

But some of the scribes were sitting there and reasoning in their hearts, Mark 2:6

*We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ, 2 Corinthians 10:5



### **3. Within the affections of man you have desires, and emotions.**

Brethren, my heart's desire and my prayer to God for them is for *their* salvation.  
Romans 10:1

Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. Galatians 6:9

### **4. Within the will of man you have the ability to choose and determine action.**

but *only* one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her." Luke 10:42

But if *I am* to live *on* in the flesh, this *will mean* fruitful labor for me; and I do not know which to choose Philippians 1:22

### **5. The Bible generally uses the words soul, spirit, or heart when speaking of the immaterial aspect of man (Sometimes the word soul is used to describe the whole person both material and immaterial)**

The Spirit Himself testifies with our spirit that we are children of God, Romans 8:16

Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart, 1Peter 1:22

And He said to them, "Rightly did Isaiah prophesy of you hypocrites, as it is written: 'THIS PEOPLE HONORS ME WITH THEIR LIPS, BUT THEIR HEART IS FAR AWAY FROM ME.'  
Mark 7:6

So then, those who had received his word were baptized; and that day there were added about three thousand souls. Acts 2:41

### **6. Man also has a material aspect of his being which consist of physical body (eyes, ears, hands, lips, arms, skin, tongue, brain etc.)**

But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty *enough to go* into the fiery hell. Matthew 5:22

Listen, my beloved brethren: did not God choose the poor of this world *to be* rich in faith and heirs of the kingdom which He promised to those who love Him? James 2:5

**7. The physical body is the home of the immaterial aspect of man while man is here on earth.**

For we know that if the earthly tent which is our house is torn down, we have abuilding from God, a house not made with hands, eternal in the heavens. For indeed in this *house* we groan, longing to be clothed with our dwelling from heaven, inasmuch as we, having put it on, will not be found naked. For indeed while we are in this tent, we groan, being burdened, because we do not want to be found naked but to be clothed, so that what is mortal will be swallowed up by life. Now He who prepared us for this very purpose is God, who gave to us the Spirit as a pledge. Therefore, being always of good courage, and knowing that while we are at home in the body we are absent from the Lord 2 Corinthians 5:1-6

for I know that this will turn out for my deliverance through your prayers and the provision of the Spirit of Jesus Christ, according to my earnest expectation and hope, that I will not be put to shame in anything, but *that* with all boldness, Christ will even now, as always, be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain. But if *I am* to live *on* in the flesh, this *will mean* fruitful labor for me; and I do not know which to choose. But I am hard-pressed from both *directions*, having the desire to depart and be with Christ, for *that* is very much better; Philippians 1:19-23

**8. The immaterial aspect of man interfaces with the material aspect of man while he functions on earth to carry out the choices of the immaterial aspect of man.**

Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin *as* instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members *as* instruments of righteousness to God Romans 6:12-13

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship. Romans 12:1

**9. Sin is not caused by the material aspect of man but by the immaterial aspect of man. Therefore, if there is an issue of sin in our lives we must blame the immaterial aspect of man and not the material aspect of man.**

After He called the crowd to Him again, He *began* saying to them, “Listen to Me, all of you, and understand: there is nothing outside the man which can defile him if it goes into him; but the things which proceed out of the man are what defile the man. “If anyone has ears to hear, let him hear.” When he had left the crowd *and* entered the house, His disciples questioned Him about the parable. And He said to them, “Are you so lacking in understanding also? Do you not understand that whatever goes into the man from outside cannot defile him, because it does not go into his heart, but into his stomach, and is eliminated?” (*Thus He* declared all foods clean.) And He was

saying, “That which proceeds out of the man, that is what defiles the man. “For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting *and* wickedness, *as well as* deceit, sensuality, envy, slander, pride *and* foolishness. “All these evil things proceed from within and defile the man.”(Mark 7:14-23)

**10. When we experience pain in our lives it comes from either our material aspect (pain from the body) or from our immaterial aspect (pain from the heart).**

To the woman He said, “I will greatly multiply Your pain in childbirth, In pain you will bring forth children; Yet your desire will be for your husband, And he will rule over you.” Genesis 3:16

“But his body pains him, And he mourns only for himself.” Job 14:22

Even in laughter the heart may be in pain, And the end of joy may be grief.  
Proverbs 14:13

Because in much wisdom there is much grief, and increasing knowledge *results in* increasing Pain Ecclesiastes 1:18

**11. If the pain we are experiencing is coming from our material aspect we should consider all that the medical world has to offer in treatment and medication.**

No longer drink water *exclusively*, but use a little wine for the sake of your stomach and your frequent ailments. 1 Timothy 5:23

**12. If the pain we are experiencing is coming from our immaterial aspect we should consider all that Messiah has to offer for relief and transformation.**

Come to Me, all who are weary and heavy-laden, and I will give you rest. “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. “For My yoke is easy and My burden is light.”  
Matthew 11:28-30

**13. Sometimes the pain we experience in our bodies it is the result of the sin issues of our hearts.**

How blessed is he whose transgression is forgiven, Whose sin is covered! How blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit! When I kept silent *about my sin*, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; My vitality was drained away *as with the fever heat of summer*. I acknowledged my sin to You, And my iniquity I did not hide; I said, “I will confess my transgressions to the LORD”; And You forgave the guilt of my sin. Psalm 32:1-5

O LORD, rebuke me not in Your wrath, And chasten me not in Your burning anger. For Your arrows have sunk deep into me, And Your hand has pressed down on me. There is no soundness in my flesh because of Your indignation; There is no health in my bones because of my sin. For my iniquities are gone over my head; As a heavy burden they weigh too much for me. My wounds grow foul *and* fester Because of my folly. I am bent over and greatly bowed down; I go mourning all day long. For my loins are filled with burning, And there is no soundness in my flesh. I am benumbed and badly crushed; I groan because of the agitation of my heart. Lord, all my desire is before You; And my sighing is not hidden from You. My heart throbs, my strength fails me; And the light of my eyes, even that has gone from me. For I confess my iniquity; I am full of anxiety because of my sin. Psalm 38:1-10,18

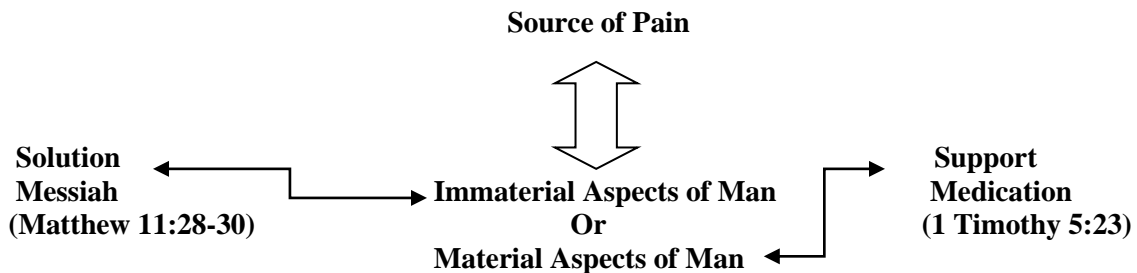
**14. In either case we must address the material aspect of man with all that the medical world has to offer through treatment and medication while addressing the immaterial aspect with all that the Messiah has to offer for relief and transformation.**

For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." In the same way *He took* the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes. Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup. For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly. For this reason many among you are weak and sick, and a number sleep. But if we judged ourselves rightly, we would not be judged. But when we are judged, we are disciplined by the Lord so that we will not be condemned along with the world. 1 Corinthians 11:23-32

**15. Medication is a wonderful support for issues of that derive from the material aspect of man but a terrible solution for issues that derive from the immaterial aspect of man.**

**Key Point:** There may be physical issues that result from spiritual problems that may require medication for the physical issues; The root issues which were spiritual cannot be cured through medication but only through submission to the Messiah. The Bible is sufficient to provide everything we need for life and godliness which includes bad feelings that people try to address through drugs instead of the Messiah and His Word (2Peter 1:1-11, 2Timothy 3:16-17). God's goal for our lives is not that we live to feel better but that we live to become better through the Biblical process of Change (Ephesians 4:17-32, Colossians 3:1-17). When there is no organic/physical basis found for discomfort/ or pain you will find that unbiblical responses to life's situations are the core reasons for the discomfort/pain; Therefore, drugs may provide

comfort with the discomfort or pain, but it does not address or resolve the source of the discomfort or pain (unbiblical responses) (Genesis 4:1-7, Romans 2:14-15). Sin behavior and the bad feelings that follow do not come from organic/physical problems of the body; sin behavior comes from the wickedness of the heart (Mark 7:14-23). The bad feelings that follow come from the conscience as result of it bringing judgment to the heart (Romans 2:14-15, 1John 3:21). Therefore, drugs are not the solution; The Messiah and His Word are the solution (Matthew 11:28-30, Psalm 19:7-9). Drugs will make you feel better but they will not help you to become better (Galatians 5:16-19-26, Genesis 4:1-7, Romans 7:4-8:15). Medication is a great support but a terrible solution to non-organic/ immaterial/spiritual problems (Proverbs 31:4-7).



**False Belief about Medication and Obedience:**

**Pain < Obedience (Lesser the pain/ greater my obedience)**

**Pain > Obedience (Greater the pain /lesser my obedience)**

**Therefore, medication is necessary for me to obey God**

**False Conclusion: Medication brings relief of pain resulting in one feeling better and being able to obey as a result of feeling better from the medication.**

**Fallacy: One believes that the power to obey is caused by feeling better as the result of taking the medication.**

**Fact: The power to obey is determined by the Holy Spirit, not the by-product of feeling better as a result of taking medication. Pain or lack of pain does not determine the ability to obey. The ability to obey is determined by one's relationship and submission to God or lack thereof. (Romans 8:1-15, Galatians 5:16-25)**

**(This information was adapted from The Heart of Man and the Mental Disorder by Rich Thomson and The Christian Counselor's Medical Desk Reference by Robert D. Smith, MD.)**

## Living a Lifestyle of Genuine Repentance

### I. The Process of Genuine Repentance (Luke 15:11-21, Luke 19:1-10, Luke 22: 60-62, Psalm 73, 2 Corinthians 7: 7-11) From these passages we can glean a pattern that unfolds a process of genuine repentance:

- A. **Realization** of truth and the nature of your sin - One comes to see truth and understand how it applies to their life (Luke 15:11-19)
- B. **Remorse** over sin in relation to God and others - One comes to feel godly sorrow in relation to their sin and desire to make things right with God and others accordingly. (2 Corinthians 7:7-11).
- C. **Renouncing** of the sin to God and others - One comes to confess their sin to God and to others when appropriate ( Luke 15:20-21).
- D. **Repenting** of the sin towards God and towards others - One comes to turn away from their sin towards God and towards others accordingly ( 2Corinthians 7:10-11).
- E. **Renewing** the mind in the truth - 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 (Psalm 73).
- F. **Replacing** the sin with right living accordingly- One comes to obey God and love others in the area where he/she has disobeyed God and been unloving towards others (Luke 19:1-10).

### II. The Practice of Genuine Repentance (Psalm 139:23-24, Philippians 3:14-15, 2Corinthians 7:10, Proverbs 28:13-14, Romans 12:2, Colossians 3:1-17, 1John 3:1-3) From these passages we can glean some principles on how to walk in genuine repentance as God empowers us to do so.

- A. **Ask** God to help you identify where you have been thinking, speaking, or acting in sin towards God in particular situations.
- B. **Ask** God to help you identify where you have been thinking, speaking, or acting in sin towards others in particular situations.
- C. **Ask** God to help you identify where you have been thinking, speaking, or acting in sin in response to unfavorable or difficult circumstances.
- D. **Ask** God to help you identify what you want or desire that you cannot control getting from God, others, or circumstances that have become the selfish ambitions of your life leading to complications in your life.

