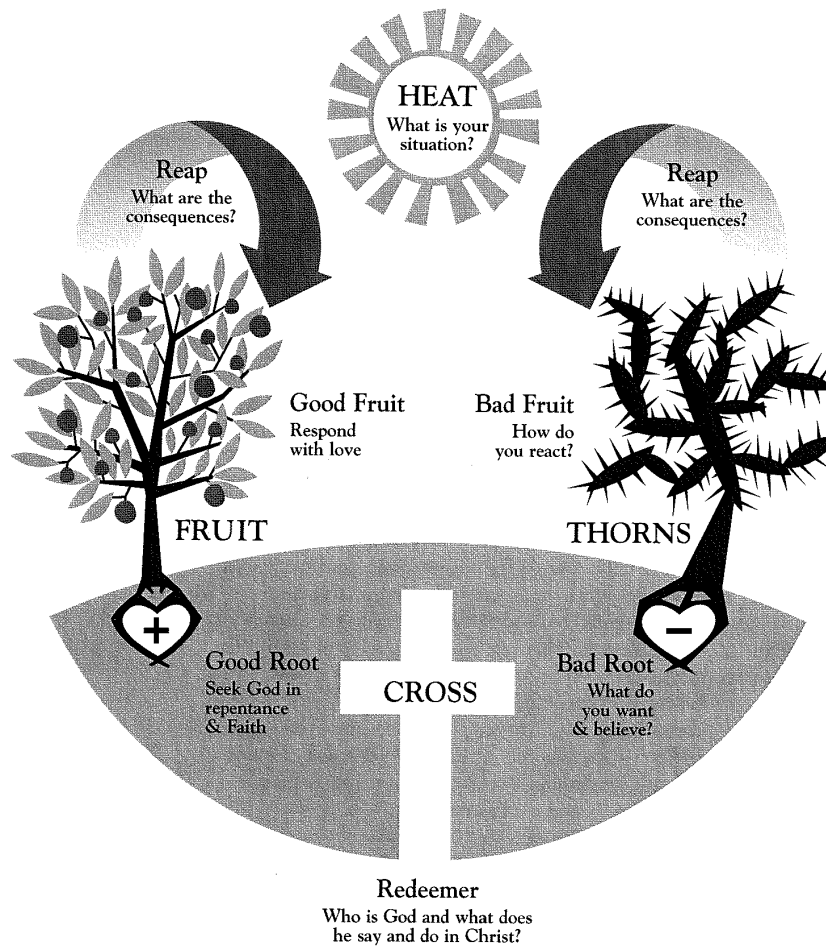


HELPING OTHERS CHANGE

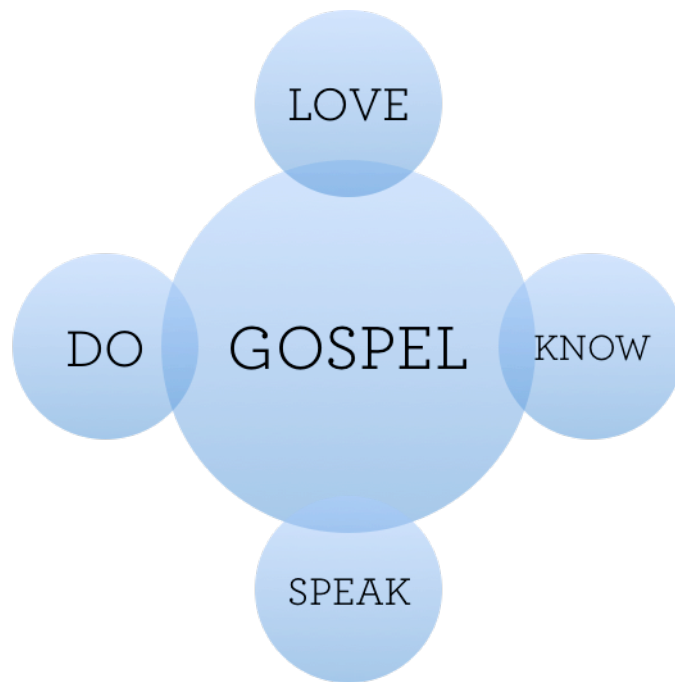
Introduction:



Review:

- Change's destination _____
- Change's power _____
- Change's method _____
- Change's location _____
- Change's picture _____

What is this course about?



