

TTC G360 Biblical Counselling Module

Week 2: Dynamics of Biblical Change

Week 2 Teaching Objectives

- To give apprentices some clarity on the *dynamics of the human heart*, how it interacts with life situations, and how God's truth connects to and reorientates the heart. Before learning how to counsel others well, we want to be clear ourselves how our own heart behaves and how God works by His Spirit through His Word to change us to be more and more Christ-like.
- To give apprentices an opportunity to understand their *own* hearts, by applying what they have read practically and personally to themselves. Along with the set readings, the reflection homework would facilitate and guide apprentices in doing this.

1. Quick Recap of Week 1

2. Your Reading Reflection:

- i. Peace, Be Still, Psalm 131
- ii. X-ray Questions
- iii. How Does Scripture Change You
- iv. Think Globally, Act Locally

3. Three Trees Model & Eight Questions

Sovereign God

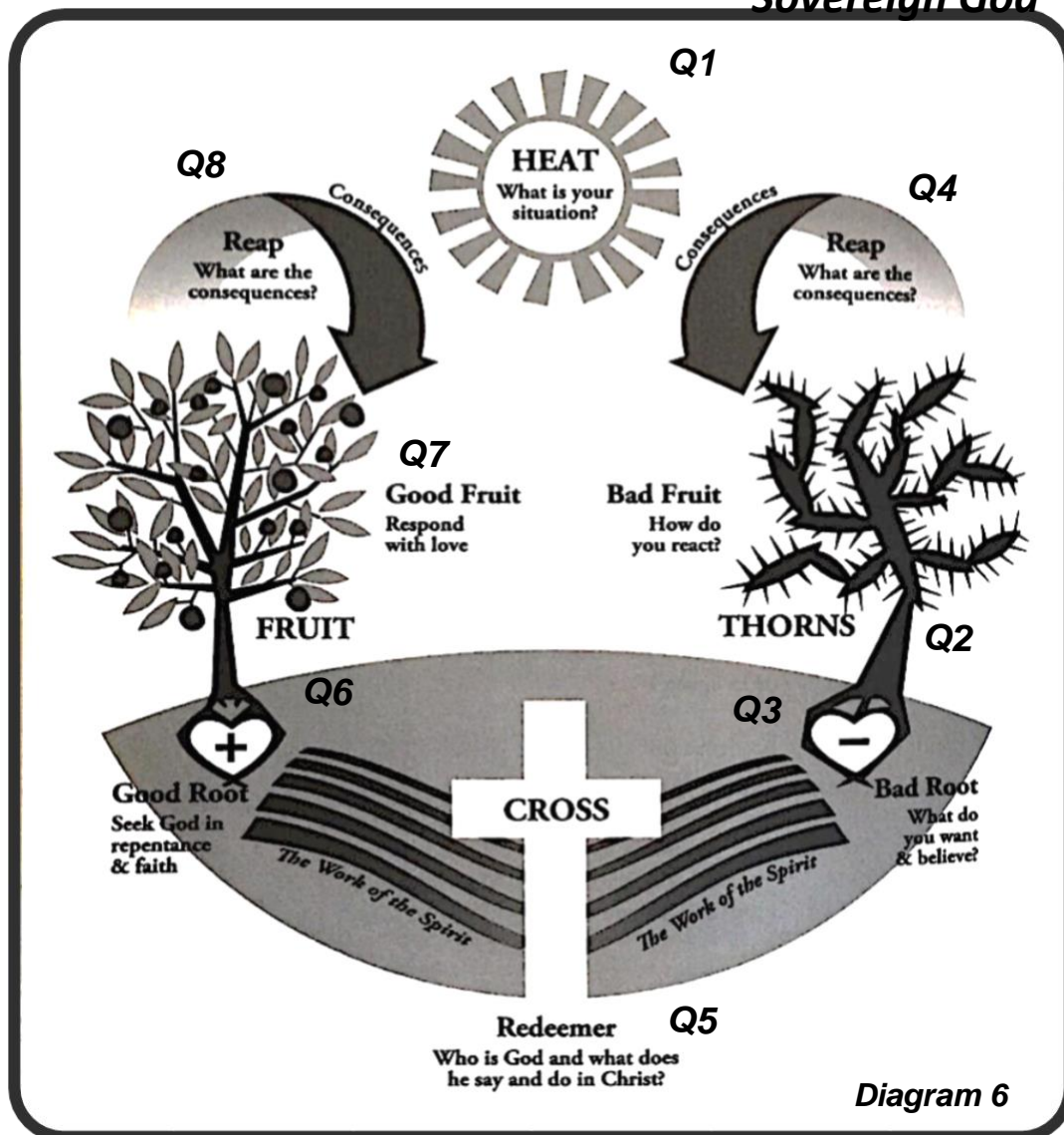


Diagram 6

- | | |
|--|-------------------|
| Q1. What is your <u>situation</u> ? What are you facing? | [HEAT] |
| Q2. How are you <u>reacting</u> ? What do you typically do? | [THORNS] |
| Q3. What rules you, hijacks your <u>heart</u> ? | [BAD ROOT] |
| Q4. What are the <u>consequences</u> ? | [REAP -VE] |
| Q5. Who is <u>God</u> – relevant to this struggle? | [TRIUNE REDEEMER] |
| Q6. Respond to God from the heart (<u>faith</u>) | [GOOD ROOT] |
| Q7. Respond constructively into your situation (<u>love</u>) | [GOOD FRUIT] |
| Q8. What are the <u>consequences</u> ? | [REAP +VE] |

Q1: The HEAT: What is your situation?

- These are situations in life we face that put us under pressure!
- A bottle of water in my hand.
- Significant but not determinative.
- Situation does not make us who we are. It reveals who we are.
- Nothing here predicts your reaction and outcome.