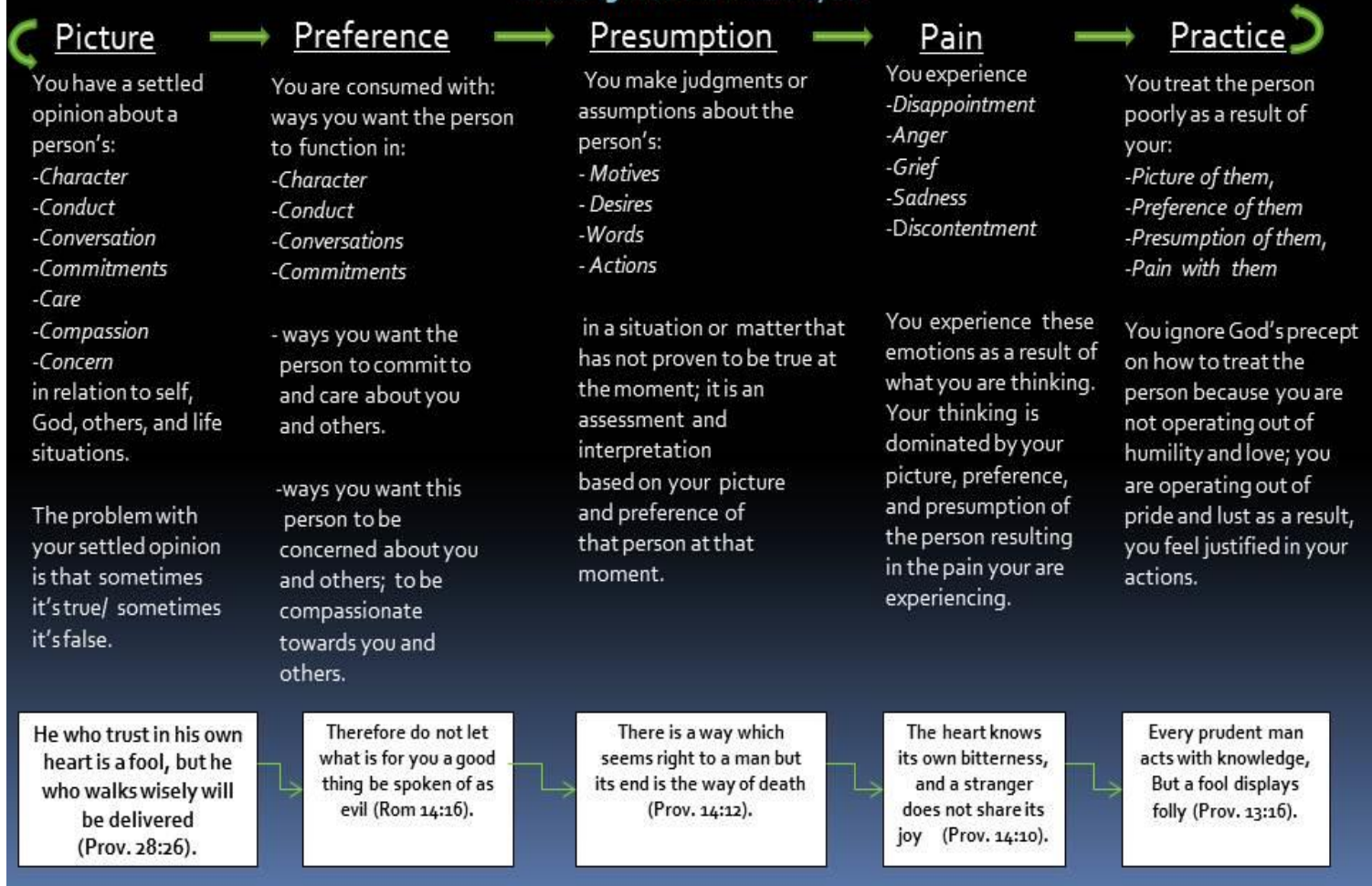
- E. As these things are revealed, **allow** yourself time to grieve over the distance and damage your sin has caused between you, God and others.
- F. **Confess** and **repent** of lusting after those wants or desires you cannot control getting from God, others, or circumstances.
- G. **Confess** and **repent** of ungodly thoughts, words, or actions towards God, others, and circumstances.
- H. **Identify** the godly thoughts, words, actions, or desires that God is seeking to lead you to develop in replacement of the ungodly ones.
- I. Lay out a daily or weekly **schedule** of specific things you are to think, desire, communicate, behave, relate, and serve and discipline yourself to practice each task faithfully and consistently apart from your feelings.
- J. **Identify** various ways you can show thanks to God for what He is allowing in your life.
- K. Learn to **receive** and cultivate hope that comes from trusting God.

# The Cycle of Relationships

## The Cycle of Self-Centered Relationships

Pride is a mind set on self with resistance to the will and ways of God. This leads to evaluating and dealing with people according to your own estimations, leading to various relational problems (Prov. 3:5-8, 28:26, 14:12).

As you function in pride, you tend to develop a picture of people in accordance to your opinion, resulting in an inevitable cycle:





# The Cycle of Christ-Centered Relationships

*Humility is a mind set on Christ with a submission to the will of God. This leads to evaluating life, God, and people according to the Word of God (Romans 12:2, Philippians 2:3-5).*

**As you function in humility you tend to see people according to their position before God and their position before you resulting in an inevitable cycle.**



**Wisdom is in the presence of one who has understanding, but the eyes of a fool are on the ends of the earth (Prov. 17:24).**

**We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. (Col 1:28).**

**From your precepts I get understanding, Therefore I hate every false way. (Psalm 119:104).**

**Those who love Your law have great peace, and nothing can make them stumble . (Ps. 119:165).**

**Every prudent man acts with knowledge, but a fool displays folly. (Prov. 13:16).**

## **The Four Kinds of Human Relationships** (Proverbs 27:5-6)

**Definition of Christ Centered Relationships** – Relationships that are primarily devoted to helping one another believe in Jesus Christ, Become like Jesus Christ and belong to the community of Jesus Christ. If we are going to build Christ Centered Relationship we must understand **The Four Kinds of Human Relationships**

- A. Sometimes our relationships can be **open and unloving**. (v5)
  - 1. Rebuking others without respect.
  - 2. Exposing sin with rudeness.
  - 3. Exposing character flaws with harshness.
  - 4. Speaking truth with no love.
  
- B. Sometimes our relationships can be **closed and loving**. (v5)
  - 1. Appreciative but not expressing it.
  - 2. Concerned but not showing it.
  - 3. Having praise in heart but not expressing it.
  - 4. Desiring the highest good of others but not expressing it.
  
- C. Sometimes our relationships can be **open and loving**. (v6)
  - 1. Rebuking in love
  - 2. Spending quality time.
  - 3. Speaking the truth in love/giving encouragement .
  - 4. Meeting needs and bearing burdens.
  
- D. Sometimes our relationships can be **closed and unloving**. (v6)
  - 1. Talking behind someone's back instead of to them
  - 2. Insincere favors or gifts.
  - 3. Flattery
  - 4. Uncooperative

**Key Point:** *An open loving relationship can be expressed to others in many ways at the right time, in the right way and in the right circumstance (Proverbs 25:11, Colossians 3:12-13).*

- A. All open and loving relationships should begin with sincere **confession** of sin when you have sinned against others (Luke 17:3-4).
  - 1. Acknowledging the specific sin in words you have committed against them and seek forgiveness.
  - 2. Acknowledging the specific sin in actions you have committed against them and seek forgiveness.
  - 3. As much as it depends on you seek to be at peace with the individual.
  - 4. If it is not clear sin there is no need to acknowledge as sin because clear sin not denying personal preferences is be acknowledged; If you did not keep your word in doing something then the clear sin is not keeping your word.

- B. All open and loving relationships should then proceed to turning away from those specific words and actions confessed (Proverbs 28:13).
1. There should be a turning away from the specific sinful words.
  2. There should be a turning away from the specific sinful actions.
  3. This should be done with the intent to glorify God.
  4. This should be done considering the damage the sin caused the relationship.
- C. All open and loving relationships should then proceed to speaking loving words (Ephesians 4:29).
1. Focus on speaking words of praise to others with sincerity.
  2. Focus on speaking words of encouragement with sincerity.
  3. Focus on speaking words of appreciation with sincerity.
  4. Focus on speaking words of rebuke with sincerity.
- D. All open and loving relationships should then proceed to walking in loving actions (Romans 13:8-14).
1. Focus on comforting others with sincerity.
  2. Focus on bearing others burdens with sincerity.
  3. Focus on appropriate touch of others with sincerity (kiss, hug, ect.).
  4. Focus on evangelizing and discipling others with sincerity.
- E. All open and loving relationships should then proceed to walking in love by obeying God's instruction in the various roles of life one has.
1. Husband/Wife (See Ephesians 5:18-33, Colossians 3:18-19, and I Peter 3:1-12)
  2. Son/Daughter (See Ephesians 6:1-2 and Colossians 3:20)
  3. Parent (See Ephesians 6:4, Colossians 3:21, Deuteronomy 6:6-9, and Proverbs 22:6)
  4. Friend (See Proverbs 27:5-6; 17:17; 27:9; and 18:24)
  5. Leader (See I Timothy 4:16, Hebrews 13:7, 17; I Peter 5:5, I Timothy 5:17-22, and Luke 6:40)
  6. Employer/Employee (See Ephesians 6:5-9 and I Peter 2:18-29)
- F. All open and loving relationships should then proceed in serving others according to the spiritual gifts God has given each individual (1Peter 4:10-11).
1. We must see ourselves as servants with gifts to benefit the body (1Peter 4:10-11).
  2. We must know what our gifts are (See 1Corinthians 12:1-11).
  3. We must use our gifts accordingly (See Romans 12:3-8).

## QUESTIONS TO CONSIDER

1. What does it mean to be open and unloving?

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2. What does it mean to be closed and loving?

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3. What does it mean to be open and loving?

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4. What does it mean to be closed and unloving?

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5. Describe the importance of confession in an open and loving relationship.

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6. Describe the importance of repentance in an open and loving relationship.

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7. Describe the importance of speaking loving words in an open and loving relationship.

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8. Describe the importance of serving others in an open and loving relationship.

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## The First and Greatest Commandment

### The Diversity of the Love of God For Mankind

Let us consider God's love for mankind in four categories:

(Adapted from D.A. Carson's Book *The Difficult Doctrine of the Love of God.*)

1. **Salvation Love**- God's giving of Jesus Christ to be crucified, killed, buried, and resurrected from the dead for the sins of mankind; So that whoever believes in the person and work of Jesus Christ may be delivered from the penalty, power, and soon presence of sin unto a new right relationship with God. (John 3:16-18, 1John 2:2)
2. **Selecting Love**- God's choosing us who have believed in the person and work of Jesus Christ before the foundation of the world to be delivered from the penalty, power, and soon presence of sin unto a new right relationship with Him; to be apart of His Family according to His will and good pleasure. (Ephesians 1:3-6, Romans 8:29-30)
3. **Sovereign Love**- God's provision for all (believer, unbeliever, creation) in various ways according to His will and good pleasure. (Luke 6:35, Matthew 6: 25-34)
4. **Submission Love**- God's benefits to those who are in covenant relationship with Him and are consistently choosing to submit to Him through obedience to His commands. (John 15:10, John 14:21)

#### I. The **Salvation Love** of God is seen in God's: (Acts 4:8-12)

- A. Person- God the Father sent God the Son(Jesus Christ) who took on a perfect human body to live the perfect life and to die the perfect death to save those who would believe in Him to save them from the penalty, power, and presence of sin unto a new and right relationship with God. (1 Corinthians 15:1-4)
- B. Propitiation- God has satisfied the penalty of sin for all through crucifixion, death, burial, and resurrection of Jesus Christ. (1 John 4:9-10)
- C. Promotion- God has made this salvation available to all nations of the world. (Titus 2:11)
- D. Promise- God has guaranteed to save all who call upon the name of Jesus Christ to save them from their sin unto a new and right relationship with God the Father. (Romans 10:9-11)
- E. Preservation- God has guaranteed to keep all who trust in this salvation secure forever; they can never loose it! (John 10:27-29)

**II. The Selecting Love of God is seen in the fact that those whom God has selected to be in His family have been: (John 6:44,65)**

- A. Rescued- delivered from consequences of sin and the domain of darkness. (Colossians 1:13)
- B. Redeemed- ransom for sin paid, removal from the curse of the law, release from the bondage of sin. (Ephesians 1:7)
- C. Regenerated- made alive to spiritual life from spiritual death. (Titus 3:5-6)
- D. Reconciled- placed in right standing and right relationship with God. (2Corinthians 5:17-18)
- E. Received- adopted and welcomed into the family of God. (Ephesians 1:5)

**III. The Sovereign Love of God is seen in the fact that He is generous to all whether believer or unbeliever by giving them (but not limited to): (Matthew 5:43-45)**

- A. Provision- food, clothing, shelter. (Acts 17:24-25)
- B. Pleasure- satisfying one's heart with gladness. (Acts 14:8-17)
- C. Protection- shielded from particular, hurt, harm, and danger. (Psalm 146:9)
- D. Prosperity- having the benefits of this life. (Ecclesiastes 7:14)

**IV. The Submission Love of God is seen in that those who are his and are consistently choosing to submit to God through obedience to His commands will experience (but not limited to): (Psalm 103:11-18)**

- A. Stability- to have a life of sturdiness as you obey God's commands. (2 Peter 1:1-10)
- B. Solutions- to have insight as to how to handle life issues God's way as you obey His commands. (James 1: 5-8)
- C. Satisfaction – to experience the peace of God and the joy of His presence as you obey His commands. (Philippians 4:6-9)
- D. Success-the ability to be productive according to the ways of God as you obey His commands. (John 15:1-11)

## The First And Greatest Commandment (John 14:21-23)

**Definition of Love for God:** To have a high regard for, a sincere value of, a committed devotion to, a genuine joy in, resulting in the act of the will submitting to the will and directives of God

**I. To love God is to obey His commands out of a pure heart, good conscience, and sincere Faith; Is not a burden. (1Timothy 1:5, 1John 5:3)**

- A. To obey the commands means to faithfully/ consistently (not perfectly) adhere to and follow the will and directions given by God as a way of life.
- B. To obey the commands is an act of the will that moves into action to do what is instructed by God on faithful/consistent basis (not perfectly) as a way of life.
- C. To obey the commands is not a slavish fear to his directives but a willing submission to the instructions and directions of God as a way of life.

**II. If we love God by obeying His commands , it will result in experiencing more of God's love towards us and His presence with us. (Philippians 4:9, John 15:10-11, Psalm 16:11, Ephesians 3:14-19)**

- A. As we walk in love for God the Father and God the Son through genuine obedience, we will come to experience deeper dimensions of God's love towards us.
- B. As we walk in love for God the Father and God the Son through genuine obedience, we will come to experience a deeper reality of the presence of Jesus Christ resulting in experiencing more of the Person, character, and goodness of Jesus Christ.
- C. As we walk in love for God the Father and God the Son through genuine obedience, they will make themselves at home in our hearts being the resident masters that direct our attitudes and conduct accordingly as we experience the work of rooting and grounding us in love by God the Holy Spirit.