Professional therapists vs. “paraprofessionals”

- Keith Herman, *Reassessing Predictors of Therapist Competence*: a therapist’s personal characteristics and character more determinative of success as a therapist

We all have a “counseling” ministry:

Paul Tripp: In personal ministry, I want to bring more than a heart of compassion, a willingness to listen, and a commitment to help bear someone’s burden. Though these are the sweet fruit of Christian love, I want to offer more. I want to bring the heart-changing truths of Scripture to people in the midst of their situations and relationships. Personal ministry is about people loving people, but in a way that includes bringing them God’s Word.

Ephesians 4:15-16: speaking the truth in love

- _____
- _____
- _____
- _____

2 Corinthians 5:17-21:

Tripp and Lane: An ambassador does one thing only—represent. His job is to incarnate a king who is not present. Every word he speaks is directed by the king’s interests and will. This is exactly what God is calling us to do. What we say must be driven by what God is seeking to accomplish in us and in the other person.

Discussion Questions:

- What are 1-2 things you are taking away from this session?
- Consider God’s calling on your life to be involved with others. What’s your reaction to that?

LOVING PEOPLE WELL

Jonathan Franzen, *Farther Away*. Let me suggest, finally that the world of techno-consumerism is therefore troubled by real love, and that it has no choice but to trouble love in return...A related phenomenon is the ongoing transformation, courtesy of Facebook of the verb ‘*to like*’ from a state of mind to an action that you perform with your computer mouse: from a feeling to an assertion of consumer choice. And liking, in general, is commercial culture’s substitute for loving.

Why don’t we get involved in biblical relationships?

Paul Tripp: We want ministry that doesn’t demand love that is, well, so demanding! We don’t want to serve others in a way that requires so much personal sacrifice. We would prefer to lob grenades of truth into people’s lives rather than lay down our lives for them. But this is exactly what Christ did for us. Can we expect to be called to do anything less?

Paul Miller: Love begins with looking.

Steven E. Hyman, MD, former director of the National Institute of Mental Health: We psychiatrists have been given an impossible task. Our medications are sometimes able to alleviate symptoms, though they often come with side effects. But we cannot give people what they really need. People need _____ and _____.

2 elements of a loving relationship

- a. _____ the person’s world
- b. _____ with suffering

Enter the person's world (entry gates)

What is the entry gate not?

- It is not the problem that the person wants to talk about
- It is not a situation or circumstance in his life
- It is not another person or a problem in a relationship

What is the entry gate?

- What is this person struggling with in the midst of the situation?
- What has this person in its grip right now?

How do you identify the entry gate?

- listen for _____ words
- listen for _____ words
- listen for _____ -talk
- listen for _____ -talk

C.S. Lewis: There is no safe investment. To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to be sure of keeping it intact, you must give your heart to no one, not even to an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket – safe, dark, motionless, airless – it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. . . . The only place outside of Heaven where you can be perfectly safe from all the dangers and perturbations of love is Hell.

Discussion Questions:

- What are 1-2 things you are taking away from this session?
- How has your understanding of biblical love been re-informed?
- Where can you grow in your love for others?

IDENTIFYING WITH SUFFERING

Charles Spurgeon: The Lord's mercy often rides to the door of our hearts upon the black horse of affliction. Jesus uses the whole range of our experience to wean us from earth and woo us to heaven.

Rabbi Kushner: Bad things do happen to good people in this world. But it is not God who wills it. God would like people to get what they deserve in life, but He cannot always arrange it. God wants the righteous to live peaceful, happy lives. But sometimes even He can't bring that about. It is too difficult even for God to keep cruelty and chaos from claiming their innocent victims. God does not want you to be sick or crippled. He did not make you have this problem, and He doesn't want you to go on having it. But he cannot make it go away. This is something too hard, even for God.

