

## LECTURE # 6

### "Helping Counselors Understand How to Change"

#### I. The Need to Change

##### **A. God is \_\_\_\_\_ and wrote the Owner's Manual.**

Colossians 1:16 For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created *by him and for him*.

Joshua 1:8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

⇒By God's design, we are to love \_\_\_\_\_ first.

⇒By God's design, we are to love \_\_\_\_\_ as ourselves.

##### **B. We are \_\_\_\_\_ and have missed the mark.**

Romans 3:23 For all have sinned and come short of the glory of God.

##### **C. \_\_\_\_\_ is the one who makes change possible.**

1 Peter 2:24 He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.

⇒At the cross, He took our \_\_\_\_\_.

⇒At the cross, He gave us His \_\_\_\_\_.

##### **D. Jesus Christ is the \_\_\_\_\_ for change.**

1 Peter 2:21 To this you were called, because Christ suffered for you, *leaving you an example*, that you should follow in his steps.

#### II. Some Faulty Views about How We Change

##### **A. The "\_\_\_\_\_ " view**

\*\*Walk an aisle, pray a prayer, get the Spirit...and you'll change.

##### **B. The "\_\_\_\_\_ go and let \_\_\_\_\_ " view**

\*\*This view says it's all up to God.

##### **C. The "Pull up your \_\_\_\_\_ " view**

\*\*This view says it's all up to me.

### III. The Process of Change: Ephesians 4:17-5:21

#### **Step #1: You must \_\_\_\_\_ Christ (20).**

Ephesians 4:20 You, however, did not come to know Christ that way.

Ephesians 1:1 Paul, an apostle of Christ Jesus by the will of God, To the saints in Ephesus, the faithful in Christ Jesus.

*Question:* Can a person who doesn't know Christ change?

*Answer:* The answer is *yes* (small 'y') and *NO* (capital 'N').

**\*\***Apart from knowing Christ a person cannot change in a way that pleases God.

#### **Step #2: You must be \_\_\_\_\_ in your knowledge of the truth (21).**

Ephesians 4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.

#### **Step #3: You must “\_\_\_\_\_” the thinking and lifestyle of the old man (22).**

Ephesians 4:22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

#### **Step #4: You must “\_\_\_\_\_” the thinking and lifestyle of the new man (24).**

Ephesians 4:24 ...and to put on the new self, created to be like God in true righteousness and holiness.

#### **Step #5: You must be \_\_\_\_\_ your mind (23, also 17-19).**

Ephesians 4:23 ...to be made new in the attitude of your minds;

Ephesians 4:17-19 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

**Step #6: You must take specific steps to \_\_\_\_\_ the old with the new (4:25-5:7).**

	<b>Put Off</b>	<b>Put On</b>
25	Falsehood	Speak the truth
26-27	Lingering anger	Resolve problems God’s way today
28	Being a taker	Work, save, and give
29	_____ that tear down	Words that build up
30-32	Things that grieve the Spirit	Christlike _____, compassion, & forgiveness
5:1-6	Every hint of sexual sin	Thanksgiving

**Step #7: You must \_\_\_\_\_ the battle doesn’t end until we see the Lord (5:8-21).**

- Verse 8 “Live as children of light.”
- Verse 10 “Find out what pleases the Lord.”
- Verse 15 “Be very careful how you live.”
- Verse 18 “Do not get drunk on wine...but be filled with the Spirit.”

IV. The Environment for Lasting Change: The Local Church

**A. The local church provides biblical \_\_\_\_\_.**

1 Thessalonians 5:11 Therefore encourage one another and build each other up, just as in fact you are doing.

1 Thessalonians 5:14 And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone.

**B. The local church provides \_\_\_\_\_ for change.**

Galatians 6:1 Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.

Titus 2:15 These, then, are the things you should teach. Encourage and rebuke with all authority. Do not let anyone despise you.

**C. The local church provides the \_\_\_\_\_ necessary for continued growth.**

Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

## V. The Purpose of Changing

### **A. It's not really about \_\_\_\_\_.**

Romans 11:36 For from him and through him and to him are all things. To him be the glory forever! Amen.

1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

1. *Everything we do \_\_\_\_\_ to God.*
2. *Everything we do is either for the \_\_\_\_\_ of God or for some other reason.*

### **B. It's about \_\_\_\_\_ and His Son.**

1. *God \_\_\_\_\_ us for Himself.*

Ephesians 1:11-12 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to hope in Christ, might be for the praise of his glory.

**\*\*I do not create my own \_\_\_\_\_ in life. I already have one.**

2. *God's \_\_\_\_\_ is to form a people that resemble and praise His Son.*

Ephesians 4:24 ...and to put on the new self, created to be like God in true righteousness and holiness.

3. *God \_\_\_\_\_ everything to accomplish His agenda for us.*

Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose...

Romans 8:29 For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.

4. *God has \_\_\_\_\_ us everything we need to experience His agenda for us.*

2 Peter 1:3-4 His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

**\*\*The Bottom Line:** God is interested in giving us the \_\_\_\_\_  
\_\_\_\_\_ in order to accomplish His good agenda for  
us, to \_\_\_\_\_ into the likeness of His precious Son.