**III. If we have a genuine love for God it will not be demonstrated by merely talking about God and His Word; It will be revealed through our willing and consistent obedience to God through submission to His Word. (Romans 6:17-18, 1John 2:3-6, 3:1-10, Luke 6:40, 43-49)**

- A. Genuine obedience is demonstrated by acceptance of the person and work of Jesus Christ to save us from the penalty of sin, power of sin and soon the presence of sin resulting in becoming a slave to God instead of slave to sin.
- B. Genuine obedience is demonstrated by application of God's command in all aspects of life.
- C. Genuine obedience is demonstrated as we apply God's command to our:

- 1. Character-to reflect the personality of God on the inside and outside

“That in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of truth.” Ephesians 4: 21-24

- 2. Conduct-to carry yourself in a manner that represents holiness of God and not self-righteousness or self-indulgence

“As obedient children, do not be conformed to the former lust which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior, because it is written “You shall be Holy for I Am Holy”. 1Peter 1:14-16

“Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is seated at the right hand of God. Set your mind on things above, not on the things that are on the earth”. Colossians 3:1-2

- 3. Conversation- to speak words and to have dialogue that displays that character of God

“Let no unwholesome words process from your mouth, but only such a word as is good for edification according to the need of the moment so that it will grace to those who hear”. Ephesians 4:29



4. **Commitments**- devoting yourself to God

“Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship”. Romans 12:1

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I command you; and lo I am with you always even to the end of the age”. Matthew 28:19-2

5. **Commodities**- enjoy and share generously the resources God has provided you without putting hope in the resources God has provided you.

“Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy, Instruct them to do good, to be rich in good works, to be generous and ready to share” 1Timothy 6:17-18

6. **Communion**- stay in consistent fellowship with other believers

“And let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near”. Hebrews 10:24-25

**What Happens When We Don't Trust God with Our Lives?**

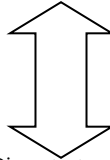
**Unbelief**

(Hebrews 3:7-19)

God is not doing enough; God is not enough

(Rejecting the truth about God)

(Believing a lie about God)



**Discontentment**

(Ecclesiastes 5:10-11)

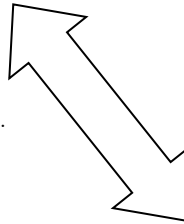
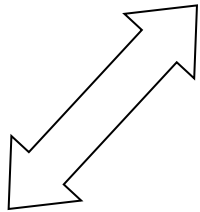
If Only I had...

I should have...

Why don't I have...

Life would be better if...

I deserve...

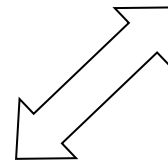
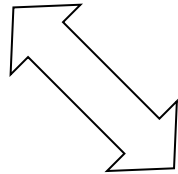


**Anger**

(James 1:19-20)

**Worry**

(Matthew 6:25-34)



**Despair**

(Ecclesiastes 2:17)

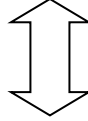
Sorrow with no hope because we view life without a proper view of God

(Chart Adapted from Taking Time to Quiet Your Noisy Soul (Workbook) by Jim Berg)

**What Happens when You Live as if God is Not Enough?**

**Self-Centered  
(Psalm 10:3-4)**

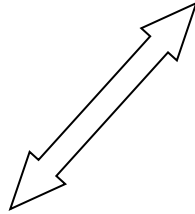
You live as if all things are for you (God is nonexistent)  
You live as if all things are about you (God is nonexistent)  
You live as if everything revolves around you (God is nonexistent)



**Self-Ambitious  
(James 3:13-16)**

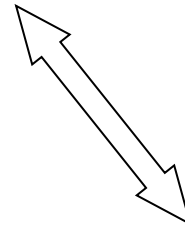
You become preoccupied with what you want in place of obedience to God

I want  
I need  
I demand.....  
I must have.....  
I can't do without



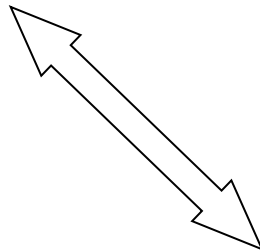
**Self-Serving  
(Philippians 3:17-19)**

You become consumed with the pleasures of this life



**Self-Serving Relating  
(Romans 1:22-27)**

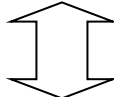
You use people as avenues for your satisfaction



**Anger**

(Numbers 20:1-13, Proverb 19:2-3)

You get upset with People and God when they don't come through as you want



**Despair**

(Ecclesiastes 2:17)

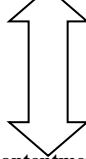
*Sorrow with no hope because you live life without considering the will and ways of God  
(Idea Adapted from Jim Berg)*

**What Happens When You Trust God with Your Life?**

**Belief**

**(Psalm 73:25-26)**

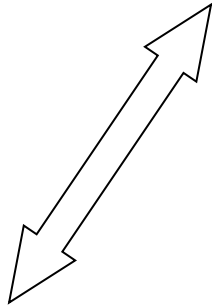
You accept the truth that God is doing enough  
You accept the truth that God is enough



**Contentment**

**(Philippians 4:10-14)**

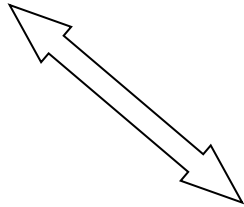
You accept what you have  
You accept what God has  
has allowed in your life  
You accept who you have  
You learn to live without when  
necessary



**Thanksgiving**

**(1Thessalonians 5:18)**

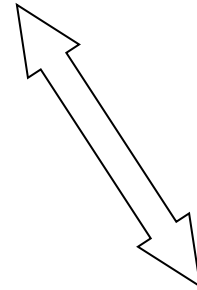
You appreciate that God is in Control  
You appreciate that God will work all things to your Good



**Hope**

**(Romans 5:1-5)**

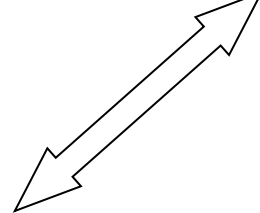
You put your expectation in what God will do according to His Promises  
(Idea adapted from Jim Berg)



**Submission**

**(Romans 12:1-3)**

You obey God  
You follow God



Questions to Consider

1. What do you tend to believe about God as it relates to your life?

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2. How have you come to that Conclusion? Please explain.

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3. What seems to matter most to you, God's Glory or your personal matters and ambitions? Please explain.

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4. How do your attitudes, words, actions, and relationship patterns reflect your answer in question 3? Please explain.

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5. What do you need to change about your perspective of God?

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6. How will changing your perspective of God impact your view of your present situation or circumstances? Please explain.

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7. How will changing your perspective of God impact your relationship with God?

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8. How will changing your perspective of God impact your relationship with others?

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9. What is the premise of trusting God?

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10. What is the pitfall to trusting God?

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11. What are the signs of leaning on your own understanding?

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12. What is the process of trusting God?

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13. What is the promise of trusting God?

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14. How are you trusting God right now?

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## **Practical Tools for Embracing God and Meditating on Who He Is**

There are few characteristics of God on the following page. They are placed under the far left column called Characteristics of God to embrace. Immediately to the right of the column of Characteristics of God to embrace are application assignments columns that correspond to the Characteristics of God to embrace column. They are labeled, The Perspective we should have as a result of embracing this characteristic, The Practice we should develop as a result of embracing this characteristic, The Patterns of Relating we should have as a result of embracing this characteristic. Along with that chart is another chart to documentation according to how you embrace those characteristics accordingly. In addition, is a chart given of more characteristics and assignment to follow.

### **Step 1 (*Characteristic of God to Embrace*)**

As you find the particular characteristic of God you want to embrace under the column labeled “Characteristic of God to Embrace” Read the definition of that characteristic and read the Bible verse placed with that definition. Place this information on index card that you can take with you daily. Put the Characteristic and the definition on one side of the card and then place the verse written out on the other side of the card. Review the card three times a day. In the morning, in the noon day and at night

### **Step 2 (*The Perspective we should have as a result of embracing this characteristic*)**

Along with that characteristic of God you want to embrace review the application assignment under the column “The Perspective we should have as a result of embracing this characteristic” that corresponds to the characteristic you are seeking to embrace. Read the perspective and read the Bible verse placed with that perspective. Place this information on an index card that you can take with you daily. Put the perspective on one side of the card and then place the verse written out on the other side of the card. Review the card 30 times a day. All throughout the day.

### **Step 3 (*The Practice we should develop as a result of embracing this characteristic*)**

Along with reviewing the application assignment under “The Perspective we should have as a result of embracing this characteristic” column, you want to review the application assignment under the column “The Practice we should develop as a result of embracing this characteristic” that corresponds to the characteristic you are seeking to embrace. Read the practice and read the Bible verse placed with that perspective. Place this information on an index card that you can take with you daily. Identify ways you can apply that practice during the week. As you apply that practice review that index card.

**Step 4 (The Patterns of Relating we should walk in as a result of embracing this characteristic)**

Along with reviewing the application assignment under “The Practice we should develop as result have as a result of embracing this characteristic”, you want to review the application assignment under the column “The Patterns of Relating we should walk in as result of embracing this characteristic” that corresponds to the characteristic you are seeking to embrace. Read the pattern and read the Bible verse placed with that pattern. Place this information on an index card that you can take with you daily. Identify ways you can apply that pattern of relating during the week. As you apply pattern of relating review that index card.

**Step 5(Documentation)**

As you walk through the practice of step 1 – step 4 document this information on the chart that follows the chart of characteristics accordingly.



Characteristics of God to embrace	The Perspective We Should have as a result of embracing this Characteristic	The Practice we should develop as result of embracing this Characteristic	The Patterns of relating we should walk in as a result of embracing this Characteristic
<b>Supreme</b> – He is first and foremost before all things; all created things were designed to reflect the greatness of God; His glory is our goal. (Romans 11:36)	I exist for His glory (Romans 11:36)	Live for the audience of God alone, Put God first (1Corinthians 10:31)	Consider God’s Glory not your personal gain when relating to others (Philippians 2:1-4)
<b>Sovereign</b> - God controls all things; nothing happens unless God allows it or ordains it; He upholds all things by His power (Ecclesiastes 7:13-14)	My life is in the hands of God and He has it under control (Ecclesiastes 9:1)	Trust God with all your heart by focusing on what you are called to do and stop trying to play God with your circumstances (Proverbs 3: 5-8)	Stop trying to control what others think, say, and do in relation to you or with anything and accept your role under God with them (Matthew 22:34-40)
<b>Sufficient</b> – God is enough and He is doing enough in relation to my life (Psalm 145:17-21)	God is enough and He is doing enough for me (Psalm 73:25-28)	Enjoy what God provides without complaining about what you do not have (Philippians 4:10-14)	Give to others knowing God will supply your needs (Luke 6:30-36)
<b>Holy</b> – unique and set apart from sin while dedicated to His glory (Isaiah 6:1-4)	I must be in the world but be set apart for Christ (1Peter 1:13-16)	Present your body as a living and holy sacrifice to God (Romans 12:1)	Treat others as precious and valuable to God (1Thessalonians 4:1-8)
<b>Loving</b> – seeks the highest good of others; gives himself for the good of others; gives himself to be a blessing to others (Romans 5:8-11)	God is always looking out for me no matter what happens (Hebrews 13:5-6)	Live to represent God in all you do today (1Corinthians 10:31)	Bear burdens and meet needs of others (Galatians 6:1-2, Titus 3:14)
<b>Wise</b> – He knows and works the best course of action to bring about His glory and our greatest good (Romans 8:28-39)	God knows how to bring about the best results for my life (Romans 8:28-39)	Listen to God and follow Him accordingly (Ecclesiastes 5:1-2)	Listen to others with the intent to learn what to do or what not to do accordingly (Proverbs 18:15)
<b>Gracious</b> – showing favor, being a benefit and being generous to people who deserve punishment without them having to earn it or work for it (Ephesians 2:8-10)	I will receive blessings that I don’t deserve because of my relationship with God (Psalm 103:1-8)	Give thanks to God and enjoy what He provides (1Thessalonians 5:18)	Be kind and beneficial to people who don’t deserve it (Luke 6:30-36)
<b>Merciful</b> – not giving people the punishment they deserve (2Samuel 24:14-25)	God has never let me experience the full consequences of my sin (Psalm 103:9-10)	Repent of all known sin accordingly to God (2Corinthians 7:10-11)	Be merciful to others without dismissing their sin (Romans 12:17-18)
<b>Forgiving</b> – canceled the debt owed by sin; will not hold sin against us (Psalm 103:1-14)	God will always forgive if I ask for it (1John 1:9)	Confess sins to God accordingly (Psalm 32:1-5)	Forgive others as you have been forgiven by God (Matthew 18:21-35)
<b>Faithful</b> – God will always be true to His Word; He will always do whatever He says or promises (Numbers 23:19)	The Lord will never leave me nor forsake me He will always be there (Hebrews 13:5-6)	Serve God faithfully while continuing to wait on His return (1Corinthians 15:58)	Be faithful to others according to the level of the relationship (Proverbs 27:6)

What Characteristic of God will you embrace today?	How did this characteristic of God impact your perspective of life today?	How did this characteristic of God impact the way you lived life today?	How did this characteristic of God impact the way you related to others today?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			

## The Second and Great Commandment

### *A Fresh Dimension On An Old Commandment*

“ A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.” By this all men will know that you are My disciples, if you have love for one another.” (John 13:34-35)

#### ***I. The Calling to Agape Love (John 13:34-35)***

- A. The word new in the text means a “fresh dimension”.
- B. The “fresh dimension” to the old command was that love is to be given in the sacrificial manner that Jesus gave to the believers.
- C. The selfless service and sacrifice of His life as a ransom for others was altogether new, and consequently was to be the model and standard for which their love for one another was to be measured.<sup>2</sup>
- D. In essence, we are called by the power of God to seek the highest of good of others unconditionally, no strings attached.
- E. We are called to respond to the condition and need of others above the attractiveness and personal interest in others.
- F. We are called to have a genuine concern and benevolence towards others.