Paul Tripp: We should be surprised that we do not suffer more. Our suffering ranges from the temporary wounds of someone's thoughtlessness to horrible experiences of mistreatment and abuse. We are all suffering sinners. It is the thing we share with everyone we meet. As such, it is common ground for personal ministry.

Types of suffering:

- _____ suffering
- _____ suffering
- _____ suffering
- _____ suffering

biblical principles on suffering:

- a. The Bible clearly declares that God is sovereign over all things- even suffering
- b. The Bible clearly says that God is good
- c. The Bible clearly says that God has a purpose for suffering
- d. The Bible explains the ultimate reasons why we suffer

- e. The Bible is clear that God's sovereignty and suffering never means the suffering isn't real or excuses the evil-doer
- f. God enters into human suffering in his Son, Jesus Christ.

Martin Luther: I never knew the meaning of God's word, until I came into affliction. I have always found it one of my best schoolmasters.

Kevin Huggins on four common ways people deal with suffering:¹

1. Option 1: Try to remove themselves from the source of their suffering (_____ behaviors)
2. Option 2: Try to get others to rescue them from their suffering (_____ behaviors)
3. Option 3: Try to gain a sense of control over their suffering by making other people hurt like they're hurting (_____ behaviors)
4. Option 4: Inflict themselves with another kind of suffering, one that they can control, in order to distract themselves from suffering they cannot control (_____ behaviors)

counseling paradigm (Ed Welch):

- God says, "Put your _____ into speech..."
- God says, "You have been _____ against..."
- God says, "I am _____ you and love you..."
- God says, "_____ that I am God..."
- God says, "There is a _____ in your suffering..."

¹ Kevin Huggins, *Friendship Counseling*, 46

Discussion Questions:

- What are 1-2 things you are taking away from this session?
- How do you typically deal with human suffering?
- What have you done or said to help identify with them in their suffering?

GETTING TO KNOW PEOPLE

Tim Keller: To be known and not loved is our greatest fear, but to be loved and not known is superficial. To be known and loved is transformational.

David Augsburger: Being heard is so close to being loved that for the average person, they are almost indistinguishable.

What are we talking about when say we want to ‘know’ people?²

fig. 1

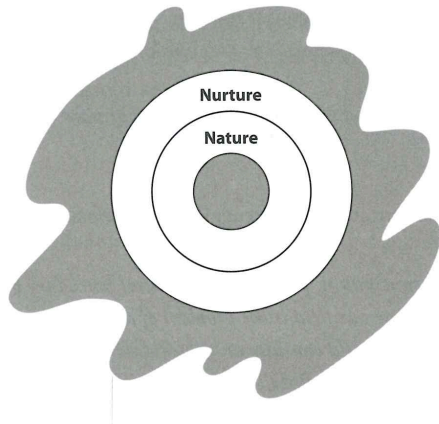


fig. 2

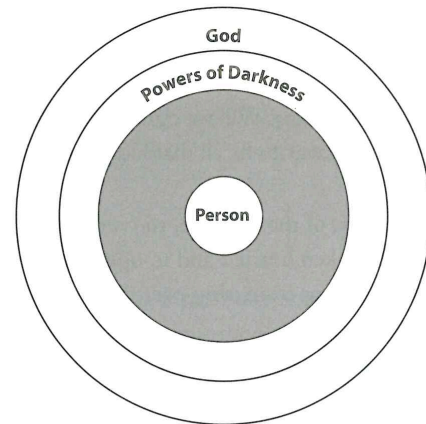
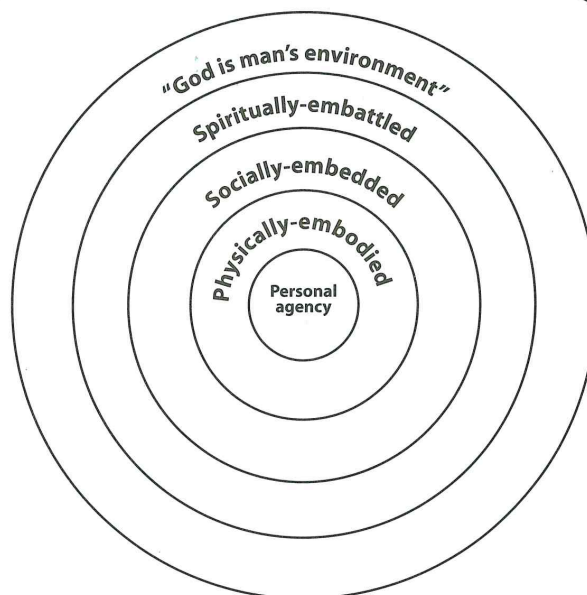


