

Intro to Biblical Counseling: Connecting Biblical Truth in Practical Ways

Lesson 10: The heart. Heart growth is always the issue for ourselves and others.

The desires, focus, and inclinations of our heart directs and dictates our lives. When our heart worship anything other than God, it is idolatry. We are all susceptible to this, as are those we counsel.

From Desire to Sin

Probing the idols of the heart

A biblical model for heart change

- A. Put Off - Col 3:8; Eph. 4:22
- B. Be Renewed - Eph. 4:23; Col. 3:17
- C. Put On - Eph. 4:24; Col. 3:10, 12

Identifying our responsibility in the change process

Emotions T.E.A

Practical Counseling Model: Love. Know. Speak. Do. (Paul Tripp, Instruments in the Redeemers Hands).

Discussion Questions / Homework

1. In what areas do you need to Put Off sinful attitudes, behaviors and desires?
2. In what ways are you engaged in a deepening walk with the Lord and His word so that you can be renewed?
3. In what ways are you engaged in living out the reality of who you are in Christ? Do you know who you are "in Christ?" If not, start with this. If so, is your life congruous with this identity? Why/why not?

Book Recommendations:

Paul Tripp, *Instruments in the Redeemers Hands*

Ed Welch, *Side By Side: Walking with Others in Wisdom and Love*

Next Week: Combined SS in auditorium

Pastor Benjamin