

Intro to Biblical Counseling: Connecting Biblical Truth in Practical Ways

Lesson 8: Thinking biblically versus thinking naturally. How we grow and change at the heart level.

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. For there to be true transformation, we must work on the heart level.

Growth and Change

E. The process

1. Truths 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

The Heart

A Biblical View of the Heart

Three Trees Illustration

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?