

Intro to Biblical Counseling: Connecting Biblical Truth in Practical Ways

Lesson 7: Thinking biblically versus thinking naturally. How we grow and change.

How do people change? God causes growth in us. Nevertheless, He calls us to a variety of things that He uses as instruments of change in our lives.

Growth and Change

- A. The Need
- B. Motivation
- C. Divine enablement
- D. A foundational principle for growth/change: Maintaining a biblical goal for my life
- E. The process
 - 1. Truth to Know
 - 2. Attitudes to adopt / have
 - 3. Action steps we must take
- F. Theological pillars
- G. The contexts
- H. The locus of change: the mind
- I. The role of habits

Discussion Questions / Homework

- 1. What is your purpose?
- 2. Why do you exist?
- 3. What are you striving after? Why?
- 4. How do I connect living for the Glory of God into the purposes of my daily life?

