

Process for Biblical Change, Heart Transformation

Fall 2021 - How to Disciple & Counsel from Scripture
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America's Most Popular "Solutions" to Heal Enslaved, Traumatized Hearts

1. **Alcoholics Anonymous: 12-Step Program** [https://www.aa.org/pages/en_US/twelve-steps-and-twelve-traditions]
 - Step 1: We admitted we were powerless over alcohol—that our lives became unmanageable
 - Step 2: Came to believe that a power greater than ourselves could restore us to sanity
 - Step 3: Made a decision to turn our will, our lives over to the care of God *as we understood Him*
 - Step 4: Made a searching and fearless moral inventory of ourselves
 - Step 5: Admitted to God, ourselves and another human being the exact nature of our wrongs
 - Step 6: Were entirely ready to have God remove all these defects of character
 - Step 7: Humbly asked Him to remove our shortcomings
 - Step 8: Made a list of all persons we had harmed, became willing to make amends to them all
 - Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.
 - Step 10: Continued to take personal inventory, when we were wrong promptly admitted it
 - Step 11: Sought through prayer, meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us, the power to carry it out
 - Step 12: having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Evaluation Question: How does AA's 12-Steps sound similar to the gospel? How is it different?

2. **Eye Movement Desensitization and Reprocessing [EMDR; <https://www.emdr.com/what-is-emdr>]**
 - a. Psychotherapy that proposes to enable people to heal from the symptoms and emotional distresses that are the result of disturbing life experiences.
 - b. helps people to experience the benefits of psychotherapy quickly rather than take years *to heal*.
 - c. removes the mental blocks, emotional pain from disturbing, traumatic event, so healing resumes.
 - d. **8-Step Process** to process distressing memories from the *past, present* and *future*
 - i. **Phase 1** - History-Taking Session(s).
 1. Identify Targets for EMDR processing: past memories, current situations that cause stress.
 2. Develop specific skills, behaviors that client will need in future situations.
 - ii. **Phase 2** - Teach imagery, stress reduction techniques when distressed during therapy.
 1. Goal: produce rapid, effective change while the client maintains equilibrium during and between sessions.
 - iii. **Phases 3-6**: For each targeted memory, 3 things are identified to be processed by EMDR:
 1. The vivid visual image related to the memory
 2. A negative belief about self
 3. Related emotions and body sensations.
 - a. Next, the client identifies a **positive belief**.

- b. client is then instructed to focus on the image, negative thought, and body sensations while simultaneously engaging in EMDR processing using sets of bilateral stimulation: **eye movements, taps, or tones**.
 - c. client is instructed to just notice whatever spontaneously happens.
 - d. After each set of stimulation, the clinician instructs the client **to let his/her mind go blank** and to notice whatever **thought, feeling, image, memory, or sensation comes to mind**.
 - e. Depending upon the client's report, clinician will choose **the next target**.
 - f. When the client reports no distress related to the targeted memory, (s)he is asked to think of the **preferred positive belief** that was identified earlier.
- iv. **Phase 7- Closure:** client is asked to keep a log during the week.
 1. The log should document any related material that may arise.
 2. Reminds the client of the self-calming activities that were mastered in **Phase 2**.
 - v. **Phase 8:** Examines the client's progress made thus far.

Evaluation Question: How does **EMDR's 8-Phases** sound similar to the gospel? How is it different?

God's Process for Heart Transformation: Put Off, Renew Your Mind, Put On

According to the Apostle Paul, the lack of genuine sanctification among believers had definitely been a problem in the church since its founding (Ephesians 4:17-24):

- ¹⁷ Now this I say and testify in the Lord, that you must no longer **walk** as the **Gentiles** (*unbelievers*) do, in the **futility** (*vain, empty*) of their minds (*beliefs, moral convictions*)
- ¹⁸ They are **darkened** (*eclipsed sun, spiritually confused*) in their understanding, **alienated** (*estranged, excluded*) from the life of God because of the **ignorance** (*want of knowledge*) that is in them, due to their **hardness of heart** (*calloused, insensitive*).
- ¹⁹ They have become **callous** (*apalgéō → analgesic = take away pain or feelings of shame*) and have given themselves up to **sensuality** (*debauchery, perversion*), **greedy** (*discontent, want more, covet*) to practice every kind of **impurity** (*moral uncleanness; lewdness*).
- ²⁰ But that is not the way you learned Christ! —
- ²¹ assuming that you have heard about him and were taught in him, as **the truth is in Jesus**,
- ²² to **put off** your **old self**, which belongs to your **former manner of life** and is **corrupt** (*spoil morally*) through **deceitful desires** (*deceitful propensities which seduce to sin and lead to disappointment*),
- ²³ and to be **renewed** (*make young*) in **the spirit of your minds**,
- ²⁴ and to **put on** the **new self**, created after the **likeness of God** in true righteousness and **holiness**.