fig. 3



² David Powlison, "Making Sense of Complex Problems," *Psychiatric Disorders: A Biblical Approach to Complex Problems*.

Loving listening:

- listen with your _____
- listen with your _____
- listen with _____ and expectation
- listen with _____ and self-control

What kind of questions should you ask?

- always ask _____ -ended questions
- use a combination of _____ and _____ questions
- always remember that certain kinds of questions reveal certain kinds of _____
- ask a _____ line of questions, in which each question is based on information uncovered in previous questions

Insightful answers:

- answers about _____
- answers about _____
- answers about the _____ process
- _____ answers

Organization of information:

- _____: what is going on?
- _____: what does the person do in response to what is going on?

- _____: what does the person think about what is going on?
- _____: what does the person want out of, or in the midst of, what is going on?

John 4: Jesus and the Samaritan Woman-

1. Transforming a perceived need into a true request for life

Kevin Huggins: Jesus faced the same obstacle that threatens to sabotage all counseling relationships from the outset: conflicting goals between the persona wanting help and the person offering it. Conflicting goals often pit hurting people and their would-be helps against each other in a fruitless struggle of wills.

Kevin Huggins: When pressed, hurting people can usually put into words their immediate goal for coming for help—get the person or things that’s causing their distress to change. But few can tell you what they hope these changes will ultimately accomplish for them—the ultimate difference they think it will make in their lives. They’ve spent little time thinking about what their souls thirst for even more than these things.

2. Awaken the desires of their heart to point to Christ
 - a. Start with _____ your friend want to talk about
 - b. Listen for their _____ concern and use it to give them hope
 - c. Expose their _____ goal as inadequate to achieve what they want most

d. Help them start the _____ to find what they ultimately want

Discussion Questions:

- What are 1-2 things you are taking away from this session?
- How can you know other people better?

SPEAKING THE TRUTH IN LOVE

Tim Ackley: We biblical counselors tend to be pretty good at _____ truth, but I have learned from experience that it is often hard for us to speak truth within a genuine _____. When people come in with their sins, struggles, and sufferings, we respond with “wise” answers. But it’s often a one-way process with very little give and-take, where a relationship isn’t *that* necessary. But, truth and relationship *together* are the fundamental ingredients of biblical counseling that “lives.” Biblical counseling cannot be reduced to a few well-timed verses, a strategy for change, a prayer, and a handshake...Scripture is so much more robust and lively than that: it is God-breathed...as a pastor and counselor, I aim to be as _____ as He is.

Why do we even need to *speak* the truth in love?

S-P-E-A-K

S_____ the situation

P_____ your heart and thoughts

E_____ identity

A_____ your mutual dependency

Paul Tripp: So, as I try to speak truth into this person’s life, I am not trying to advance my own opinion. Rather, I want to function as an instrument of seeing. I am not seeking simply to coerce the person into altering his behavior. Rather, my goal is that through the things I say, the way I say them, and the attitudes I express, God will change the heart of this person.

K_____ the big picture in mind

Paul Miller: Love moves toward people, even if that means _____. It doesn't leave them alone in their suffering or in their selfishness. Sometimes people are so _____ that unless we intrude, unless we break through both of our natural reserves, we can't love them.

