

Why is it important to identify the problem correctly?

1. What is the problem?

a. God demands our _____ (Exodus 10:1-5)

b. The problem is _____ (Ezekiel 14:1-8)

c. _____ must be repented of and replaced with the Living God (1 Thess. 1:9)

2. Where is the problem?

a. Many counseling models would suggest that the problem is _____

b. The Bible tells us the problem is in the _____

i. The _____ is the wellspring of life (Proverbs 4:23)

ii. The outward actions of a person only reveal what is in the _____ (Mark 7:14-23)

iii. Addressing outward actions still leaves the _____ unchanged (Matthew 23:26-28)

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iv. For real change to happen, the _____ must be dealt with (Matthew 23:26-28)

3. How do we address the problem so that change happens?

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Biblical Counseling

How To Help People Change

Friday, August 5, 2011

What Have We Covered So Far?

- **The need for Biblical Counseling**
- **Why we don't want to counsel**
- **What isn't Biblical Counseling**
- **What is Biblical Counseling**
- **Key Theological Topics for Biblical Counseling**
- **Comparing Biblical Counseling To Other Models**

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How To Help People Change

1. Identify the Problem

As a group answer the following
question:

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question:

Why is it important to correctly
identify the problem?

What is the Problem

What is the Problem

- God demands our exclusive allegiance
(Exodus 20:1-5)

As a group answer the following
question:

As a group answer the following
question:

What do we learn from
Exodus 20:1-5?

What Do We Learn From Ex. 20:1-5

What Do We Learn From Ex. 20:1-5

- God is Yahweh

What Do We Learn From Ex. 20:1-5

- God is Yahweh
- God demands that there be no other god's before him. He does not share his glory.

What Do We Learn From Ex. 20:1-5

- God is Yahweh
- God demands that there be no other god's before him. He does not share his glory.
- We have a responsibility to be singularly focused on our exclusive allegiance to God.

Identify the Problem

- God demands our exclusive allegiance
(Exodus 20:1-5)
- The Problem is Idol Worship
(Exodus 14:1-8)

When something other than God has
our exclusive allegiance we have

Does sin = idolatry?

“Sin is fundamentally idolatrous. I do wrong things because my heart desires something more than the Lord. Sin produces a propensity toward idolatry in us all. We all migrate away from worship and service of the Creator toward worship and service of the created thing. This is the great spiritual war beneath every battle of behavior – the war for control of the heart.”

Paul David Tripp

For you may be sure of this, that
everyone who is sexually immoral or

Put to death therefore what is
earthly in you: sexual immorality,

As a group answer the following
question:

As a group answer the following
question:

Why do Christians shy away from
calling sin “idolatry”?

What is the Problem

- God demands our exclusive allegiance
(Exodus 20:1-5)
- We constantly move our allegiance away from God: Idol Worship
(Exodus 14:1-8)
- Idol worship must be repented of and replaced with the Living God
(I Thessalonians 1:9)

For they themselves report
concerning us the kind of reception

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How To Help People Change

2. Where is the Problem?

Where is the Problem

Where is the Problem

- Other counseling modes
 - Freudian Psychology – result of imposed standards from others
 - Medical/Chemical Imbalance – imbalance of brain chemicals causes unwanted behavior
 - 12 Steps – you have a disease
 - Therapeutic Gospel – emotional needs not met, people have wounded you, low self-esteem...

Where is the Problem

- The Bible tells us the problem is in the heart

Where is the Problem

- The Bible tells us the problem is in the heart
 - The heart is the wellspring of life (Proverbs 4:23)

“Keep your heart with all vigilance,
for from it flow the springs of life”

Proverbs 4:23

Where is the Problem

- The Bible tells us the problem is in the heart
 - The heart is the wellspring of life (Proverbs 4:23)
 - The outward actions of a person only reveal what is in the heart (Mark 7:14-23)

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Where is the Problem

- The Bible tells us the problem is in the heart
 - Addressing outward actions still leaves the heart unchanged (Matthew 23:26-28)
 - For real change to happen, the heart must be dealt with (Matthew 23:26-28)



How To Help People Change

3. How do we address the problem so that change happens?