#### ***II. The Considerations of Agape Love***

- A. Agape Love is not something we have to work up to give it’s something we work out through the power of the Holy Spirit within us. (Galatians 5:22-23)
- B. Agape Love is not a continuum that flows automatically through us; It is developed through practice or derailed through disobedience to God. (1John 2:9-11)
- C. Agape Love is not given according to the character of the receiver but is given according to the character of the giver. (1John 3:11-24)
- D. Agape Love is an unlimited resource from the Nature of God which we can draw from at any time; Therefore we have no excuse not love others with agape love. (1John 4:7)

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<sup>2</sup>Jamieson, Robert ; Fausset, A. R. ; Fausset, A. R. ; Brown, David ; Brown, David: *A Commentary, Critical and Explanatory, on the Old and New Testaments*. Oak Harbor, WA : Logos Research Systems, Inc., 1997, S. Jn 13:34

- E. It is hypocritical to expect agape love from others but not be willing to give agape love to others; We must be willing to give what we ask for. (Luke 6:27-36)
- F. The evidence of our Christianity is revealed by the agape love we demonstrate to others through the power of God. (1John 4:15-17)

### III. The Confusion about Agape Love (1 Corinthians 13:1-3)

- A. Agape love is not merely using your spiritual gifts towards others.
- B. Agape love is not merely giving of your resources to others.
- C. Agape love is not merely sacrificing yourself for others.
- D. All these things can be done for the wrong motives.
- E. Ability, service, and sacrifice without agape love becomes a tool for self -promotion and self-advancement. (Luke 18:9-14)
- F. Ability, service, and sacrifice without agape love leads to self-denial about who you are and where God is with you. (Luke 18:9-14)

### IV. The Clarity of Agape Love:

- A. Agape – love that is based upon the power of God to seek the highest of good of others unconditionally, no strings attached.
- B. Agape love is concerned not with how we feel but how we choose to think and act towards another.
- C. Agape love responds not to the attractiveness of the other person but to the condition and need of the other person.
- D. Agape love’s motivation is not the selfish desire to enjoy the other person but the selfless desire to benefit him.
- E. Essentially, agape love is concerned and benevolent toward others in attitude and action.<sup>3</sup>

**Key Point:** There is no use trying to do church work without love. A doctor, a lawyer, may do good work without love, but God’s work cannot be done without love. Without love, our most extraordinary gifts and highest achievements are ultimately fruitless to the church and before God. Nothing has lasting spiritual value unless it springs from love.<sup>4</sup>

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<sup>3</sup> Boyer *For A World Like Ours*.

<sup>4</sup> Alexander Strauch, *A Christian Leader's guide to Leading with Love* (Littleton, Colo.: Lewis & Roth Publishers, 2006), pp. 8, 16.

## V. The Characteristics of Agape Love (1 Corinthians 13:4-8)

- A. Agape Love is patient- it suffers long or able to put up with people, their issues and the issues they bring into our lives for a long period of time and in the proper way without responding in a hastily sinful response internally and externally.
- B. Agape Love is Kind- to be genuine, sincere and willing in attitude as well as genuine and sincere in the actions of ministering good and showing compassion towards others unconditionally for the Glory of God and the blessing of others without looking anything in return to self from others.
- C. Agape Love is Not Jealous- There is not a demeanor of dissatisfaction, rivalry, or dislike towards others due to the fact or thought that they are or seem to be, ahead of you, above you, superior to you, or have something you treasure at a level above you. This Love is happy for others in their advancements ahead of you, achievements superior to you, accomplishments above you or acquisitions of things you treasure but do not have or do not have at the level of that person.
- D. Agape Love does not brag- it does not promote itself, it seeks to promote and praise God and others above self.
- E. Agape Love is not arrogant- does not think of self as more important than others, better than others, or the creator and sustainer of all his own abilities, accomplishments, knowledge, blessings, liberties, benefits or experiences. Love has a right view of self, according to his position before God and his position before man with a submissive and servant heart towards God and man as empowered and commanded by God to do so.
- F. Agape Love does not act unbecomingly- it is not rude, rash, impolite, indecent, insensitive, inconsiderate, disrespectful or dishonorable in words, behavior, or actions towards others; Love is considerate, courteous, respectable, right, decent, delicate, sensitive or sympathetic in words, behavior, or actions towards others for the glory of God and the benefit of others.
- G. Agape Love does not seek its' own- it does not live to please self. Love lives to please God thereby, seeking the greatest good of others for God's glory and for other people's utmost welfare.
- H. Agape Love is not provoked – it is not irritated, not easily annoyed, not easily upset, or quit to have a fit in difficult situations with people or in difficult situations in life overall. Love is peaceful in disposition, calm or gentle, in difficult situations with people or in difficult situations in life overall.
- I. Agape Love does not take into account a wrong suffered – it does not keep a list in one's mind with the intent to get back at the person for the sinful, troublesome, painful, or disappointing activities a person has done against them; Love has a mindset of compassion in relation to the one who has wronged him intentionally, unintentionally, actually or imagined.<sup>5</sup> Love is willing and ready to forgive and forgiving according to God's design.

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<sup>5</sup> Rich Thomson, *The Heart of Man and the Mental Disorders: How the Word of God Is Sufficient, a Distinctly Christian Approach* (Alief, Tex.: Biblical Counseling Ministries, 2004), pp. 241.

- J. Agape Love does not rejoice in unrighteousness but rejoices with the truth-It does not take joy in, take pleasure in, or find satisfaction in evil or unrighteousness of any kind but it takes joy in, takes pleasure in, or finds satisfaction in right living practiced by others and the triumphs of others in right living practiced.<sup>6</sup>
- K. Agape Love bears all things-does not give way to the temptation to respond in sin to the pressure put on them by others via their sinful attitudes, strange or unusual ways, or personal preferences, but seeks to do what is right by them or to them according to the need of the moment on a consistent basis.
- L. Agape Love believes all things- It seeks to understand people in the best possible light without ignoring or disregarding their proven character flaws and sin issues; Love stays away from developing a suspicious, cynical, doubtful, skeptical, fault-finding, judgmental, or hypercritical pattern of thinking about a person as result of their proven character flaws and sin issues.
- M. Agape Love hopes all things- no matter what the situation, love considers the bright side of things for the person by looking to the grace of God in relation to the person.
- N. Agape Love endures all things- Love continues to do what is right with people and in circumstances even when facing difficulty or hardships.

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<sup>6</sup> Wayne A. Mack, *Maximum Impact: Living and Loving for God's Glory* (Phillipsburg, N.J.: P&R Pub., 2010), pp. 205.

Evaluate the roles you have in life and identify ways you can be open and loving within that role to others.

**1 CORINTHIANS 13:4-8**

The Various Roles I have in Life	Loving Thoughts I should have towards others in this role	Loving Words I should have towards others in this role	Loving Service I should do towards others in this role	Any other things I can think of
Husband/Father				
Wife/Mother				
Child				
Brother				
Sister				
Aunt				
Niece				
Nephew				

<i>THE VARIOUS ROLES I HAVE IN LIFE</i>	<i>LOVING THOUGHTS I SHOULD HAVE TOWARDS OTHERS IN THIS ROLE</i>	<i>LOVING WORDS I SHOULD HAVE TOWARDS OTHERS IN THIS ROLE</i>	<i>LOVING SERVICE I SHOULD DO TOWARDS OTHERS IN THIS ROLE</i>	<i>ANY OTHER THINGS I CAN THINK OF</i>
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Grandfather				
Grandmother				
Cousin				
Mother-in-law				
Father-in-law				
Son-in-law				
Daughter-in-law				
Friend				



<i>THE VARIOUS ROLES I HAVE IN LIFE</i>	<i>LOVING THOUGHTS I SHOULD HAVE TOWARDS OTHERS IN THIS ROLE</i>	<i>LOVING WORDS I SHOULD HAVE TOWARDS OTHERS IN THIS ROLE</i>	<i>LOVING SERVICE I SHOULD DO TOWARDS OTHERS IN THIS ROLE</i>	<i>ANY OTHER THINGS I CAN THINK OF</i>
Co-worker				
Employer				
Employee				
Enemy				
Neighbor				
Authority figure				
Subordinate				

## **How to Deal with the Past**

### **Presuppositions to Dealing with the Past**

1. What has happened to you in the past is not the cause of your bondage to the past. You could not control what happened to you. (Ecclesiastes 7:13-14; 9:1, Job 1:1-2:10)
2. Your present attitudes, words, actions, and desires towards the past are the source of your problems with the past. (Numbers 11:1-6)
3. What you desire from the past situation shapes your perspective and your responses in the present to the past. (Numbers 11:1-6)
4. Since memory is fallible we tend to distort key elements of past situations. (Numbers 11:1-6, Exodus 5:1-23)
5. Learning your patterns of thought, words, actions, desires, and expectations before, during, and after the past experience will help you to deal with the past properly. (Psalm 73)
6. God will allow or cause temporary pain in order to conform us to the image of Christ. (1Peter 1:6-9,5:10, James 1:1-4, Hebrews 12:5-11, Romans 5:1-5, 2Corinthians 4:1-18)
7. The goal of life is not to release you from the pain of your past but for you to develop spiritual maturity through the pain of your past. (Genesis 50:15-20)
8. We are a product of our choices not our past experiences. Therefore experiences are influential not determinative. Your choices have lead you to your bondage not your past. (Galatians 6:7-8)
9. The past is from God and it exist for His glory. (Isaiah 46:9-10)

## Process to Dealing with Past

**1. We must identify what we received that we did not want in the past that we still think about with revenge, bitterness, resentment, anger, fear, or worry in the present. (Ruth 1:1-21, 2 Samuel 13:1-29)**

(Naomi-Pleasant/ wanted to change her name to Mara-bitterness- Naomi was bitter because of loosing her husband and two children in past experience in Moab while she we was presently in the city of Bethlehem/ She received what she did not want from the past and held a bitter attitude in the present)

(Amnon raped Tamar his half-sister, Tamar's brother Absalon held the hatred Against Amnon for two years, waited and killed Amnon)

- A. Did we receive rejection or rebuke in the past that we still think about with revenge, bitterness, resentment, anger, fear, or worry in the present?
- B. Did we receive physical pain or disrespect in the past that we still think about with revenge bitterness, resentment, anger, fear, or worry in the present?
- C. Did we receive financial lost in the past that we still think about with revenge, bitterness, resentment, anger, fear, or worry in the present?
- D. Did we experience the death of a loved one in the past that we still think about with revenge, bitterness, resentment, anger, fear, or worry in the present?
- E. Did we experience abandonment from a loved one in the past that we still think about with revenge, bitterness, resentment, anger, fear, or worry in the present?

**2. We must identify what we lost or did not receive in the past that we are still treasuring in our hearts in selfish, self-centered ways in the present ( Esther 3:1-11, James 3:13-16, James 4:1-3).**

(Haman's preoccupation with receiving homage from Mordecai that he did not receive from the past lead him to a pursuit of revenge against Mordecai from that point on )

- A. Are we preoccupied with acceptance or affirmation we lost or did not receive in the past to the point of trying to use God and people to gain it in the present or seeking revenge on others for the past?

- B. Are we preoccupied with comfort we lost or did not receive in the past to the point of trying use God and people to gain in the present or seeking revenge on others for the past ?
- C. Are we preoccupied with security we lost or did not receive in the past to the point of trying to use God and people to gain it in the present or seeking revenge on others for the past?
- D. Are we preoccupied with companionship we lost or did not receive in the past to the point of trying to use God and people to gain it in the present or seeking revenge on others for the past?
- E. Are we preoccupied with stability we lost or did not receive in the past to the point of trying to use God and people to gain it in the present or seeking revenge on others for the past?

**3. We must confess and repent of the sinful choices we made in the past that has led to the sinful choices and the condition of our life in the present.**

**(2 Samuel 12:1-15, Galatians 6: 7-8, Proverbs 28:13)**

*(David confessed his sins to Nathan and before God, yet though he was forgiven would suffer negative consequences for a long time)*

- A. We must confess and turn away from sinful belief systems about God, people, and circumstances that has governed our lives in the past and now in the present.
- B. We must confess and turn away from the sinful ways of communicating to and about God, people, and circumstances that has governed our lives in the past and now in the present.
- C. We must confess and turn away from the sinful ways of living before God and in our circumstances that has governed our lives in the past and now in the present.
- D. We must confess and turn away from the sinful ways of relating to God and to others that has governed our lives in the past and now in the present.

**4. We must interpret our past and live in the present according to the Will of God. (Genesis 50: 15-20, 1Peter 4: 1-11, 1Peter 1:13-16)**

(When Joseph had an opportunity to kill or put his brothers in jail as a result of putting him in the pit. He forgave them and told them what they meant for evil God had meant for good. He interpreted his situation according to God will instead his past pain and lived according to God's will)

- A. We must not ask why did God let those things happen to us; but we must ask how is God using those things that happen to us to bring about the greatest benefit to us and to others and the greatest glory to Himself?
- B. We must identify those times in the past where God gave us what we did not deserve in blessing while choosing not to give us what we did deserve in punishment.
- C. We must make present day choices according to the will of God instead of making present day choices according to the pain of the past.
- D. We must develop in our new life in Christ in the present instead of pursuing the old pleasures from the past.