For genuine sanctification to occur, the **mind, affections** and **will** must be **renewed** with **gospel truth**

1. **Mind:** Must first change/transform **their minds** with the gospel truths about Jesus (Gospel truths listed in Ephesians 1-3):
 - beliefs, values, thoughts, judgments, memories, conscience & discernment, (pre-Christ: darkened in understanding, ignorant of truth)

2. **Affections:** What a person's **mind dwells on** will then impact what a person **desires**:
 - passions, longings, dreams, imaginations & emotions
3. **Will:** What the **mind desires**, inevitably results in swaying their **will**:
 - volition and choices

Change Mind (Thoughts) → Change Affections/Desires → Change Will (Choices)

3-Step Heart Sanctification Process [Ephesians 4:22-24]

1. Confession/Repentance: *put off the old self*
2. Transform Thoughts, Motives: *be renewed in the spirit of your mind*
 - **Gospel Truth:** *new self reflects God, created in righteousness and holiness of the truth*
3. Obey/Walk in the Spirit: *put on the new self*

Examples: Paul provides **6 areas of life** where this **3-Step Heart Sanctification Process** transforms a **Believer's Lifestyle** via **gospel truth, motivations** [Eph. 1-3: God's grace detailed]

SEXUALLY IMMORAL (4:17-24)

1. Confession/Repentance: *no longer walk as the Gentiles, who give themselves up to sensuality and are greedy (can't get enough) to practice every kind of impurity;*
RESULT = corrupt through deceitful desires
2. Transform Motives (gospel Truth/"Why?"): *put on ... the likeness of God ... as you learned the truth in Jesus (cf 1 Peter 1:15-16)*
3. Obey/Walk in the Spirit: *put on ... true righteousness and holiness*

LIARS (4:25)

1. Confession/Repentance: *lay aside falsehood*
2. Transform Motives (gospel Truth/"Why?"): *we are members of one another*
3. Obey/Walk in the Spirit: *SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR*

ANGRY PEOPLE (4:26-27)

1. Confession/Repentance: *do not let the sun go down on your anger*
2. Transform Motives (gospel Truth/"Why?"): *do not give the devil an opportunity*
(to divide the unity of the church, Eph. 4:3-6)
3. Obey/Walk in the Spirit: *BE ANGRY (Tremble) AND yet DO NOT SIN (Ps. 4:4)*
Tremble = either (1) "tremble with internal anger" but still keep yourself free from sin OR (2) "tremble with fear;" God is watching should you choose to sin

THIEVES (4:28)

1. Confession/Repentance: *steal no longer*
2. Transform Motives (gospel Truth/"Why?"): *he will have something to share with one who has need*
3. Obey/Walk in the Spirit: *must labor, performing with his own hands what is good*

HURTFUL COMMUNICATORS (4:29-30)

1. Confession/Repentance: *Let no unwholesome word proceed from your mouth*
2. Transform Motives (gospel Truth/"Why?"):
 - 1) *words give grace to those who hear*
(implied: speak as God has graced you)
 - 2) *Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*
3. Obey/Walk in the Spirit: *SPEAK only such a word as is good for edification according to the need of the moment*

THOSE EASILY OFFENDED, BITTER & VENGEFUL (4:31-32)

1. Confession/Repentance: *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice*
2. Transform Motives (gospel Truth/"Why?"): *forgive just as God in Christ also has forgiven you.*
3. Obey/Walk in the Spirit: *Be kind to one another, tender-hearted, forgiving each other*

Summary: To *conform* our **wills** to Christ, we must first have our **minds, passions transformed:**

Romans 12:1-2

- ¹ Therefore I urge you, brethren, by the mercies of God, to present your *bodies* a living and holy sacrifice, acceptable to God, *which is your spiritual service of worship.*
- ² And do not be conformed to this world, but be *transformed* by the *renewing* of *your mind*, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Husband's Example of Biblical Change:

- 1) **Put off lies/sinful behavior:** "I'm not able to *show* love to my wife. I no longer *feel* love for her."
- 2) **Renew my mind with gospel truth:**
 - a. God chose to sacrificially love him (Jesus died for His bride), while he was unlovely (Rom. 5:8)
 - b. God has commanded every husband to reflect His love toward their wife; to sacrificially *nourish* and *cherish* her as he does his own body. (Eph. 5:22-33)
 - c. Love is a choice, not a feeling, that puts the interests of others before his own (Phil. 2:3)
- 3) **Put On Obedience in Faith:** "I struggle to feel love for my wife right now, but I choose to love her out of obedience to my Father who sacrificially loved me, especially while I was His enemy."

Biblical Means for Heart Change: Ordinary Means of Grace

1. Indwelling Holy Spirit

- a. Ezekiel 36:26 - "Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh. (Rom. 8:11-13)
- b. Galatians 5:16 - ... walk by the Spirit, and you will not carry out the desire of the flesh. (Gal. 6:8)

2. Scripture

- a. 2 Timothy 3:16-17 - ¹⁶ All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; ¹⁷ so that the man of God may be adequate, equipped for every good work.
- b. Psalms 119:11 - Your word I have treasured in my heart, that I may not sin against You.

- c. Colossians 1:28 - We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. (Rom. 12:2)

3. Church/Fellowship

- a. Hebrews 10:24-25 - ²⁴ and let us consider how to stimulate one another to love and good deeds, ²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging *one another*; and all the more as you see the day drawing near. (cf Heb. 3:12-13)
- b. Galatians 6:2 - Bear one another's burdens, and thereby fulfill the law of Christ.

Gospel Truth Transforms Attitudes, Life Goals

1. Gives a new **MOTIVATION** of *gratitude* for the multifaceted grace we've received in Christ

Ephesians 5:3-4, 20

- ³ But immorality or any impurity or greed must not even be named among you, as is proper among saints;
- ⁴ and *there must be no* filthiness and silly talk, or coarse jesting, which are not fitting, but rather *giving of thanks* ...
- ²⁰ *always giving thanks* for all things in the name of our Lord Jesus Christ to God, even the Father;

Colossians 3:12, 15-16

- ¹² So, as those who have been chosen of God, holy and beloved, put on a **heart of compassion, kindness, humility, gentleness and patience** ...
- ¹⁵ Let the peace of Christ rule in your **hearts**, to which indeed you were called in one body; and be *thankful*.
- ¹⁶ Let the **word of Christ** richly **dwell within** you, with all wisdom **teaching and admonishing one another** with psalms *and* hymns *and* spiritual songs, singing with **thankfulness in your hearts** to God.

2. Gives a new **DESIRE** to *reflect* the *passions, character and lifestyle* of our Savior

Rom. 8:29a For those whom He foreknew, He also predestined *to become* **conformed to the image of His Son** ...

1 Cor. 10:31 Whether, then, you eat or drink or whatever you do, **do all to the glory of God**.

Col. 3:17, 23 ¹⁷ Whatever you do in word or deed, **do all in the name of the Lord Jesus, giving thanks** through Him to God the Father. ... ²³ Whatever you do, do your work heartily, **as for the Lord** rather than for men,

1 Peter 4:11 Whoever speaks, *is to do so* as one who is speaking the utterances of God; whoever serves *is to do so* as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.

- a. As a member of Christ's bride, we want to reflect His holy character and proclaim our spiritual loyalty to our Bridegroom, who sacrificially died for us.
- b. Imitation is the greatest form of worship!

Biblical Resources

1. *How People Change*, Timothy Lane & Paul Tripp (Book)
2. *How People Change*, Timothy Lane & Paul Tripp
(New Growth Press; 12-Part Video Seminar, Facilitator Guide, Student Manual)

Homework Resources

1. *The Process of Biblical Change*, Julie Ganschow (Booklet from Pure Water Press, 2009)
2. *3 Trees Diagram: Jeremiah 17:5-10 Illustrated* (adapted from *How People Change*, Lane/Tripp)
3. *K-F-C-A Diagram and Sample KFCA* [Adapted from *The K-F-C-A Cycle Understood and Applied, An Infinite Journey: Growing toward Christlikeness*, Andrew M. Davis (Greenville, SC: Ambassador International, 2013), 415]

3 Trees Diagram

[Luke 6:43-45, Jer 17:5-10]

1 Heat/Pressure

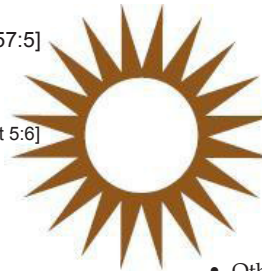
What is your situation?