Sovereign God

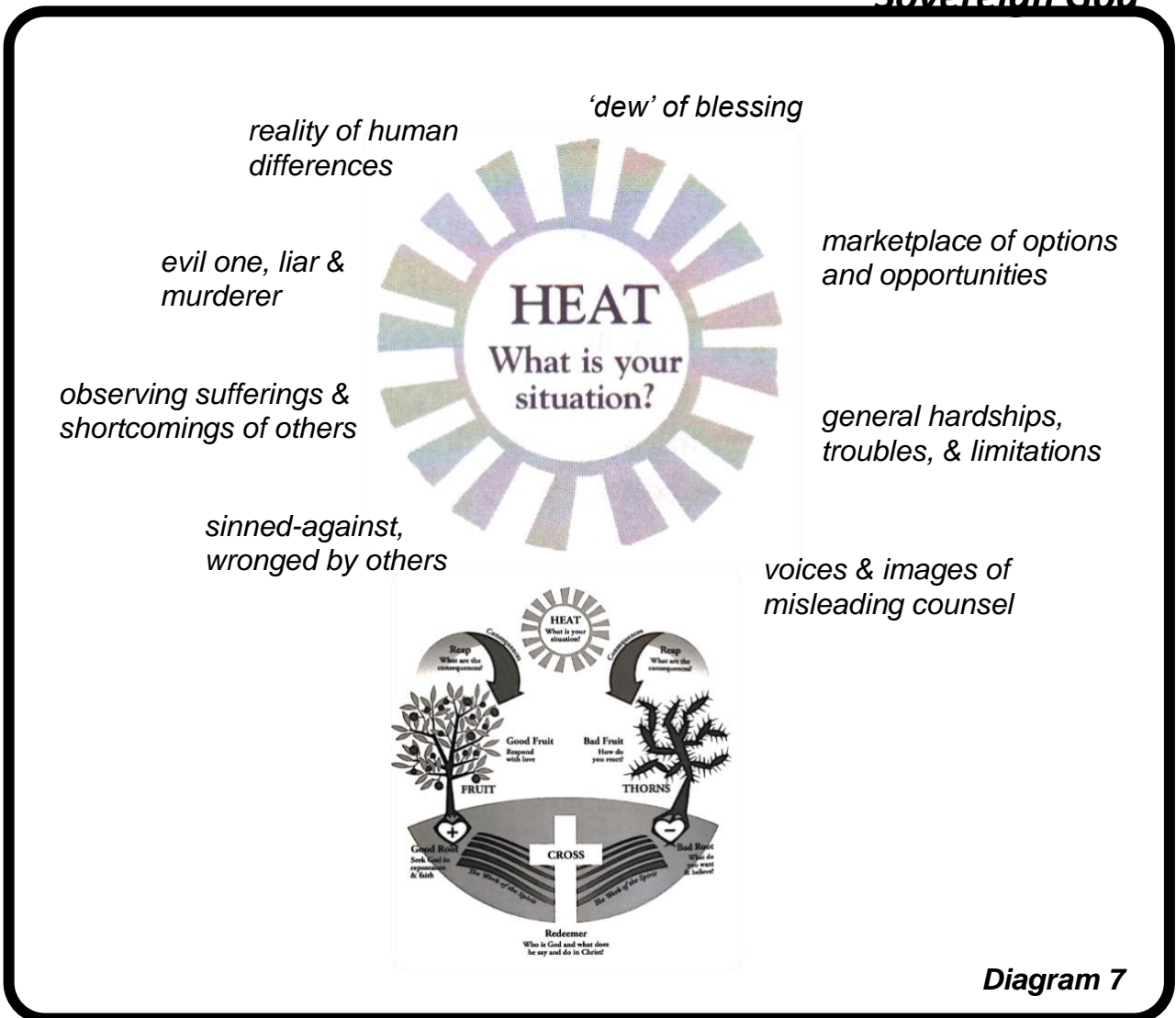


Diagram 7

Q1 locates you: What's your situation? When? Where? Who are you with? What just happened? What circumstances pushes your buttons? Significant background factors at play (e.g. over-tired, previous frustrations, work pressure, tense relationship, 'history')?

Q2&3 BAD ROOT: What rules you?

- “I shouted because... I got angry all because...”
- We are not basically good. Serious problem with our hearts (Luke 6:43-45).

Sovereign God

Thorns: anger, grumble,
fight, blame, self-pity, guilt,
fear, denial, despair, worry,
escapism, threat etc.

(James 4:1-3)

Q2



Desires & beliefs that
rule my heart.

Cravings that drive my
reactions.

I want ____? I love ____?

I fear ____?

I functionally believe
____?

I trust ____?

I pursue ____?

I'm happy ____?

I'm angry when ____?

My buttons?