## Dealing with the Past

**Introduction:** *In dealing with the past we must move beyond the pain and hurt of the experience to address what we desire and who or what we worship because this is what is shaping our response to the past. Therefore, we must take time to identify patterns of thoughts, words, actions, desires, expectations towards God, people, and circumstances that could be hindering us from moving on from the past. Use these questions as an avenue to examine yourself and ask God for wisdom into the answer to these questions. Journal your answers in a notebook or diary.*

1. What has happen to you?
2. What was your reaction in thought, words, and deeds to God, people in this situations?
3. What did you expect that you did not get from God, people, circumstances?
4. What did you get that did not expect from God, people, and circumstances?
5. What was your view of God before the situation occurred?
6. What was your view of God while the situation was occurring?
7. What was your view of God after the situation occurred?
8. What do you want from God, people, and circumstances in the present so that you can get through the past situation?
9. What feelings about God, people, and circumstances arise when you think about the past situation?
10. Have you considered what God was doing when He allowed this situation to happen to you?
11. How was or is He using the situation from the past to make you more like Christ in the present?
12. What have you learned about your patterns of sin from your past situation?
13. What have you learned about the patterns of God's Grace from your past situation?
14. What have you learned about God's character from your past situation?
15. What have you learned about your character from your past situation?
16. What do you need to change in thoughts, words, actions, expectations in order to grow from the past situation
17. What do you need to change in thoughts, words, actions, expectations in order to draw near to God?
18. Who controls, my thoughts, words, actions, expectations?
19. Who is responsible for changing my thoughts, words, actions, expectations?
20. Is there ever a right time to sin against God in thoughts, words, actions?

21. Has God given me the power to obey Him in all circumstances?
22. Has God given me everything I need for life and Godliness?
23. Can I truly do all things through Christ?

## **Forgiveness**

**(Ephesians 4:32, Luke 17:3-4, Matthew 18:15-18, 21-35, 1 John 1:9, Psalm 32:1-5, Galatians 6:1-2)**

**Definition of Forgiveness:** To disregard, to let go of, to release from, to pardon, to cancel a debt owed

### **I. Here is what we must consider about Sin and Forgiveness: (Romans 5:6-11)**

- A. Forgiveness of sin is possible because of the sacrifice of Jesus Christ; He paid the penalty for our sins. He made the sacrifice of His life for the saving of ours from the penalty of sin (Romans 5:6-11, 1 John 2:1-2)
- B. Forgiveness of sin results in the judicial act of one being made legally right with God forever; His sins no longer count against him as it relates to damnation. God is no longer angry with him. He is reconciled to a right relationship with God. (Romans 5:1,6-11) (Judicial Forgiveness/Reconciliation)
- C. Once one is judicially set free from the penalty of sin He still has to deal with God in His daily actions of sin which hinder his fellowship with God. Until he confesses and repents of this sin in his daily life he is unable to walk in fellowship with God and walk in love towards others since he is in the flesh. When confession and repentance takes place forgiveness of sin takes place resulting in restoration of proper fellowship with God. (1 John 1:9, Proverbs 28:13, Psalm 32:1-5) (Parental Forgiveness).
- D. Since Jesus paid the penalty for all sins committed by mankind the penalty for sin has been satisfied through Him; If one refuses to accept Christ's payment for sin they will not receive forgiveness of their sin and have to pay for their own sin (John 3:16-18).

### **II. Here are the implications of Sin and Forgiveness (Ephesians 4:32)**

- A. Forgiveness of sin is available to all but not granted until one deals with his sin accordingly (Proverbs 28:13)
- B. God loves unconditionally but He grants forgiveness of sin on the basis of confession and repentance (Romans 5:8, Proverbs 28:13)
- C. We can love others unconditionally but we cannot grant forgiveness of sin to others until the sin is confessed and repented of (Luke 6:27-36, Romans 12:9-21, Matthew 18:15-17)
- D. Sin must be confronted, confessed, and repented of before it is forgiven (Galatians 6:1-2, Matthew 18:15-17, 2 Samuel 12:1-15)



*(Based upon the insights above we can clearly see the application of Luke 17:1-4)*

**III. Sin Issues are inevitable therefore we need to be on Guard (v1-v3)**

- A. You cannot avoid people trying to lead you into sin or sinning against you
- B. It would be bad for you if you are the stumbling block to others in this way since it will bring negative consequences to your life
- C. We need to watch ourselves and help keep others from becoming a stumbling block
- D. We need to identify where we are stumbling blocks and help others identify where they are a stumbling blocks

**IV. We need to deal with Sin Issues and Forgiveness Accordingly (v3-v4)**

- A. We must confront clear sin lovingly before it can be forgiven
- B. If clear sin is confessed and repented of it can then be forgiven
- C. As long as the sin is confessed and repented of it does not matter how often it happens it must be forgiven accordingly and put up with patiently
- D. If there is no confession and repentance of the sin there can be no forgiveness of the sin; The sin issue must then be taken before witnesses and ultimately before the Church leadership if not confessed and repented of before witnesses

## 10 Step Guide to Dealing with Sin and Forgiveness

1. Before one confronts another about an issue he must determine if it is a personal preference issue, expectation issue or clear sin before approaching the person. (Proverbs 13:3)
2. If it is a personal preference issue or expectation issue confrontation may not need to happen because no sin has occurred; only disappointment and denial of a particular desire. Dealing with preferences and expectations is the issue. This needs to be considered personally to determine if it even needs to be addressed since it is not a sin issue (Romans 14:1-22).
3. One must identify all unloving thoughts, words, and actions within self in response to the preference issue, expectation issue or clear sin. and confess and repent of all unloving thoughts, words, and actions to God and to others when appropriate (Proverbs 28:13).
- 4 After dealing with self, one must confront the person about clear sin with the intent to restore them not with the intent to destroy them(Luke 17:3-4, Galatians 6:1-2, Proverbs 27:6a,1Thess5:15).
5. If the person confesses and repents of the sin forgive them (Luke 17:3-4).
6. If the person confesses and repents of the sin dismiss it and never bring it up again (Luke 17:3, 1Peter 4:8).
7. If the person refuses to confess and repent of the sin bring witnesses to address it (Matthew 18:15-17).
8. If the person refuses to confess and repent of the sin with witnesses take it to the leadership of the Church so that they can address it (Matthew 18:15-17).
9. No matter what the reaction of the other person or the outcome of the situation one should be an open channel of love to the person (Luke 6:27-36).
- 10 One should pray and do good to the person.(Luke 6:27-36, Romans 12:14,20-21,1Peter 3:9).

## (The Conscience)

**Definition of the Conscience:** The faculty of the immaterial heart of man that judges the thoughts, intentions, words, and actions of an individual according to the standards given to it by God, human authorities, and personally acquired standards.

1. God's Word reveals that man's conscience is an instinctual judge of his thoughts, words, and actions (See Romans 2:14-15 and Genesis 3:1-7).
  - A. The conscience looks at what we think, say and do and makes a value judgment (See Romans 2:14-15).
  - B. Man is responsible to God not to violate the dictates of his own conscience (See 1Peter 3:13-16).
  - C. The conscience is something all have whether a believer or unbeliever (See Romans 2:14-15).
  - D. In the Old Testament it is sometimes expressed through the term "heart" (See 2Samuel 24:10 and Job 27:6).
  - E. Here are some other key scriptures to evaluate:  
(1 Samuel 24:5, 2 Samuel 24:10, Romans 14:23, Acts 24:16, Romans 9:1, 1 Corinthians 8:7-13; 10:23-31, 2Corinthians 1:12, 1Timothy 1:5, 19; 3:9, 2 Timothy 1:3, Titus 1:15, Hebrews 9:9, 14; 10:2, 22; 13:18, 1 Peter 2:19, and 1 John 3:21)
2. Man's conscience possesses four sets of standards by which it judges his thoughts, words, and actions. Violation of any of the particulars of any of these four sets of standards is sin against God and renders man unable until confession to love God and others with God's unconditional agape love.
  - A. God's Word is a standard of man's conscience—See 1 John 3:21-22, James 4:17.
  - B. The work of the law written in the heart (basic understanding of right and wrong)—See Romans 1:32; 2:14-15.

- C. Human Authorities (Governmental regulations, parents, employer, husband, church leader)— See Romans 13:1-7, Ephesians 5&6, Hebrews 13:17.
  - D. Personally acquired standards (traditions, ideals, gray areas)—See Romans 14:13-23, 1Corinthians 8:1-13, 10:23-31.
3. When we make choices that are considered wrong in the sight of God, our conscience produces:
- A. A sense of guilt (knowledge or awareness of wrong)
    - 1. Knowledge of Guilt: (See Romans 7:15-16, 19-20, Psalm 1:3-4, 1 Kings 2:44, Matthew 27:4, and Daniel 9:9-11.)
    - 2. Self-Reproach as result of the knowledge of Guilt (See Isaiah 6:5, Genesis 42:21, 2 Corinthians 7:8-11, and Ezekiel 6:9.)
    - 3. Physical feelings and other results from knowledge of Guilt (See Matthew 26:75, Zechariah 12:10, 2 Kings 22: 11, 19 Psalm 38:1-10, Acts 2:37, Genesis 3:7-8, 10-11, Genesis 4:6-7, Luke 18:18-23, 1 John 3:21, and Proverbs 28:1.)

***If not confessed and cleared this Sense of Guilt will lead to:***

- B. A fear of God's Judgment (See Genesis 3:10; 4:14; 42:28, Numbers 17:12-13, Psalm 38:18, Acts 24:24-25, Proverbs 28:1, 2 Samuel 6: 8-10, Isaiah 33:14; Matthew 27:19, Acts 24:25, and 1 John 4:18.)
  - C. A desire to flee when no one is chasing you (See Genesis 3:10, 4:9, Exodus 32:21-24, Psalm 32:3, Leviticus 26:17, 36-37, Matthew 27:3-5, 1 John 2:28, Romans 1:18-32, and John 3:20-21.)
4. When a unbeliever has a sense of guilt and does not submit to Jesus Christ, he will seek to :
- A. Do good deeds to cover guilt. (Romans 2:15)
  - B. Desensitize his conscience to cover the guilt. (Ephesians 4:17-19)

C. Pursue false religions to cover the guilt. (Romans 1:21-23)

D. Pursue the peace of the world to cover the guilt. (John 14:27)

1. Money
2. Materials
3. Medications
4. Movies,
5. Media
6. Merits
7. Man Power
8. Merriment

5. When we make choices that are considered right in the sight of God, our conscience vindicates us producing: a sense of peace, leading to a confidence before God, and a desire to draw near.

A. A sense of peace – tranquility of the heart produced by the conscience and the Holy Spirit for the believer (See Proverbs 19:23, 1John 3:21, Colossians 3:15, Philippians 4:7-9, Galatians 5:22, Romans 8:6, Isaiah 26:3, Psalm 119:165 )

**This sense of peace leads to :**

B. A confidence before God (See Proverbs 28:1, 1 John 4:17-18, Psalm 56:9, Proverbs 14:26, John 3:21, 1John 2:28, 1Thessalonians 2:2, Psalm 73:24,26; and Psalm 118:6.)

C. A drawing Near to God (See Proverbs 28:1, 1 Peter 2:4, Hebrews 4:16, Psalm 5:11- 12, Daniel 6:10, Proverbs 18:10, Psalm 63:1a, 6-8, Proverbs 28:5, and John 3:20-21.)

6. As unbelievers submit to the work of the law written in their hearts, or obtain the comforts of the world, they will obtain a peace generated by their conscience or a peace generated by the world only; They cannot gain the peace of God that comes from walking in the righteousness of Christ by faith; they do not belong to God (See Romans 2:14-15, John 14:27, Philippians 4:8-10).

7. Satan seeks to dull the conscience of the unbeliever so that he may feel happy in his sin and thus be blinded to the truth. The believer has the Holy Spirit to sharpen his conscience making him more sensitive to sin and the truth. However, we are responsible for how we handle our conscience. Therefore, we must be careful not to weaken our conscience (See 2Corinthians 4:1-4 and John 16:5-11).
  - a. You can numb yourself to the guilt feelings of the conscience enough that you begin to become less sensitive to sin and fleeing when no one is chasing you becomes a way of life (See Ephesians 4:17-19 and 1 Timothy 4:1-2).
  - b. You can lose a good conscience by allowing the pressure of outside forces to influence you to bitterness and resentment or by getting a high view of yourself due to your good behavior which are all sin choices that will lead to the conscience producing a sense of guilt thereby causing one to lose a good conscience (See 1Peter 3:16).
  - c. You may sin without feeling the guilt, the fear of God's judgment and the desire to flee when no one is chasing due to numbing yourself to the feelings but you will still be aware of the fact the you are guilty of sin. (Romans 1:32) However, you cannot have a sense of guilt, the fear of God's judgment and the desire to flee when no one is chasing you without having sin in your life (See Proverbs 28:1 and Genesis 3:1-10).
8. According to God's Word all guilt is true guilt before God. Biblically there is no such thing as "false guilt". If you can have a guilt that does not come from sin then you have a guilt that cannot be cleansed or cleared by the blood of Christ, or confession and repentance of sin. Thus, if we have a guilt that does not come from sin we have to consult with human wisdom to determine what is true guilt or false guilt since the Bible does not categorize guilt. What people tend to do is to give themselves false reasons for true guilt. There a five key reason why there can be no false guilt:
  - A. Practical righteousness before God produces no guilt and no fear of judgment, but known practical unrighteousness produces both guilt and fear. The only biblical exception is the seared or sullied conscience, which may not register the feeling of guilt or a fear of God's judgment even though it will still register the awareness of

the fact that one is guilty of sin. However, guilt does not result from righteousness (See Romans 1:28-32, 2:14-15, Proverbs 28:1, 1 John 3:21; 4:18).