Practical helps in structuring redemptive conversations:

Discussion of Mark 7–11

How can we learn to speak God's word to others?

1. Where are you currently _____ or _____ devotionally or academically?
2. _____ Scripture
3. Be careful of _____ Scripture and _____ it from Jesus Christ
4. How can you _____ Scripture into your conversation?
5. Make _____ with what is in front of you
6. _____ God's word

7. _____ it out loud

8. _____ use of the psalms

Jesus and the 7 Churches of Revelation:

Discussion Questions:

- What are 1-2 things you are taking away from this session?
- Is there someone in your life who needs you to be an instrument of God's change, to *speak the truth in love*?

LIVING OUT OUR CHANGED LIFE

Paul Tripp: Most of us are tempted to think that change has taken place before it actually has. We confuse growth in knowledge and insight with genuine life change. But insight is not change and knowledge should not be confused with practical, active, biblical wisdom.

type of change we are after:

- _____
- _____
- _____
- _____

What is the difference between gospel-centered change and moralistic behaviorism:

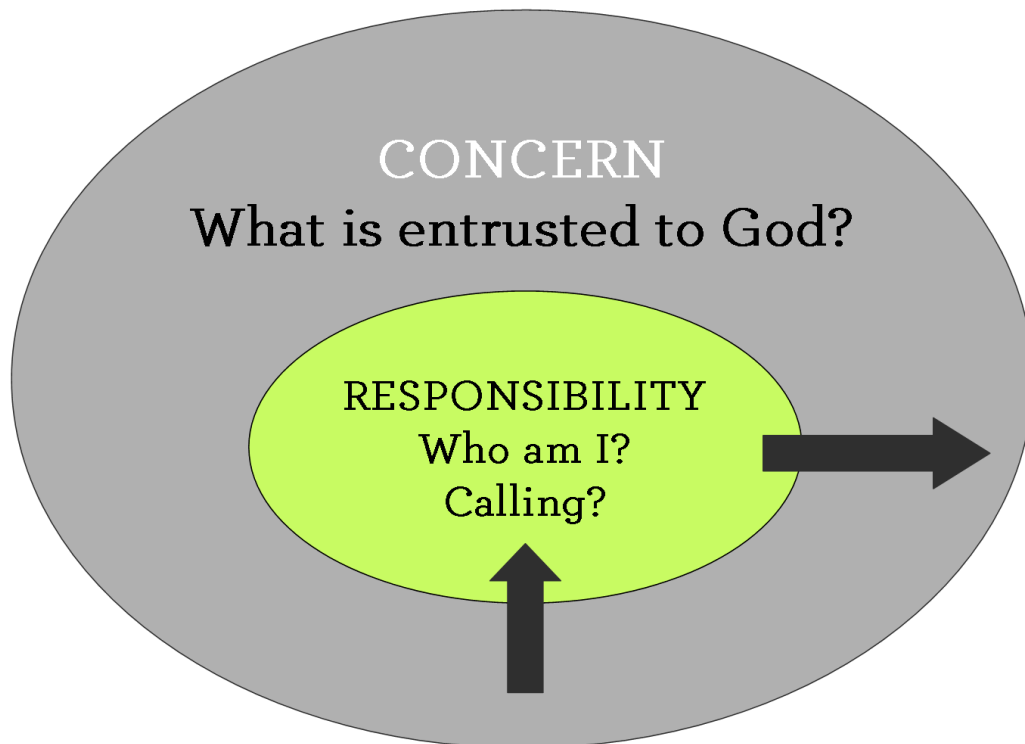
- ways we can sometimes motivate people towards change
 - _____
 - _____
 - _____
 - _____

Tim Keller: _____ up self-centeredness in order to get someone to do the right thing does not get at the fundamental self-regard and self-absorption that is the main problem of the human heart. Consequently, it does nothing to address the main cause of the behavior you are trying to change. _____ behavior change simply _____ and leverages radical selfishness without challenging it. It tries to use that selfishness against itself by appealing to fear and pride. But while this may have some success in *restraining* the heart's self-centeredness, it does absolutely nothing to *change* it.