Q3

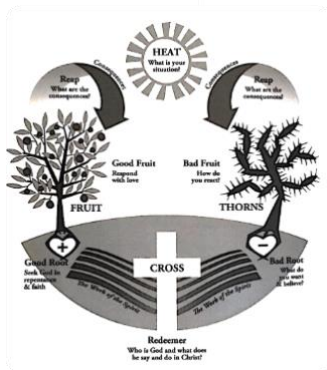


Diagram 8

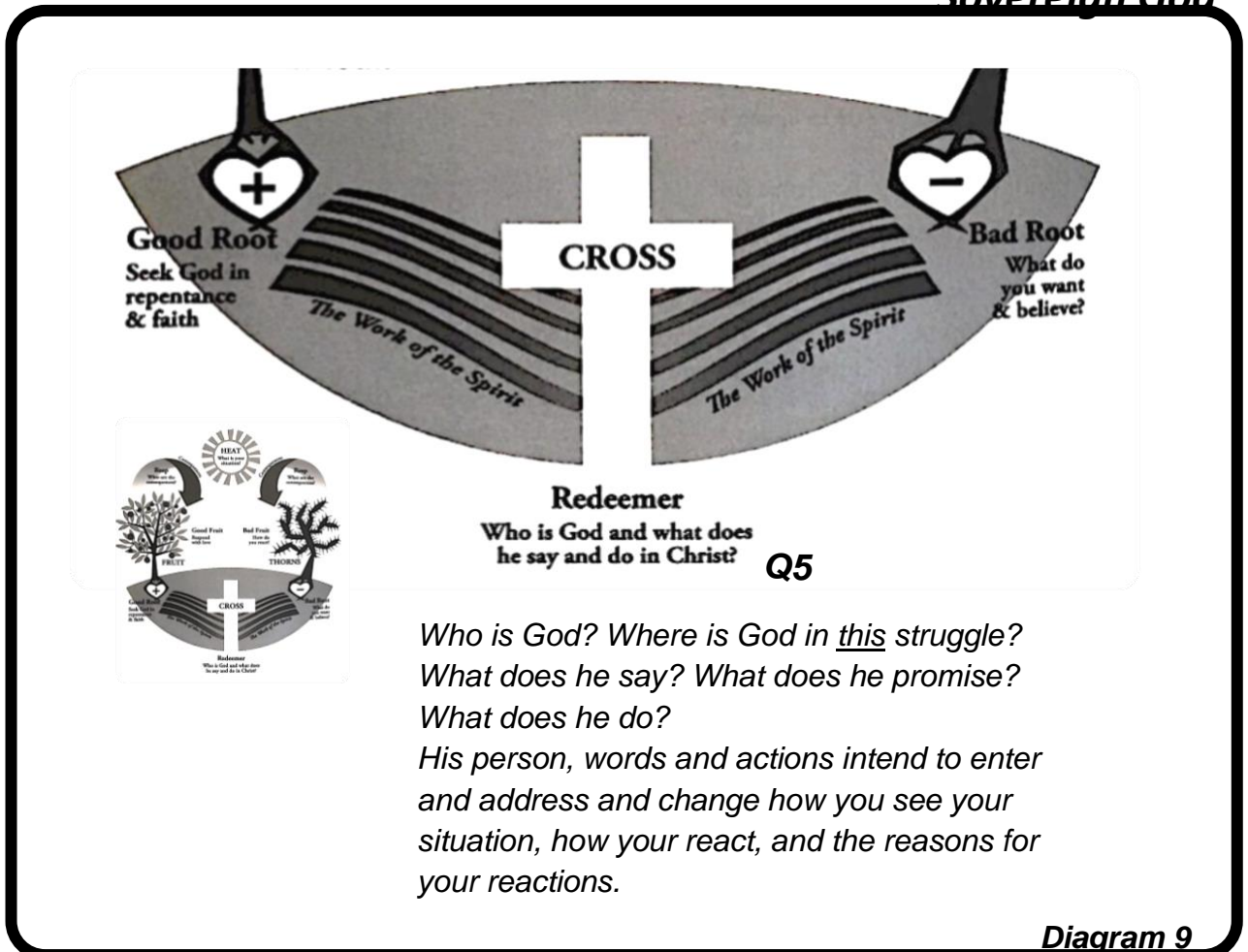
Q2 explains you: Who/what do I love at this moment? Who is my God? Whose voice am I listening to? What am I seeking pursuing? What is my comfort? What do I fear?



Q5 WHO IS GOD: Relevant to this struggle?

- James 4:6 'He gives more grace'
- Cast your anxiety on him because he cares for you (1Pet.5:7)
- God is an ever-present help in trouble (Ps.46:1)
- Don't be afraid. You are worth more than these sparrows (Lk. 12:7)
- God strengthens my inner being with power through his spirit (Eph.3:16)
- When he appears, we shall be like him (1Jn.3:1-3)
- God promises forgiveness for all who asks (1Jn. 1:7-9)
- Our lord Jesus was overwhelmed with sorrow to the point of death (Mt.26:38)
- You were washed, sanctified, justified in the Lord and by the Spirit (1Cor.6:11)

Sovereign God



Who is God? Where is God in this struggle?

What does he say? What does he promise?

What does he do?

His person, words and actions intend to enter and address and change how you see your situation, how you react, and the reasons for your reactions.

Diagram 9



Q6 RELATING TO GOD IN FAITH (transact!):

- Not introspection, but worship.
- Come to God with your pain and anguish, and honest cries. (Ps.77:7-9)
- In your distress, you can express full commitment to God (Ps. 120:1)
- Confess and name the sin/problem. Seek tangible and needed mercies.
- Rely and trust. Become a refugee who finds refuge. Have joy and give thanks.
- Not General but Personal Confession:

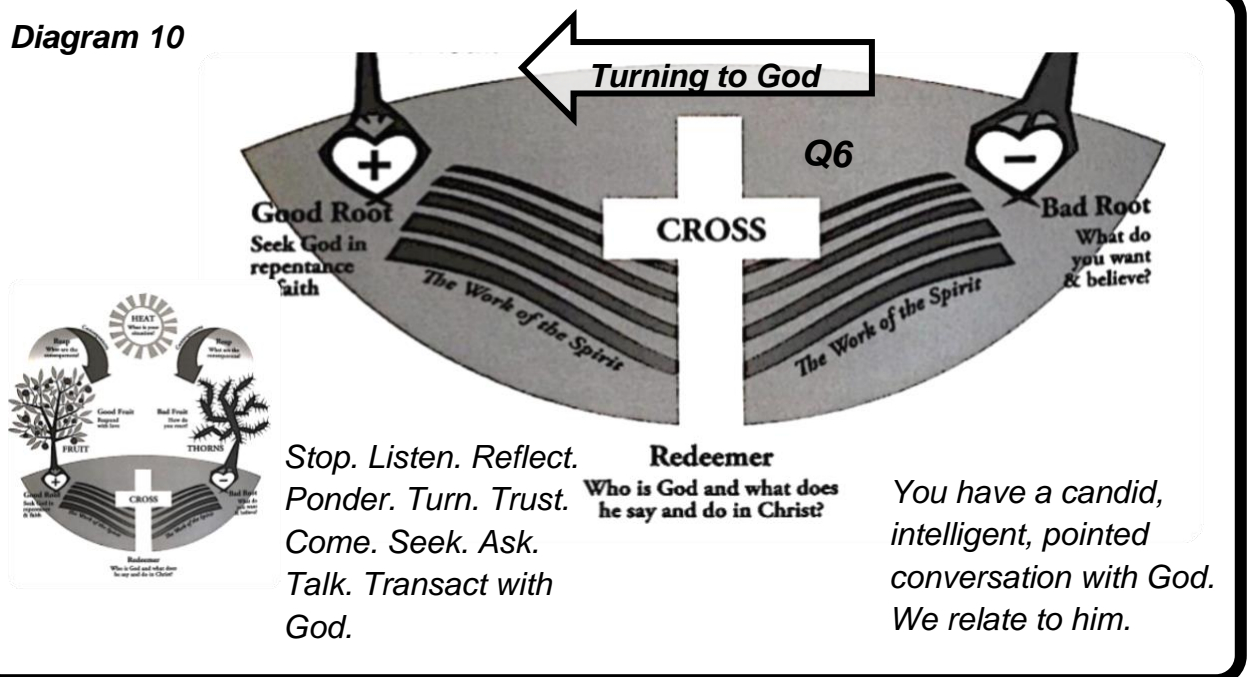
“Merciful God, our maker and our judge,
 we have sinned against you in thought, word, and deed:
 we have not loved you with our whole heart,
 we have not loved our neighbours as ourselves:
 we repent, and are sorry for all our sins.
 Father, forgive us.
 Strengthen us to love and obey you in newness of life;
 through Jesus Christ our Lord. Amen.”