- B. Man is responsible to God for having a conscience free from guilt (a good conscience). Guilt is therefore an issue between man and God, not a neutral issue which depends upon human wisdom to explain it away as “false guilt”. If I am responsible for having a good conscience then I must deal with spiritual issues not neutral issues. Thus my guilt comes from choices I make not through what people have done to me (See 1 Peter 3:16, 1 Timothy 1:19, Hebrews 13:18, Acts 24:16, and 2 Timothy 1:3)
- C. Even non moral things (which are not biblically right or wrong) when they are done in violation of one’s own conscience are sin against God because they are not a result of faith. The guilt incurred is true guilt not false guilt (See Romans 14:22-23 and 1 Corinthians 8 & 9).
- D. A believer cannot love with God’s love unless he has a good conscience; a conscience free from guilt. To postulate the existence of false guilt which says by definition that one does not have a guiltless conscience means that the believer is dependent on something other than the blood of Christ and confession of sin to rid him of his guilt so that he can love with God’s love. Love, however, is dependent upon nothing other than a man’s relation with God. It is entirely a spiritual issue (See 1 Timothy 1:5, Galatians 5:22, and 1 John 4:19).
- E. The believer is commanded to be filled with the Holy Spirit and to walk by the Spirit. The fruit of the Spirit is not love, joy, peace and guilt. When conviction of the Spirit leads to the conscience producing guilt, it means that the believer is sinning and not walking by the Spirit. If there is a thing such as false guilt, then there are things apart from a right relationship with God that can determine having a good conscience—this is not possible (See Ephesians 5:18, Galatians 5:22, James 2:10, Galatians 5:16, and Isaiah 26:3).

## F. Examples and Explanation Where True Guilt Seems to Be False Guilt

1. True guilt may appear to be false guilt when one is giving himself false reasons for his true guilt. For example, the child who feels guilt and blames himself for his father's heart attack is in reality, not paying attention to his true guilt that is the result of sinful anger he has towards God (and maybe toward his father) for allowing the death.
2. True guilt may appear to be false guilt when one thinks he is being "made to feel guilty" by the standards of others, either expressed or unexpressed. Here the true guilt is to be looked for in one of two places. One possibility could be that the one who thinks he is being "made to feel guilty" is accepting in his own heart the standard which is being expected by others which means that He is guilty of violating that personally acquired standard that he has accepted by others which will result in a sense of true guilt in his heart. The second possibility is that one who thinks he is "being made to feel guilty" is experiencing a sense of true guilt as a result of his unloving inner reactions toward those who are attempting to foist upon him standards with which he does not in his heart agree.
3. True guilt may appear to be false guilt when one claims to feel guilty as a result of someone trying to control them through any number of manipulative attitudes, words or actions. In this case, the one who claims to feel guilty as a result of someone trying to control them is experiencing a sense of true guilt because of their unloving attitudes toward the person that is trying to control them.
4. True guilt may appear to be false guilt when one claims to feel guilty about something that is beyond their control. In this case the person is experiencing a sense of true guilt for either walking in the pride of thinking they are in control of the uncontrollable, or for their thankless, un-accepting, or otherwise unloving attitudes towards God who is the great controller, and who "works all things after the counsel of His will."



5. True guilt may appear to be false guilt when one claims to feel guilty because he believes that others do not or will not think well of him for some reason (whether true or not). However, this person is experiencing a sense of true guilt as a result of his unloving inner reactions toward those from whom he believes do not think well of him for some reason (whether true or not).
  
6. True guilt may appear to be false guilt when one feels guilty about violating a standard that is not in the Bible or some legalistic standards of their own. Here his true guilt before God lies in his violation of his own conscience, not in his violation of any specific moral standard of Scripture. Until such a time as the legalistic standards of his conscience change (hopefully through the education of the Word of God), he should conduct his life by faith according to what his own conscience will or will not allow.

**(All the above information was adapted from The Heart of Man and The Mental Disorders by Rich Thomson)**

9. The Bible Exposes Eight Conditions of the Conscience (**All this comes exclusively from The Heart of Man and the Mental Disorders by Rich Thomson**)

- A. The Evil Conscience (Hebrews 10:22)-“a conscience polluted with the guilt of sin,” a consciousness of guilt unatoned for and uncleansed away.”<sup>7</sup>

*Key Point about the Evil Conscience:* The evil conscience is the condition of every conscience before salvation.

- C. The Callous Conscience (Ephesians 4:19) - to cease to feel pain or grief, to become callous, insensible to pain.”<sup>8</sup> A conscience that has been deadened to no longer feel its stings. (Even though they are aware of their sin according to Romans 1:32)

- D. The Seared Conscience (1Timothy 4:2) - has been deadened to the point that it has lost all sensitiveness and fails to respond.”<sup>9</sup> (Even though they are aware of their sin according to Romans 1:32)

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<sup>7</sup> A Commentary, J.F.B, Vol. III, p. 563

<sup>8</sup> Linguistic Key to the Greek New Testament, p. 533

<sup>9</sup> Lenski, R.C.H., Col, Thess., Tim. ...., Vol. 9, Columbus, Wattburg Press, 1946, p. 621

*Key point about the Callous and Seared Conscience:*

They *know* in their hearts that they are violating God's standards for their lives and that they face judgment for it, but their consciences have been desensitized to the point of being unable to communicate the *pain* of their guilt, unable to stimulate the *fear* of God's judgment, and unable to *move* them to repentance. Their consciences are like that alarm clock which still keeps time and is set for the wake-up call, but whose alarm bell is broken and cannot arouse its sleeping owner.<sup>10</sup>

- D. The Defiled Conscience (Unbeliever) – (Titus 1:15) - to stain, to pollute; consciences polluted to the point at which they are no longer able to sense their guilt or to experience the fear of God's judgment. (even though they are aware of their sin according to Romans 1:32)
- E. The Defiled Conscience (Believer) – (1Corinthians 8:7) - to stain, to defile, to contaminate; *believers* who are so sensitive to the sin of violating even the non-biblical standards of their own hearts that when they do so, their consciences judge them guilty of sin, and rightly so, "because [their] eating is not from faith, and whatever is not from faith is sin" (Rom. 14:23) (See chapter 10 from *The Heart Man and The Mental Disorders*).<sup>11</sup>

*Key Point about the Defiled conscience in the believer and unbeliever:*

The solutions for these two kinds of defiled conscience are very different as well. An unbeliever must come to the Lord Jesus Christ for salvation in order to be cleansed from his evil and from his defilement (Heb. 9:14). A grave problem exists for him, however. Since his defiled conscience almost surely has lost its sensitivity to his sin, it is unlikely that he will be able to sense his need for the Savior. On the other hand, the believer whose conscience is defiled by his sin has no such insensitivity to his guilt. His conscience convicts him of it and, in so doing, urges him towards confession, so that he can receive family forgiveness and the renewed intimacy with God that results from it (I Jn. 1:9, cf. Ps. 32:5, Prov. 28:13).

- F. The Good Conscience (Acts 23:1) - one that does not condemn him, not because it is insensitive but because it can detect no faults."

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<sup>10</sup> New Testament Commentary, Hendriksen, Thess. Tim. Tit., p. 146

<sup>11</sup> It is also interesting to note that the word defiled in I Corinthians originally meant "'to soil,' 'to smear with dirt'" and "differs from the original sense of the synonym. [used in Titus 1:15]... 'to paint' (Theological Dictionary of the New Testament, Kittel, Vol. IV, p. 644). It would therefore be in keeping with the two different contexts in which these words are found to suggest that the defilement of the unbeliever's conscience is an indelible stain; the defilement of the believer's conscience is a smearing with dirt or a soiling. The second one is washable; the first needs complete bleaching and re-dyeing. (All these notes come from Rich Thomson)

- G. The Clear Conscience (1Tim 3:9, 2 Tim 1:3)- “clean, pure, unsoiled...clean from guilt, guiltless, innocent.”<sup>12</sup> ; The clear conscience, then, is one which is operating sufficiently (it is not seared or callous) and is not judging one guilty of anything.
- H. The Blameless Conscience (Acts 24:16)- a conscience that is “without offense, unharmed, uninjured,”<sup>13</sup> “unblamable, clear.”<sup>14</sup>

*Key Point about the good, clear, and blameless conscience:*

The descriptions good, clear, and blameless are placed together here because they each appear to emphasize various aspects of the same condition of the conscience – a conscience which is free from guilt and judges one’s present attitudes, words, and behaviors as acceptable.

10. Summary of the Information on the Conscience:

- A. Man is responsible to God not to violate the dictates of his own conscience.  
(1Peter 3:13-16)
- B. Violation of his conscience is sin against God and renders man unable until confession, to love God and to love others with God’s unconditional agape love.  
(Romans 14:20-23, 1John 1:1-9)
- C. The conscience looks at what we think, say and do and makes a value judgment.  
(Romans 2:14-15)
- D. When the conscience indicates that something is wrong we get a sense of guilt, a fear of God’s judgment and a desire to flee when no one is chasing leading to fleeing when no one is chasing. (Genesis 3:6-10)
- E. When the conscience indicates that something is right we get a sense of peace, a confidence before God, and a desire to draw near to God leading to drawing near to God. A seared or desensitized conscience makes it possible for one to sin and not feel guilt, the fear of God’s judgment or the desire to flee when no one is chasing , even they will be aware of the fact that they are guilty of sin.  
(See Proverbs 28:1, 1 John 3:21, 1Timothy 4:2, Ephesians 4:17-19, Romans 1:28-32)
- F. The Bible says that we are responsible for our consciousness not our unconsciousness. (1 Peter 3:13-16)

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<sup>12</sup> Mounce, p. 257

<sup>13</sup> Linguistic Key to the Greek New Testament, Reinecker Rogers, p. 330

<sup>14</sup> Mounce, p. 96

- G. The sense of guilt, the fear of God's judgment, and the desire to flee when no one is chasing we experience comes from what the conscience is aware of not what we are not aware of. (Genesis 3: 7-10, Romans 2:14-15)
- H. Human wisdom says certain things happen because of our unconsciousness and thus the fear that comes out of nowhere comes out of our unconsciousness. Therefore, we must get back to the past to find out what is wrong with us in order to heal.
- I. The Bible shows that the fear that seems to come out of nowhere or what psychologist call the anxiety is the fear of God's judgment which is due to a sense of guilt as a result of a lack of love towards God and or others that is happening in the present not the past. (Genesis 3:6-10)
- J. Since we don't choose a sense of guilt or the fear of God's judgment (what psychologist call anxiety), human wisdom tries to say it comes from our unconsciousness.
- K. On the other hand, the Bible shows that it is the result of sinful choices and comes from our conscience which produces a sense of guilt and a fear of God's judgment, which results in our desire to flee when no one is chasing leading to fleeing when no one is chasing. (See Genesis 3:6-10, Proverbs 28:1, Romans 2:14-15.)
- L. It's not what happened in my past that brings about a sense of guilt, a fear of God's judgment, fleeing when no one is chasing, a sense of peace, confidence before God, drawing near but my present loving or unloving attitude towards the past that brings about these various by-products.
- M. The conscience is never wrong, but it is not always right.
- N. That is the conscience is never wrong when it convicts man of sin.
- O. But it is not always right when it exonerates man of guilt (1Corinthians 4:4).
- P. Several reasons have been given to establish that when man is aware of guilt in his conscience, it is true guilt before God.
- Q. There may be many and varied expressions of what appear to be false guilt, but once one understands that Scripture is clear that all guilt is true guilt, it is not difficult to find this true guilt in the relationships and situations which accompany its presence. Then, as the root sins are confessed and as the Holy Spirit produces His love within the heart, the results will be a sense of peace, confidence before God and drawing near to God and to others.

## Questions to Consider

1. If you were to evaluate your life how much guilt do you tend to encounter on daily/weekly basis?

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2. How have you been dealing with this guilt on daily/weekly basis?

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3. Prior to reading this material what has been your view of guilt?

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4. What has this information challenged you to consider about guilt?

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5. Based upon what you have read what would you say is the source of your guilt?

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6. Based upon what you have read what standard of the conscience have you violated?

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7. Have you given yourself false reasons for true guilt? If so explain where that has taken place in your life.

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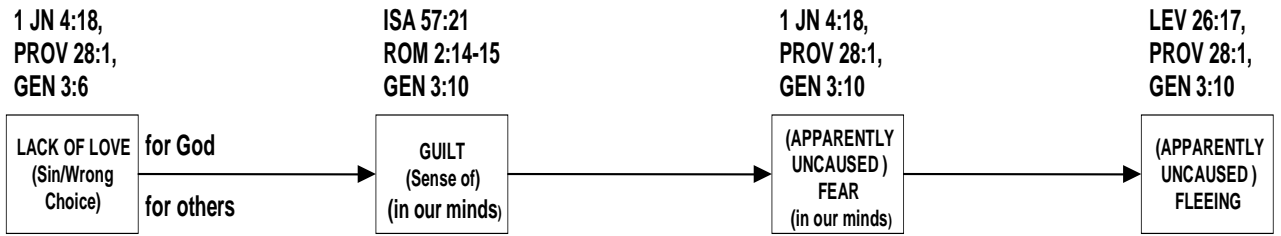
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8. What are the real reasons for your true guilt in the context of the situation? What steps will you take to address it accordingly?