2 characteristics of this process:

- Clarifying _____
- Providing _____

Clarifying Responsibility:



-
- Why do people shrink the circle of personal responsibility and calling?
 - Why do people expand the circle of personal responsibility and calling?

Embedded accountability:

Alasdair Groves:

forget the gravity of sin= why all the bother (_____)

forget the hope of grace= why bother at all (_____)

What does accountability provide?

- accountability provides _____
- accountability provides _____
- accountability provides _____
- accountability provides _____
- accountability provides _____

STEVEN & STEPHANIE SMITH

CASE STUDY

Counselee Name: Steven (33 yo) and Stephanie (32 yo) Smith

Marital and Family History: Married for ten years. Met in high school and dated. Went to separate colleges but reconnected during their senior year of college. Married a few months after college finished.

3 boys: Ethan, Edward and EJ

Employment: Steven is an engineer. Stephanie is a teacher.

Church Involvement: Both are active members and have regularly attended 5 Points for 4 years. Steven is very involved in the ushering ministry and they attend your small group.

Presenting problems: (1) Regular fighting (2) tension over finances (3) Stephanie withdrawing during conflict (4) Steven's anger

History of Problems:

You and your spouse have a friendship with Steven and Stephanie. You first got to know them when they started attending the church several years ago. Two years later they joined and shortly afterwards started to attend your small group. Last Saturday, after small group, they asked if they could stay a little later so they could talk with you and your spouse.

After everyone left, your spouse asked, "So, what's going on?" Almost immediately, they both started opening up. Steven and Stephanie have been fighting a lot over the last two years, and the fighting has been getting worse. Steve says he is holding down a very stressful job (he is the lead engineer at the company). He feels overworked, and when he comes home, he doesn't have much patience for Stephanie or the kids. He says, "She doesn't care about what I want. She is always complaining about how I don't care, about how long I work, about how I never listen. When I get home, I need time to unwind because I've had a very stressful day. Yet, she complains that I am not willing to help with anything. It's not true. I'm willing to help. I just need some time."

Stephanie is worried, not so much about Steven's work hours, but about his temper. "He's got a raging temper," she says. "I'm scared, because when he gets angry, he started hitting things. He has never hit me, but I always feel like he is walking the line between anger and abuse." Stephanie gave up her career after she had their first son, Ethan. She enjoys being at home and enjoys being a mother. "I'd much rather be at home than

working.” Stephanie has pleaded with Steven to go with her to a counselor. She knows that their fighting is getting worse. “I feel distant from him. We don’t talk like we used to. We fight more than talk. Then things break down, and I can’t deal with it anymore, so I just pull back.”

Steven adds: “We have a tight budget. We fight often about money. She spends too much and I wish she would be more careful.” Stephanie disagrees, and says she is careful with their money, and that Steven has unrealistic expectations about what it costs to raise a kid and maintain a family. Steven adds again: “She expects me to be perfect, and if I am not, she reminds me of my mistakes. She’s impossible to live with.”

Before you can get a word in edge-wise, Steven comments, “And don’t even get me started on our sex life. It’s basically non-existent,” to which Stephanie breaks down in tears and walks out of the room.

Questions

1. Examine the Situation-Responses-Thoughts-Motives.
 - a. Situation: What is going on?
 - b. Response: What does Steven and Stephanie do in response to what is going on?
 - c. Thoughts: What does Steven and Stephanie think about what is going on?
 - d. Motives: What does Steven and Stephanie want out of what is going on?
2. What are the initial entry gates into Steven and Stephanie’s life?
3. Where would you begin?
4. How do you incarnate the love of Christ?

5. What questions do you want to ask Steven and/or Stephanie?
6. What does the Bible say about Steven and Stephanie's situation?
7. What are the heart issues? What are the goals for biblical change?
8. What are the biblical methods of accomplishing God's goals for change?
9. In what ways do you need to clarify responsibility?
10. How can you strengthen their identity in Christ?
11. What's your plan for accountability?