



# Countryside Bible Church

## Discipleship Counseling Notes – Level 1, Class 3 Biblical Process of Change: Need for Change The Heart

### INTRODUCTION

### UNDERSTANDING MAN'S NEED OF CHANGE

#### A. Macro Look at the Problem of Sin (Origin and Progression) as It Affects Worship

##### 1. Its Beginning (Genesis 3)

- a) Man had divine counsel before the fall. He was innocent, but not autonomous or independent.
- b) Man also required the counsel of the Word (Genesis 1:28-30; 2:24). Without the Word, life is absurd; life has no purpose or future.
- c) Man turned from the divine counsel to devilish counsel.
  - 1) Doubt ➤ Genesis 3:1
  - 2) Distortion ➤ Genesis 3:2
  - 3) Denial ➤ Genesis 3:4

d) Man rejected divine counsel and suffered the consequences.

- 1) Immediate Consequences: gained knowledge of good and evil; lost power to effect change; gained guilt, separation, blindness, rejecting responsibility; developed problems with God, others, and self.

These consequences make the process of change necessary.

- 2) Eternal Consequences: spiritual death - physical and eternal

## 2. Its Continuation

- a) The first man born (Genesis 4 also Genesis 6)
- b) The first king of Israel (1 Samuel 13-31)
- c) The assessment of all mankind at the time of Paul (Romans 3:9-23)

## 3. Its Present Status (2 Timothy 3:1-13)

- a) There is wholesale iniquity (2 Timothy 3:2-4)
- b) There is wholesale hypocrisy (2 Timothy 3:5-7)
- c) There is wholesale apostasy (2 Timothy 3:8-9)
- d) There is wholesale persecution (2 Tim. 3:12-13)

## 4. Its Alternatives

- a) One can quit; many have.
- b) One can seek help from man's counsel.
- c) One can seek help from God through His Word (2 Timothy 3:15 - 4:2).

## UNDERSTANDING WHAT NEEDS TO CHANGE

### B. Micro Look at the Problem of Sin as It Affects Worship

1. The Location - The Heart/source of behavior (Genesis 6:5; Matthew 22:34-40; Proverbs 4:23; Mark 7:20-23; I Samuel 16:7; Psalm 111:1; Proverbs 23:7)

*Why is the heart important?*

- a) The heart is who we are.
- b) The heart's component parts
  - 1) Our cognition (thoughts, beliefs) – Hebrews 4:12
  - 2) Our Affections (desires and motives - beautiful) – Psalm 37:4
  - 3) Our Volition (will, choices into actions) – Proverbs 20:5
  - 4) Our Emotions (joy, discontentment, anger, peace) – Proverbs 17:22
- c) The heart is hard to understand – Proverbs 20:5
- d) The heart is sinful – Jeremiah 17:5-10, Mark 7:14-23
- e) Conclusions:
  - 1) The heart is not fundamentally good.
  - 2) Even believers struggle with unruly wants/desires, “remnant” sin.
  - 3) The “heart” is alive, not passive.
  - 4) The heart takes work to understand.
2. The Occupation – Worship (Exodus 20:1-6; Romans 12:1; Jeremiah 2:13; 1 Kings 18:21; Matthew 12:34; Joshua 24:14-20; Romans 6:16; Matthew 6:21)
  - a) We are worshipers: (Isaiah 43:7; Romans 1:18-25 and Genesis 3; 1 Corinthians 6:19-20; Jeremiah 17:9).

We were created to worship! But what does it mean practically that we are worshipers? (Matthew 6:19-21)

*Connecting Worship to the Heart - Summary:* What is “Worship”?

Worship = worthship

Worth = treasure, priorities, sacrifice, value

Key Text: Matthew 6:19-21

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your *treasure* is, there your *heart* will be also.”