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# BIBLICAL COUNSELING FRAMEWORK



1. CONFESS SIN I JN 1:9, PROV 28:1, James 5:16

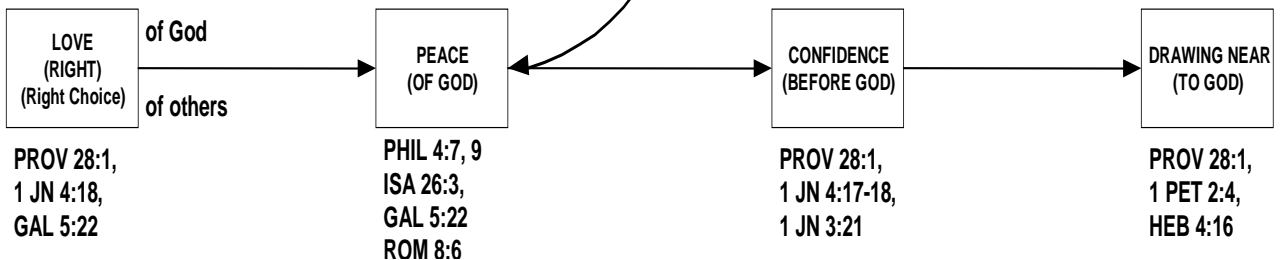
(and REPENT of SIN) 2 Cor 7:10-11; Prov 28:13-14

2. COUNT ON FORGIVENESS ROM 8:1, 1Jn 1:9  
(Accept you've been forgiven)

3. Be CONTROLLED BY The HOLY SPIRIT EPH 5:18, GAL 5:16  
(Submit your thoughts, words, actions and relationships to standards of God)

4. COUNT ON CONTROL The Control of The HOLY SPIRIT (= Walk by FAITH not by Sight) Begin to walk in what's RIGHT. 2Cor 5:1-9 I JN 5:1-15

Do this and it Leads to



## Self-Esteem, Self-Image, Self-Love

### Key Points About Self-Esteem

#### **I. Understanding the Conscience**

- A. The conscience can be defined as the faculty of the immaterial heart that judges the thoughts, intentions, words, and deeds of an individual according to the standards given it by God, governing authorities, personally acquired standards (Romans 1:18-20,32, Romans 2:14-15, Romans 13:1-5, Romans 14: 22-23)
- B. Man's conscience is a an instinctual judge of his thoughts, words, and actions accusing him when he does something that is morally wrong and excusing him when he does something that is morally right. (Romans 2:14-15)
- C. The conscience is a universal entity in that all have it whether believer or unbeliever. (Romans 1:18-20, Romans 2:14-15, 1Timothy 3:8-9)

#### **II. Understanding Conscience Joy and Conscience Sorrow**

- A. When a person makes a choice that is morally right their conscience will produce a joy resulting in one having a satisfaction with himself (Genesis 4:1-7)
- B. When a person a makes a choice that is morally wrong their conscience will produce a sorrow resulting in one having a sense of dissatisfaction with himself (Genesis 4:1-7)
- C. This sense of satisfaction and dissatisfaction with oneself is where we see the concept of self-esteem coming together

#### **III. Definition of Positive and Negative Self-Esteem**

- A. Definition of Positive Self-Esteem- satisfaction with one's self, self-respect, sense of assurance (conscience joy)
- B. Definition of Negative Self-Esteem - dissatisfaction with one's self, low self respect, sense of insecurity (conscience sorrow)
- C. They are the by-product of right and wrong choices

#### **IV. Positive self-esteem is a by-product of doing what is right (Genesis 4:6-7)**

- A. Positive self-esteem is characterized by a clear conscience (peace) (Romans 2:14-15)
- B. Positive self-esteem is characterized by confidence from within the heart (Proverbs 28:1)
- C. When one responds in the right way to any and all types of circumstances it will produce positive self-esteem (conscience joy) which is produced at the root by the work of the conscience (1John 3:21)



**V. Negative self-esteem is a by-product of living in sin(Genesis 4:6-7)**

- A. Negative self-esteem is characterized by a guilty conscience (Romans 2:14-15)
- B. Negative self-esteem is characterized by fearfulness within the heart (Proverbs 28:1)
- C. When one responds in the wrong way to any and all circumstances it will produce negative self-esteem (conscience sorrow) which is produced at root by the work of the conscience (1 Samuel 24:1-7)

**VI. When a unbeliever has positive self-esteem it is the by-product of appeasing the work of the law written in his heart (Romans 2:14-15) (Conscience Joy)**

- A. As a non-believer lines up to the dictates of his conscience it will aid in his mental soundness by delivering him from the negative effects of a sense of guilt until the Holy Spirit convicts him of his sinful condition before a Holy God. (Romans 2:15, John 16:8-11)
- B. The peace the non-believer gets from lining up with his conscience is what we call conscience joy which is universally experience by believer and unbeliever (Romans 2:15, Proverb 28:1)
- C. This is why positive self-esteem occurs in an unbeliever (Romans 2:14-15) (Conscience Joy)

**Key Points About Self-Image**

**I. Understanding Pride (Psalm 10:3-4, Romans 8:5-7, Acts 12:21-23, Daniel 4:31-32)**

- A. Pride can be defined as a mind set on self with resistance to the will of God.
- B. A prideful person raises his standard for thinking, speaking and behaving above God's standard.
- C. A prideful person has a view of himself that is based on his opinions and ideals apart from the Truth of God's Word.

**II. Understanding Humility (John 3:26-30, Romans 12:3, Romans 8:5-7)**

- A. Humility is a mind set on Christ with submission to the will of God.
- B. Humility is embracing a view of one's self according to the standards of God not the opinions of man or his own views.
- C. A humble person adjust his standards to align with will of God

**III. Definition of Self Image**

- A. One's perspective of himself
- B. One's understanding of who he is and who he is not
- C. One's perspective of his role in life

**IV. If one builds his self-image on the opinions of others, the culture and personal opinions he will develop an inaccurate self- image.**

- A. It will lead the person to have an inaccurate assessment of themselves before God (Luke 18:9-14)
- B. This person will ultimately be trusting in mankind and his own flesh to understand himself which leads him away from Truth and from God (Jeremiah 17:5-6)
- C. This person will be walking in earthly, natural, demonic wisdom (James 3:13-16)

**V. If one builds his self-image on what God says is true about him according to Scripture he will develop an accurate self-image**

- A. It will be based on what God's Word says is true about himself. (John 8:31-32)
- B. This person ultimately will be trusting in Jesus Christ to explain who he is and who he is not (John 8:31-32)
- C. This person will be walking in Heavenly, Spiritual, Godly wisdom (Romans 12:2-3)

**Key Points About Self-Love**

**I. Understanding Love**

- A. Eros—love that is based on erotic pleasure. The greater the pleasure one gets from the other person, the greater the love one has for that person; the lesser the pleasure one gets from that person the less love they have for that person; it is conditioned upon pleasure.
- B. Stergo—love that is conditioned upon the fact that we have kinship (ex. Brother, Cousin, Uncle etc.). Since we are family I treat you okay but if we were not family I would not have any dealings with you; it is conditioned upon family connection.
- C. Phileo—love that is based upon affection for the person according to some attraction to them, like interest, common goals or aspirations. The more attraction one feels, pleasure one has or common interest that is developed the more they love the other person; the less attraction one feels, the less pleasure one has with the other person or the less they have in common with the other person they loose love for the other person; it is conditioned upon attraction and common interest or pleasures.
- D. Agape—love that is based upon the power of God to seek the highest of good of others unconditionally, no strings attached. “It is concerned not with how we feel but how we act. It responds not to the attractiveness of the other person but to the condition and need of the other person. Its motivation is not

the selfish desire to enjoy the other person but the selfless desire to benefit him. Essentially, it is concerned and benevolent toward others.”<sup>15</sup>

**II. The love that God primarily commands is Agape love (Matthew 22:34-40, John 14:21)**

- A. To love God is to keep His commandments as given in His Word.
- B. To love others is to seek the highest good of others and not to cause any harm to others.
- C. God does not command us to love ourselves.
- D. Self-love is not something that has to be taught or commanded because it is something we already do on various levels.

**III. Definition of Self-Love**

- A. Regard for one's self
- B. Regard for one's own happiness
- C. Regard for one's own advantage

**IV. The Scripture implies that we already love ourselves:**

- A. Selfish Self-Love – making self the priority for life; making self the central interest of existence (2Timothy 3:1-5)
- B. Self-Preserving Self-Love – the natural tendency to take care of ourselves and preserve our material bodies (Ephesians 5:28-29)
- C. Soul-Loving Self-Love – one's effort to gain wisdom and live accordingly in order guard and protect one's heart (Proverb 19:8)

**V. Scripture teaches that selfish self-love leads to difficulty (2Timothy 3:1-2)**

- A. Preoccupation with self breeds selfishness (James 3:13-4:7)
- B. Preoccupation with self breeds conflict with others (James 3:13-4:7)
- C. Preoccupation with self produces disorder and every evil thing (James 3:16)

**VI. Scripture teaches us to deny selfish self-love (Luke 9:23-26)**

- A. We are to focus on becoming like Christ in all aspects of life (Eph. 4:11-16)
- B. We are to focus on the Kingdom agenda of God (Luke 12:13-48)
- C. We are no longer to live for ourselves but for Christ (2Corinthians 5:11-21)

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<sup>15</sup>James Boyer, *For a World Like Ours: Studies in 1 Corinthians* (Grand Rapids, Michigan: Baker Book House, 1971).

## *The Premise of Self-Image*

*Even though we are not to focus on improving our self-esteem, we are called to think soberly about ourselves (Self Image).*

**Definition of Self Image** - One's perspective of himself; one's understanding of who he is, who he is not; one's perspective of his role in life

### **I. We are commanded to have a sober view of ourselves (Romans 12:3)**

- A. We are to have right thinking about ourselves (Romans 12:3)
- B. We are to see ourselves according to God's Standard (Ephesians 2:1-22)
- C. We must not view ourselves according to personal opinions (Galatians 6:3)

### **II. We must view ourselves as created in the image of God (Genesis 1:26-31)**

- A. We were created to reflect God's character (Genesis 1:26-31)
- B. We were created to be relational (Genesis 2:18)
- C. We were created to be worshippers of God (John 4:23-24)
- D. We have been designed with intellect (Proverbs 23:7)
- E. We have been designed with a will (Ecclesiastes 2:4-8)
- F. We have been designed with emotions (Acts 20:36-38)

### **III. We must view ourselves according to our biological design (Genesis 1:26-27)**

- A. If we were created male we must view ourselves according to our male distinctions and functions (1Corinthians 11:1-12)
- B. If we were created female we must view ourselves according to our female distinctions and functions (1Corinthians 11:1-12)

### **IV. We must view ourselves according to our Position in Christ (2Corinthians 5:17)**

- A. Man in Christ is forgiven of His sin against God (1John 2:1-2)
- B. Man in Christ is placed in the family of God (Ephesians 2:11-19)
- C. Man in Christ is made alive from within to connect with God (Ephesians 2:1-10)
- D. Man in Christ is given the Holy Spirit to empower him to live as God desires (Romans 8:12-17)
- E. Man in Christ is set apart to God and made useful and pleasing to God through the power of the Holy Spirit working in him (Ephesians 2:8-10)

### **V. We must view ourselves according to the Biblical Roles we have been given**

- A. We must view ourselves as a Husband/Wife (Eph. 5:18-33, Col. 3:18-19, I Peter 3:1-12)
- B. We must view ourselves as a Son/Daughter (Eph. 6:1-2, Col. 3:20)
- C. We must view ourselves as a Parent (Eph. 6:4, Col. 3:21, Deut. 6:6-9, Prov. 22:6)
- D. We must view ourselves as a Friend (Prov. 27:5-6, Prov. 17:17, Prov. 27:9, Prov. 18:24)

- F. We must view ourselves as a Leader (I Tim. 4:16, Heb. 13:7, 17; I Peter 5:5, I Tim. 5:17-22, Luke 6:40)
- F. We must view ourselves as a Employer/Employee (Eph. 6:5-9, I Peter 2:18-29)

**VII. We must view ourselves according to our Spiritual Giftedness (1Peter 4:10)**

- A. We must see ourselves as servants with gifts to benefit the body(1Peter 4:10-11)
- B. We must know what our gifts are (1Corinthians 12:1-11)
- C. We must use our gifts accordingly (Romans 12:3-8)

**Key Point:** *Self Esteem is a result not a pursuit. Therefore, Christians should be concentrating on loving God and others in the power of the Holy Spirit and not upon improving their “self-esteem”. As he loves consistently, the result will be positive self-esteem. As he is unloving the result will be negative self-esteem. Even though we are not to focus on improving our self-esteem we are called to think soberly about ourselves. This is where we understand the concept of Self Image. This differs from having dissatisfaction or satisfaction with ourselves. (self-esteem) Self-image is the evaluation of how one sees his role and position in life. Also we need to understand that loving self is an implied reality that fits in three categories. (Self-centered, Self-Preserving, Soul loving) Once we understand the categories of self-love we will have a better understanding of what it means to deny ourselves. (Romans 2:14-17, Proverbs 28:1, Genesis 4:6-7, Romans 12:3, Ephesians 5:28-29)*

### *Distinguishing Between The Fear of Worry and The Fear of God's Judgment*

1. The Bible mentions a kind of fear that is not sinful. It is neutral. It is a fear which has a definite external cause. It can be traced to something specific externally.
  - A. Startle or fright - an instantaneous and instinctual response to possible bodily danger. (Ruth 3:8, Luke 24:37)
  
2. The Bible mentions another set of fears which are good and right. These kinds of fears have a definite external cause. They can be traced to something specific externally. These kinds of fears are consistent with loving and trusting God.
  - A. Fear that is described as reverence for the Lord is consistent with loving and trusting God. (Proverbs 1:7)
  - B. Fear that is described as concern is consistent with loving and trusting God. (Galatians 4:11)
  - C. Fear that is described as respect is consistent with loving and trusting God. (Romans 13:7, 1 Peter 3:2)
  
3. The Bible mentions another set of fears which are wrong and sinful. These kinds of fears have a definite external cause. They can be traced to something specific externally. These fears are inconsistent with loving and trusting God.
  - A. Having a fear of false gods is inconsistent with loving and trusting God (Jeremiah 10:2-5)
  - B. Being worried is a fear that is inconsistent with loving and trusting God (Luke 12:4-7, 32)
  - C. Being timid, cowardly, or intimidated is a fear that is inconsistent with loving and trusting God (2 Timothy 1:7, Joshua 1:9, Proverbs 29:25)
  
4. The Bible mentions another kind of fear which is the by-product of internal guilt. It does not have a discernable external cause. It is traced solely to internal guilt. It is called the fear of God's judgment. This is commonly known and called anxiety. Psychologists define anxiety as a fear which has no discernable external cause. They observe that it comes and goes for no external reason. There is no external apparent cause because it is a by-product of a guilty conscience, yet they would deny this reality.