“Father, I am the kind of person who does things like this _____.
 My heart is me, and I have been desiring, longing, blaming/ running after/
 hoping in _____.”

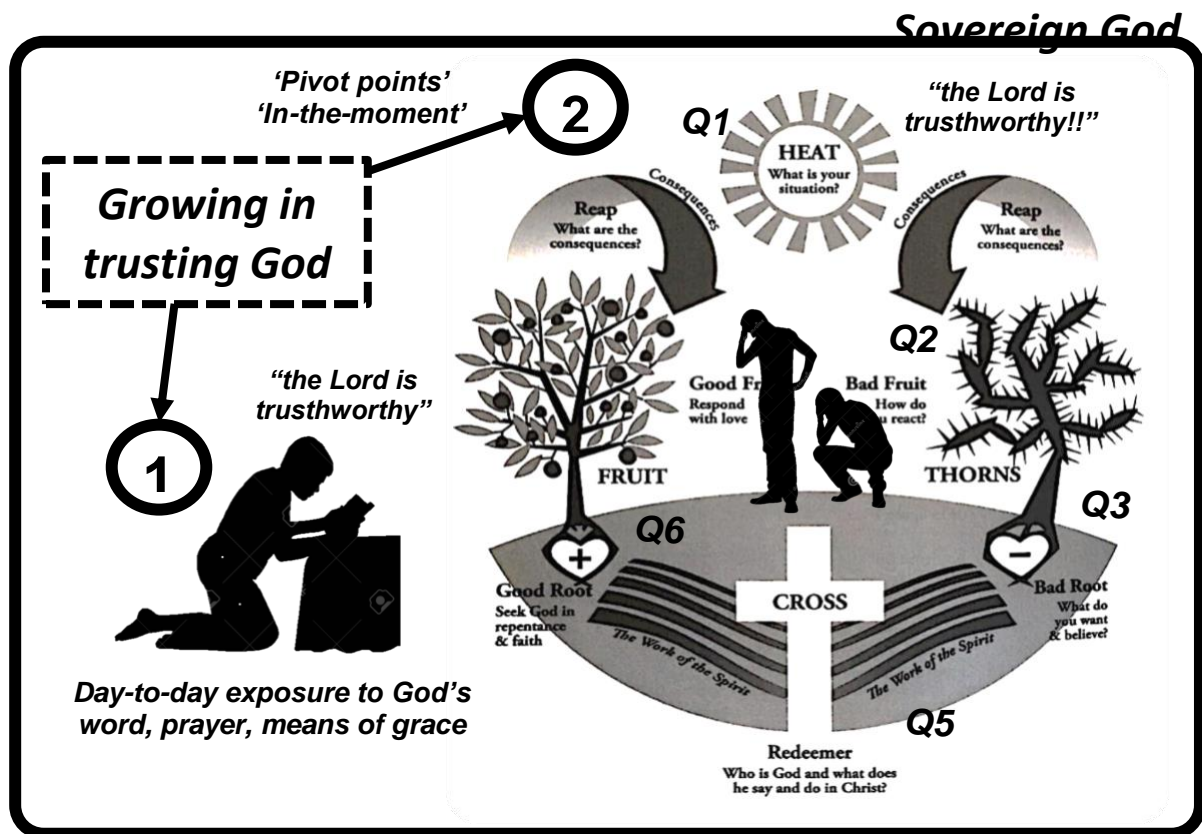
“Father, my life is very hard now. I am _____. Don’t abandon me.
 You promised to keep me. May your grace shine upon me. Turn towards
 me. Give me peace. Father, please _____.”