- |             |            |
|-------------|------------|
| • Study     | • Excited  |
| • Dedicated | • Identity |
| • Sacrifice | • Seek     |
| • Witness   | • Serve    |
| • Sing      |            |

- b) You become like what you worship (Genesis 1:26-27; Psalm 115:4-8; 2 Corinthians 3:18).

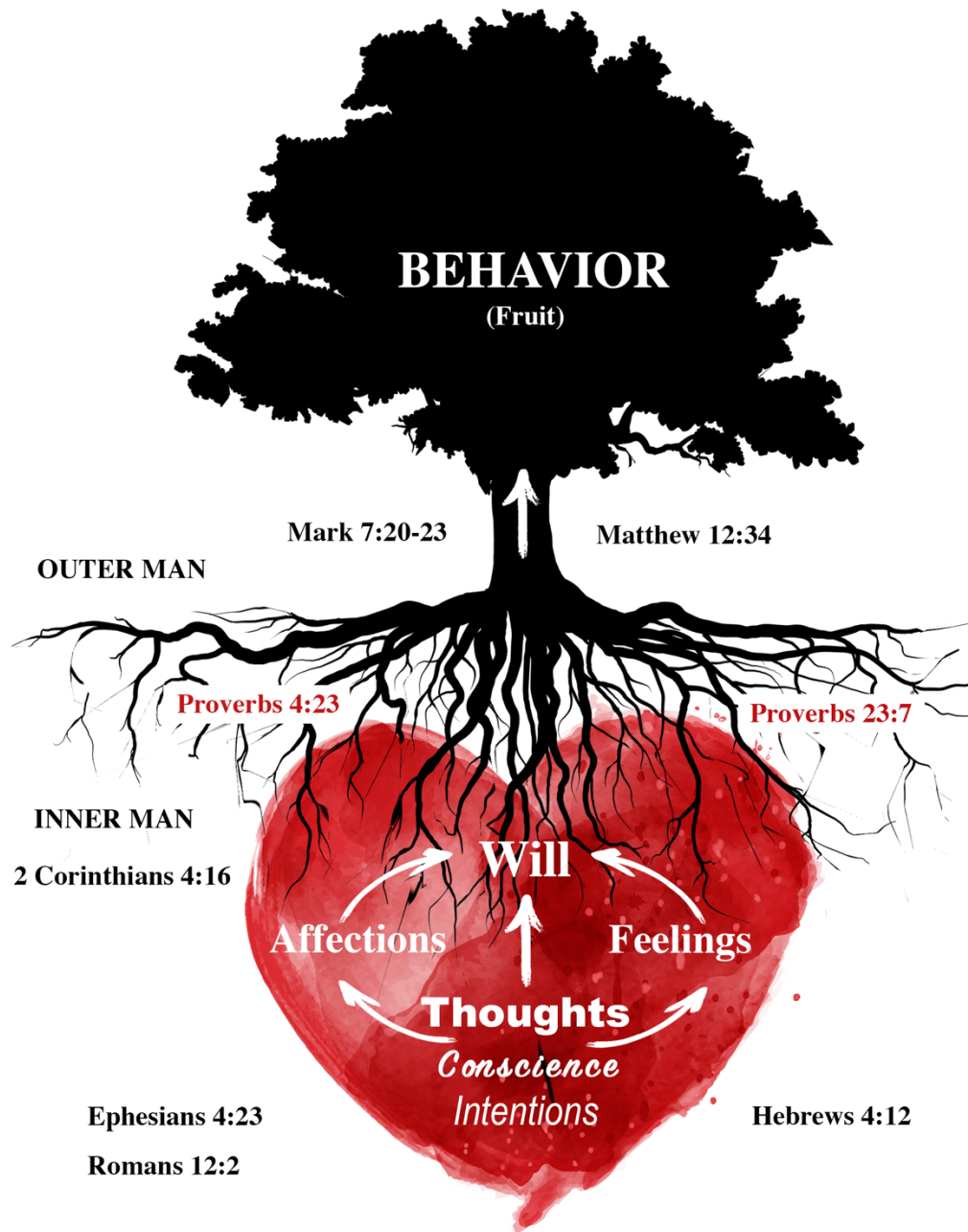


Fig. 2 The Source of Behavior

3. The Frustration – Idolatry / Lust (I Kings 11:4; Ezekiel 14:1-11; Romans 1:25; I Corinthians 10:1-14)

*Idolatry*: “An idol of the heart is anything that rules me other than God. As worshiping beings, human beings always worship someone or something. This is not a situation where some people worship and some people don’t. If God isn’t ruling my heart, someone or something will. It is the way we are made.” (Paul Tripp – *Instruments in the Redeemer’s Hands*)

“An idol is anything that we consistently make equal to or more important than God in our attention, desire, devotion, and choices.” (Stuart Scott - *The Exemplary Husband*, 91) All idols are objects of our lusts and thus assist us in worshipping ourselves for our own glory (2 Corinthians 5:15).

- a) Wanting or desiring something that God does not want or desire.
- b) Wanting something that God wants or desires but wanting it so much that one becomes ungodly to get it or ungodly if they don’t.
- c) Being controlled by expectations and becoming ungodly in thought, word, or deed when the expectation is not realized.
- d) Perceiving a deserved right and following through with ungodly thoughts, words, and actions to try to get it when that right is denied.
- e) Believing in something, a standard or rule, that is not of God and that leads to ungodly practices.
- f) Having a mindset that is against the truth of God’s Word, that leads to ungodliness in thoughts, words, and actions.