- A. The fear of God's ***judgment*** is seen in Adam when he sinned; it was not caused by anything external; It was a by-product of his guilty conscience which was the result of his sin choice. (Genesis 3:1-10)
  
- B. The fear of God's ***judgment*** is seen when people are running and no one is chasing them. The fear is not caused by anything external; It is a by-product of a guilty conscience which is the result of making a sin choice (Proverbs 28:1, Leviticus 26:17, 36-37)
  
- C. The fear of God's ***judgment*** is not like any of the other fears because it is not something we control by choice it is the by-product of a choice. We don't deal with the fear God's judgment through actually dealing with the fear (or what a psychologist called anxiety). We deal with it through confessing our sin. (Psalm 32:1-5, Proverbs 28:13)

**Insights and concepts adapted from The Heart of Man and The Mental Disorders by Rich Thomson)**

*How do You distinguish between the fear of worry and the fear of God's judgment(Anxiety)?*

<b>The Fear of Worry</b>	<b>The Fear of God's Judgment (Anxiety)</b>
The Fear is attached to a visible external issue	The Fear is not attached to a visible external issue; it is a by-product of internal guilt
The Fear is in proportion to the threat	The Fear is out of proportion to the threat
The root of the problem is not trusting God with the issues	The root of the problem involves sinful attitudes, words or actions; the person is unable to see that it is producing the fear that seems to come out of nowhere (fear of God's judgment/anxiety)
Counseling focuses on trusting God with the thing the person is fearful about	Counseling focuses on finding the root sinful attitudes, words, or actions that are producing the fear that seems to come out of nowhere (fear of God's judgment/anxiety) so that they may confess, count on forgiveness, and walk in obedience in that area. This will result in overcoming the fear of God's judgment /anxiety)
The Fear comes and goes as troubles come and go	The Fear hangs on whether troubles are present or not; It's difficult to even understand why it disappears when it does.
One should confess his fear as sin	One should identify the sin that is producing the fear that seems to come out of nowhere (fear of God's judgment/anxiety) because the fear is the result of that sin, it is not sin itself, but an indicator that sin needs to be addressed



**Why Can't we All Just Get Along?  
Learning to Resolve Conflict  
( James 4:1-10)**

**Definition of Conflict: State of war, individual disputes or battles between people which manifest itself in attitudes, words and actions**

**Issues that lead to conflict**

1. Conflicting Personal Preferences (Acts 15:36-41)
2. Preoccupation with personal agendas (Acts 16: 16-22)
3. Sinful Attitudes and Actions (James 3:13-16)
4. Unmet biblical needs (Acts 6:1)
5. Jealousy (1Samuel 18:1-16)
6. Fear of losing something important to you (1Samuel 18:1-16)

**Selfish Reason we Confront each other and Produce Conflict (James 3:13-16)**

1. Trying to arrange for our opinions to be agreed with or our preferences to be realized so we confront leading to conflict
2. Presuming to know the other person's motives and actions leading to confrontation producing conflict
3. Pointing things out in others that irritate and anger us that we want them to confess and change for our comfort and benefit instead of leading people to see sins that God wants them to confess and change for His Glory and their benefit
4. Using scripture to attack others instead of using it to help others see their sin and confess and repent unto God

***I. The root cause of conflict is traced back to unmet desires within our hearts?  
(James 4:1-3)***

- A. Desires from within wage war against our mind, will, and affections (James 4:1)
  1. It's something that cannot be satisfied by you
  2. It's something that someone else has that you want
  3. It's something that someone else controls giving you
  4. It's something that you can't control getting or receiving
- B. Here are some examples these desires:
  1. To be in control
  2. To be loved by others
  3. To be accepted by others
  4. To be understood by others
  5. To never be hurt or disappointed by others
  6. To be respected by others
  7. To be served by others
  8. To have personal preferences accommodated at all times
  9. To be viewed as competent by others
  10. To be approved of by others

11. To belong to someone
12. To be held in high regard by others
13. To be significant to others
14. To be fulfilled by others
15. To be satisfied by others
16. To be valuable to others
17. To maintain a favorable position with others
18. To be secure/safe with others
19. To never be alone

- C. Your appetite for these desires leads you to be overly preoccupied with satisfying these desires resulting in all types of conflict (James 4:2)
- D. Your appetite for these desires leads you to sin to satisfy these desires and to sin when these desires are not satisfied resulting in all types of conflict and self-serving prayers.  
(James 4:2-3)
  1. Lusting leading to murder
  2. Envy leading to fighting and quarreling
  3. Denying of prayer request because they are rooted in selfishness

**II. *There are Four Key Things God may be trying to Show you in your Conflict:***  
***(James 4:4-6)***

- a. *Desires that preoccupy your mind, will, emotions, and affections in ungodly ways* leading you to be friendly with the world and forsake your relationship with God thus making God jealous and you His enemy, leading Him to handle you as an enemy until repentance occurs
- b. *Ungodly ways of thinking, speaking and behaving* that have resulted from the desires that preoccupy your mind, will, emotions, and affections which have lead you to be friendly with the world and forsake your relationship with God thus making God jealous and you His enemy, leading Him to handle you as an enemy until repentance occurs
- c. *People you are using or are hurting to satisfy your personal desires* leading you to be friendly with the world and forsake your relationship with God thus making God jealous and you His enemy, leading Him to handle you as an enemy until repentance occurs
- d. *Areas of your life where you refuse to obey God* in order to satisfy your personal desires leading you to be friendly with the world and forsake your relationship with God thus making God jealous and you His enemy, leading Him to treat you as an enemy until repentance occurs

## The Four “P” s to Look For when there is Conflict

*Perception - Pay attention to conversations where by you tend to discuss matters and concerns from your limited interpretation alone; making yourselves the hero, or the victim*

*Proverbs 14:12 - There is a way which seems right to a man, but its end is the way of death*

*Preference - Pay attention to areas in your life where by you are more concerned with your way of things being done above loving others*

*Romans 14:16 - Therefore do not let what is for you a good thing be spoken of as evil*

*Pain - Pay attention to conversations where by you tend to talk more about how you have been disappointed or let down by others above how you have let down and disappointed others*

*Proverbs 13:12 - Hope deferred makes the heart sick, but desired fulfilled is a tree of life*

*Passion - Pay attention to where you are grumbling, complaining, or angry as a result of not getting what you want or getting what you don't want from others; exposing how you treasure getting your way above loving God's way*

*James 3:16 - For where jealousy and selfish ambition exist, there is disorder and every evil thing*

### III. *There are Seven Key Steps to Resolving Conflict (James 4:7-10)*

- A. Examine yourself to see where you are being friendly with the world and walking in pride towards God and others and get the log out of your own eye (James 4:4-6)
  - 1. Are my words seasoned with grace or sin?
  - 2. Am I grumbling, complaining, slandering, or gossiping?
  - 3. Are my words negative, critical, hurtful or destructive?
  - 4. Have I exaggerated the truth?
  - 5. Am I handling my responsibilities
  - 6. Am I keeping my word?
  - 7. Am I respecting or rebelling against God given authority?
  - 8. Would I want someone to treat me the way I am treating this person?
  - 9. What desires am I preoccupied with and what am I doing to satisfy them?
  - 10. Am I withholding love?
  
- B. Free yourself from sin and resist the Devil by confessing, repenting, remorseing, and replacing the sin through submission to Godly, thoughts, desires, words, actions and relationship patterns (James 4:7-10)
  - 1. Talk with God about your specific sin and renounce it immediately
  - 2. Admit to others how you have specifically sinned against them in attitude and /or action
  - 3. Ask their forgiveness of your sin against them
  - 4. Accept the consequences of your sin and make the necessary restitution
  - 5. Alter your attitudes, actions, relationship patterns to line up with the standards of God
  
- C. Go and show your brother his faults (Luke 17:3, Galatians 6:1)
  - 1. Speak the truth in love
  - 2. Serve your brother in his faults
  - 3. Allow him or her time to respond
  
- D. Rest and wait on God to do His Will (2 Timothy 2:24-26)
  
- E. As much as it depends on you be at peace with the person(s) involved (Romans 12:18-21)
  
- F. When the issue has been worked through cover it and move on (1 Peter 4:8)
  
- G. If the issue remains unsettled begin the process of Church discipline (Matthew 18:15-20)

***Because you cannot control the thoughts, words or actions of other people, God will not hold you responsible for the ultimate outcome of a conflict; God will hold you responsible for your thoughts, words, and actions in the conflict***

(Portions of this information was adapted from the book ***Peacemaker*** by Ken Sande.)

## The Two “P”s to Practice in Resolving Conflict

*Precept - Interpret the situation from a biblical perspective with specific principles from the Bible that govern the problems accordingly*

*Proverbs 3:5-6 - Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.*

*Practice - Identify specific ways to think, communicate, behave, relate, and serve that will help you put off the sin problem and put on the right way of living*

*James 1:22-25 - But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.*

## Resolving Conflict

1. What is the problem or situation?

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2. How does the Bible address or discuss this problem or situation?

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3. Is this problem or situation based on personal preferences (the way I want something to be) or is this problem or situation based on a violation of Biblical Principles (the way God wants something be?) (Romans 14:1-15:3, Philippians 2:1-16)

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4. Is it a problem or situation whereby: (Circle the answer that seems to fit your problem or situation)

- A. You both have faulty views on the matter and need the truth of God's Word to clarify and clear up the matter?
- B. You both know the truth on the matter but refuse to obey God in the truth you know?
- C. You both know the truth in the matter but do not know how to apply what you know to the matter?

5. What are the underlying desires you have turned into lusts and are demanding the other person to satisfy in this problem or situation? Thus driving the conflict between you and the other person? Circle the ones that apply to your situation. (James 3:13-James 4:3)

- 1. To be in control
- 2. To be loved by others
- 3. To be accepted by others
- 4. To be understood by others
- 5. To never be hurt or disappointed by others
- 6. To be respected by others
- 7. To be served by others
- 8. To have personal preferences accommodated at all times
- 9. To be viewed as competent by others
- 10. To be approved of by others
- 11. To belong to someone

- 12. To be held in high regard by others
- 13. To be significant to others
- 14. To be fulfilled by others
- 15. To be satisfied by others
- 16. To be valuable to others
- 17. To maintain a favorable position with others
- 18. To be secure/safe with others
- 19. To never be alone

6. What ways have you both been dealing with each other in the problem or situation?

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7. What personal preferences(the way I want things to be) of yourself and the other person seem to be coming up in dealing with the problem or situation?

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8. What attitudinal, verbal, behavioral, relational sins need to be confessed to God and to each other as result of how you both have been dealing with each other in the problem or situation?

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9. What do you believe should be done by you to resolve the problem or situation?

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10. Is your insight based on personal preferences (the way I want things to be done) or is your insight based on biblical standards? (the way God wants things to be done)

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11. What do you believe should be done by the other person to resolve the problem or situation?

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12. Is your insight based on personal preferences (the way I want things to be done) or is your insight based on biblical standards? (the way God wants things to be done)

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13. In what ways do you need to consider the personal preferences of the other person in the problem or situation?

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14. What personal preferences do you need to let go of that you have for the other person in the problem or situation?

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15. Based upon the biblical passages reviewed, personal preferences discovered, the sin issues uncovered, the desires unfolded and the suggestions of what you believe should be done by you and the other person, what is the plan of resolution?

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16. What specific thoughts, words, actions, relational patterns and service towards the other person needs to be developed to bring resolution and build God-honoring character in your life and the life of the other person?

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17. What things are you unwilling to do? Why

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18. Do you have a biblical grounds for why you are unwilling to do it?

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19. What are the tangible measures to determine if you are progressing or digressing?

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20. Who will hold you accountable to continue working through the plan of resolution?

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