Sovereign God

Diagram 10



4. Case Study: Biblically Counsel Kenneth Lo



Q1. What is your situation? What are you facing?

messy home; unpacked groceries; unshut drawers; unkept used items; no space to work/dinner; can't find things; late; trip over; children cries; unhappy wife; when I come home from work; when I want to rush work.

Q2. How are you reacting? What do you typically do?

angry/bitter 'I'll do it myself'; threat 'tidy now or else'; accuse 'why not training the kids'; silent treatment 'can't change them be like them'; blame 'all your fault we are late'; name calling 'tornado'; complain 'unfair, I deserve my peace'; pride 'why can't she be like me'; self-interest 'don't touch my study'.

Q3. What rules you, hijacks your heart?

demanding orderliness; comfort; refuge/rest; control; safety; work completion (good things to desire)

Q5. Who is God – relevant to this struggle?

Mat.6:10 Your kingdom come, your will be done; Rom. 1:25 They worshipped, served created things rather than the Creator; Eze.1:21 God's omnipresence.

Q6. Respond to God from the heart (faith)? Q7. Respond in Heat (love)?

forgive me lord (Ps. 130); be with me in this Lord, help me see I can't control my life and trust the One who can (Ps. 121); I don't want to take things into my own hands lord, stop playing god, I want to trust you, love you, worship you.

References & Suggested Readings

Reference:

- *Diagram 1-5, CCEF Counselling in the Local Church Lectures, Tim Lane.*
- *Diagram 6-10, How People Change: How Christ Changes us by His Grace, Timothy Lane & Paul Tripp*

General Easy:

- 1) *Caring for One Another: 8 Ways to Cultivate Meaningful Relationship, Edward T. Welch*
- 2) *Real Change: Becoming More Like Jesus in Everyday Life, Andrew Nicholls & Helen Thorne*
- 3) *Side by Side: Walking with others in Wisdom and Love, Ed Welch*
- 4) *When People are Big and God is Small: Overcoming Peer Pressure, Co-dependency, and the Fear of Man, Ed Welch*

General Medium:

- 1) *How People Change, Tim Lane & Paul Tripp*
- 2) *Relationships: A Mess Worth Making, Tim Lane & Paul Tripp*
- 3) *Seeing with New Eyes: Counseling and the human condition through the Lens of Scripture,, David Powlison*
- 4) *Speaking the Truth in Love: Counsel in Community, David Powlison*
- 5) *How Does Sanctification Work, David Powlison.*

Specific:

- 1) *Resolving Everyday Conflict, Ken Sande*
- 2) *What Grieving People Wish You Knew, Nancy Guthrie*
- 3) *Descriptions & Prescriptions: A Biblical Perspective on Psychiatric Diagnosis & Medications, Mike Emlet*
- 4) *Making All Things New: Restoring Joy to the Sexually Broken, David Powlison.*