- g) Contemporary labels for idolatrous lusts that can all be self-serving. (e.g. man’s approval, attention, health, wealth, pleasure, safety, comfort, leisure, sports, security, significance, respect, fairness/justice, success, possessions, freedom/independence, money, ministry, education, marriage/family, traditions, perfectionism, workaholism, control, appearance, love, peace, etc.). All of these

specific lusts are manifestations of one of the three categories given to us in 1 John 2:15-17 “.... lusts of the eyes, lusts of the flesh, and the pride of life....”<sup>1</sup>

- h) Sure tip offs to idolatrous lusts
  - 1) Words (expectations, needs, rights, must haves, etc.)
  - 2) Misplaced priorities/extremes (perfectionism, workaholism, unfaithfulness)
  - 3) Sinful patterns (lying, life dominating sins)
  - 4) Sinful responses (anger, self-pity, depression, suicidal, etc)
- 4. Illustrations – The Big Picture Diagram: Our Heart, Worship, and Idolatry in Action (Psalm 1; Jeremiah 17:5-8).
  - a) Understanding Heart themes: Common Expressions
    - 1) Control
    - 2) Fear of Man / approval
    - 3) Comfort
    - 4) Success
    - 5) Marriage
    - 6) Money
    - 7) Materialism
  - b) Case Study: Anger (1)  
Heart:
  - c) Case Study: Anger (2)  
Heart:
  - d) Case Study: Anxiety (1)  
Heart:
  - e) Case Study: Anxiety (2)  
Heart:

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<sup>1</sup> Points g and h are adapted from Stuart Scotts' notes.

## **UNDERSTANDING HOW WE CHANGE**

### **C. Micro Look at How Our Worshiping Hearts Are Transformed**

1. The Regeneration — versus Rehabilitation
  - a) The Gospel and its counterfeit, the psychologized gospel
  - b) The Holy Spirit and His counterfeit, professional therapists (Titus 3:5)
2. The Transformation - The Renewing of the Mind / Heart
  - a) This is a battle (war) (Romans 12:2; Ephesians 4:22; 2 Corinthians 10:5) into Christlikeness.
  - b) In this battle, we are both dependent and responsible (Phil 2:12-13)
3. The Glorification - Christ's Return (Romans 8:18-25, 30; 1 Corinthians 15:50-58)