**Session 2: Biblical Counseling Basics - Sanctification and Heart Change**

***Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.***

**1 Corinthians 6:11**

1. Intent:

To understand our sanctification

To learn what the Bible teaches about the issues and challenges of life.

To learn how to use the Bible to address the issues and challenges of life.

To develop confidence in accurately handling the Word of Truth

To learn how to examine yourself through the lens of Scripture.

To help Christian men and women learn how to minister the Word to other brothers and sisters in Christ in discipleship and counseling.

Develop and enhance biblical skills in addressing and solving problems biblically, as a disciple-maker, a shepherd, mentor or as a trained lay counselor.

To understand the conflict between secular counseling reasoning and a biblical worldview and how to recognize the difference and address it through a biblical lens.

To work towards and achieve certification as a Biblical Counselor

2. All people in every society and culture asks these questions:

Who are we?

What happened?

Why do we do the things we do?

What motivates people?

What are the causes of our psychological ills?

How do we change?

How do we heal?

What is the goal of change?

We propose to answer these questions from a biblical worldview!

3. Biblical Counseling defined: Biblical counseling is the personal discipleship ministry of God’s people to others under the oversight of God’s church, dependent upon the authority and sufficiency of God’s Word through the work of the Holy Spirit.

Biblical counseling seeks to reorient disordered desires, affections, thoughts, behaviors, and worship toward a God-designed anthropology, in an effort to restore people to a right fellowship with God and others.

This is accomplished by speaking the truth in love and applying Scripture to the need of the moment by comforting the suffering and calling sinners to repentance, thus working to make them mature as they abide in Jesus Christ.

4. Sanctification

“Sanctify” is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. God works in those whom He claims as His own to conform them “to the image of his Son” (Rom. 8:29).

We are increasingly being changed from what we once were through the agency of the indwelling Holy Spirit.

\_\_\_\_\_\_\_\_\_\_ Sanctification is spiritual growth/maturity/being complete (Colossians 1:28).

The Holy Spirit “works in you, both to will and to work” according to God’s purpose (Rom. 8:28).

Working out our salvation with fear and trembling (Phil. 2:12, 13). Christians become increasingly Christlike, as the profile of Jesus is progressively formed in them (Gal. 5:22–25; 2 Cor. 3:18).

5. Four aspects of sanctification

- P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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DRAW GRAPHIC:

6. Heart of Man:

\_\_\_\_\_\_\_\_\_ change = \_\_\_\_\_\_\_\_\_\_\_\_ change

Change of behavior without heart change is \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

The Christian life is a dynamic life!

The Christian life is about \_\_\_\_\_\_\_\_\_\_ – healthy, maturing, spiritual growth to become complete in Christ – Christ-likeness (Col. 1:28)

* ***Watch over your heart with all diligence, For from it flow the springs of life. Prov. 4:23.***
* ***The heart is deceitful above all things and beyond cure. Who can understand it?***

***10 “I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve.” Jere. 17:9-10.***

* ***14 After He called the crowd to Him again, He began saying to them, “Listen to Me, all of you, and understand: 15 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. 16 If anyone has ears to hear, let him hear.”17 When he had left the crowd and entered the house, His disciples questioned Him about the parable. 18 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, 19 because it does not go into his heart, but into his stomach, and is eliminated?” (Thus He declared all foods clean.) 20 And He was saying, “That which proceeds out of the man, that is what defiles the man. 21 For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, 22 deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. 23 All these evil things proceed from within and defile the man.” Mark 7: 14-23***

7. Living to Glorify God.

**KING**

**KING**

**\_\_\_\_\_\_\_ “glorified”**

**\_\_\_\_\_\_\_\_ Glorified**

**KING**

**Matt. 11:28-30**

**Prov. 13:15**

**Gal. 6:7-9**

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**\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_**

**Decisions/Choices Luke 9:23**

**Thinking**

Matthew 6:33

**Actions**

Principles Oriented

Feelings Oriented

Inner self

My Heart

Matthew 12,15

Luke 6:45

8. Hopeful Counseling.

Goal, method, focus, target, and tools of intensive discipleship and biblical counseling:

a. The goal is heart transformation and relational restoration (2 Corinthians 5:12-21).

b. The method is truth in the context of grace (John 1:14).

c. The focus is mind, will, emotions, and right behavior—renewed mind, submitted will, informed emotions, and godly behavior.

d. The target is beyond behavior to the desire and motivations of the inner man. (For example: Is it possible that there are cases where mania and depression that have resulted in a bi-polar diagnosis, are a long-standing pattern of foolish behavior and despairing thoughts?)

e. The tools are the Word of God, Spirit of God, community of God (2 Peter 1:3).

9. THE PROCESS OF CHANGE THAT BRINGS HOPE.

**Conception Of Sin** (James 1:12-15)

A. \_\_\_\_\_\_\_\_\_\_ by my desires, I am lured and sin is conceived in my mind (Jer 17:5-8).

B. What do I \_\_\_\_\_\_ more than glorifying God, so much that I am willing to sin to get it?

C. Sin is my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, not something I can blame on Satan or the situation.

**Conviction** (John 16:8-11)

A. What is the sin I have done in \_\_\_\_\_\_\_\_\_\_? Unbelief is going anywhere other than God and His Word to deal with a situation—Jeremiah 17:5-8.

B. What is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I have not reflected?

C. What is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? What is the price to pay?

**Confession** (1 John 1:9, Proverbs 28:13, Proverbs 13:15)

A. I \_\_\_\_\_\_\_\_\_ with God. I surrender my mind, will, and emotions to God’s mind, will and emotions (according to His Word).

B. I \_\_\_\_\_\_\_\_\_\_\_ to God in contrite humility. He cleanses me through the blood of Jesus Christ, and restores the relationship with Him.

C. I confess to the person I have sinned against in contrite \_\_\_\_\_\_\_\_\_\_\_\_. Through being forgiven by Christ—merciful, gracious forgiveness is granted, and the relationship is restored (Ps 66:18, Pro 15:29, Matt 5:23-24).

**Change** (2 Corinthians 7:8-10, Romans 12:1-2, Ephesians 4:17-32, Colossians 3:1-17)

A. \_\_\_\_\_\_\_\_\_\_\_\_ - I put off. I verbalize to those I have sinned against how I hate my sin.

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - I renew my mind. I verbalize how my mind has been renewed by the Word of God to think differently (new mind).

C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - I put on. My thoughts and actions are different (new man).

**Convincing Evidence** (2 Corinthians 7:11)

A. I prove repentance by manifesting change in my life rather than simply talking about change – diligence through the power and leading of the Holy Spirit, clearing the old, indignation toward the sin, fear of doing it again, desire and zeal in the new actions. I am vindicated.

Diligence—we will eagerly and aggressively pursue righteousness (Matthew 5:6).

Clearing yourself—A desire to clear your name from any form of the sin (Romans 13:14, 1 Thessalonians 5:22).

Indignation—means we will have anger over our sin and displeasure because the shame it brought our Lord (Matthew 5:4, James 4:7-10)

Fear—we will have a healthy fear and reverence towards the God who disciplines and judges sin (Deuteronomy 13:4-11, Psalm 9:20, Revelation 14:7).

5. Vehement desire—this refers to the strong desire to restore the relationship with the person who you sinned against.

Zeal—this refers to loving someone so much that one hates anything that harms the object of this love.

Vindication- means the repentant sinner no longer tries to protect himself. He wants to see his sin avenged.

By repentance, I prove (show, speak) myself to be changed (2 Corinthians 7:11).

**Romans 8:28-30**

***28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. 29 For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren; 30 and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.***

Class Summary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_