For each **tree** is known by its own **fruit** ... The good man out of the **good treasure** of his **heart** brings forth what is **good** ... for his **mouth** speaks from that which **fills** his **heart**. [Luke 6:43-45]

Out of the **heart** of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness ... and **defile(s)** the man. [Mk 7:21-23]

Spiritual Transformation's Objective:

1. **God's Glory** [Is 42:5, 8, Ps 57:5]
 - a. embrace God's nature
 - b. emulate His nature
2. **Our Satisfaction** [Mk 8:3, Mt 5:6]
 - a. hunger/thirst for God
 - b. deny self for His glory
 - c. proclaim gospel to others



Key Question:

Which God / idol is the object of my heart's worship?

Sowing & Reaping

For the one who sows to his own flesh will from the flesh reap corruption [Galatians 6:7-8]

Sowing & Reaping

but the one who sows to the Spirit will from the Spirit reap eternal life [Galatians 6:7-8]

8 Consequences

What is the effect of your behavior?

- *Unruly* are admonished
- *Fearful* are given courage
- *Doubting* are held up
- Others are *built up/edified*
- *One another*s are experienced
- *Godly example* to emulate

4 Consequences

What is the effect of your behavior?

- Others *reap the consequences* from my sinful acts
- *Hurt/torn down* by my words
- Others feel *used/violated*
- *Trust & Respect* is lost
- *Alienation* in Relationships
- *Ungodly example* to emulate

7 Good Fruit

How should you respond?



Fruit of the Spirit

love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control [Galatians 5:22-23]

Take every thought captive to the obedience of Christ [2 Corinthians 10:5]

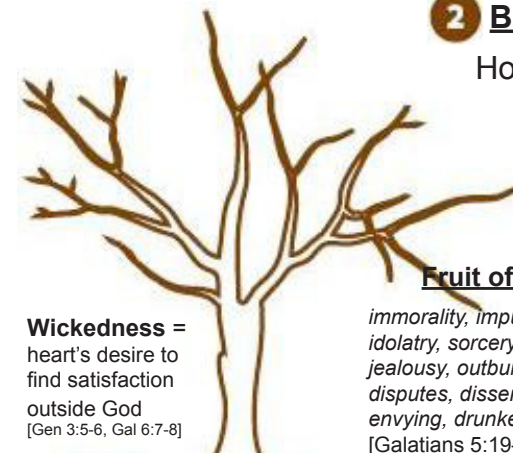
Walk by the Spirit, and you will not carry out the desire of the flesh. [Galatians 5:16]

Who is the **Creator** that I should worship?
What did **Jesus** teach & accomplish?

G
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2 Bad Fruit

How do you react?



Fruit of the Flesh

immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing [Galatians 5:19-21; Mark 7:21-23]

Wickedness = heart's desire to find satisfaction outside God [Gen 3:5-6, Gal 6:7-8]

6 Good Root

What **desires** and **truth** should you have/ **believe**?



whatever you do, do all to the glory of God. [1 Cor 10:31]

5 God's Resources for Heart Change

1. Word of God (Ps 119:11)
2. Indwelling Spirit (Gal 4:6)
3. Church/One Another (Heb 3:12-3)

For they exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator. [Rom 1:25]

3 Bad Root

What **idols** do you **desire** and lies do you **believe**?



Heart

Mind = thoughts, beliefs, judgments, memories, conscience & discernment
Affections = desires, longings, emotions & imaginations
Will = volition, choices

3-Step Heart Sanctification Process [Ephesians 4:22-24]

1. **Confession/Repentance:** put off the old self
2. **Transform Motives, Thoughts/Hunger for Righteousness:** be renewed in the spirit of your mind
3. **Obey/Walk in the Spirit:** put on the new self

A PATHWAY TO CHRISTIAN MATURITY

KNOWLEDGE
(Know)

FACTUAL AND EXPERIENTIAL
SPIRITUAL INFORMATION

FACTUAL
Gained from the Scripture

EXPERIENTIAL
Gained from living in God's world

What is God revealing thru the **original author** to the **original audience** about

Journal Question: His character, the human condition, the world system, redemption in Christ and the life of faith (commands, promises, principles, examples, warnings, etc.)?

Leads To ↑

Psalm 119:100
I have more understanding than the elders, for I obey your precepts.

ACTION
(Go)

EXTERNAL LIFESTYLE OF
HABITUAL OBEDIENCE

1. Present Body as a Living Sacrifice
2. Personal Holiness
3. Seven-Fold obedience to God's commands:

1. Worship	4. Ministry to Believers
2. Spiritual Disciplines	5. Outreach to Unbelievers
3. Marriage, Family	6. Stewardship
	7. Work

Journal Question: Given my **renewed heart desires** of love and gratitude, how does God want me to **respond** with **worship** and **obedience**?

Leads To →

Romans 10:17
So faith comes from hearing and hearing through the word of Christ.

FAITH
(Believe)

ASSURANCE OF AND COMMITMENT
TO SPIRITUAL TRUTH

- **Certainty** that specific invisible spiritual realities are true
- **Assurance** that things promised in Scripture will come true
- **Conviction** that each of my sins grieve God and will be judged.
- **Trust** and **Reliance** upon Christ as my All-Sufficient Savior, Refuge, Provider, and Shield
- **Reception** of spiritual guidance, knowledge

Journal Question: In light of what I now **know**, what does this **new truth** require me **to believe**?

Leads To ↓

Ephesians 3:16-17
... that Christ may dwell in your hearts through faith.

CHARACTER
(Grow)

INTERNAL NATURE
CONFORMED TO CHRIST

VIRTUES
What you are

THOUGHT
What you think about

AFFECTION
What you love/hate

DESIRE
What you seek

EMOTIONS
What you feel

WILL
What you choose/reject

Journal Question: **Convinced** of this new truth, what does God want **my character** to become so it **conforms** to **Christ's**?

Adapted from The K-F-C-A Cycle Understood and Applied, An Infinite Journey: Growing toward Christlikeness, Andrew M. Davis (Greenville, SC: Ambassador International, 2013), 415

Acts 3:18-26

[Acts 3:18–21, 26](#) - ¹⁸ “But the things which God announced beforehand by the mouth of all the prophets, that His Christ would suffer, He has thus fulfilled. ¹⁹ “**Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord;** ²⁰ and that He may send Jesus, the Christ appointed for you, ²¹ whom heaven must receive until *the* period of restoration of all things about which God spoke by the mouth of His holy prophets from ancient time. . . . ²⁶ “For you first, God raised up His Servant and sent Him **to bless you by turning every one of you from your wicked ways.**”

1. **KNOW:** What is God revealing thru the ORIGINAL AUTHOR to the ORIGINAL AUDIENCE about His character, the human condition, the world system, redemption in Christ and the life of faith (commands, promises, principles, examples, warnings, etc.)?

- God promised that when those that heard Peter’s sermon repented from their sins and turned back to Him through Christ that:
 - their sins would be wiped away (3:19)
 - future times of refreshing would come in the presence of the Lord (3:19)
 - they would be blessed (3:26)

2. **FAITH:** in light of what I now KNOW, what does this truth require me to BELIEVE?

God wants me *to be convinced* that *repenting from* my favorite sin(s) will bring:

1. forgiveness
2. ultimate refreshment from unbroken intimacy with Christ (starts at salvation; lasts through eternity)
3. God’s blessing

3. **CHARACTER:** CONVINCED of this new truth, how does God want my character to become like Christ’s? How should my *thoughts, affections, desires, emotions, decisions* CHANGE?

1. Since God wants me to experience His forgiveness, intimacy and blessing, He wants me *to embrace*, rather than *avoid*, the habit of humble repentance.

4. **ACTION:** Given my *renewed* heart desires of love and gratitude, how does God want me to *respond* with WORSHIP and OBEDIENCE?

1. This week, I will start each day asking the Lord to show me when I sin against Him or others and grant me a heart to quickly repent and reconcile.
2. Have my Prayer Partner *Ask Me* this week:
“How consistent was I to ask God each morning to expose the sin of my attitudes, words and actions? How quickly did I repent and reconcile with God and others?”