

shepherding THE **HEART** FOR **HEALTH**

Understanding Healthy Heart Change

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- **Session 1** - God's vision for Relationships within the Local Church
- **Session 2** - Understanding the Heart
 - PRE-WORK:** Excerpt from Instruments in the Redeemer's Hands by Paul Tripp
 - HOMEWORK:** Identifying your Idols
- **Session 3** - Understanding Health
 - PRE-WORK:** Newton's Stages of Spiritual Growth
- **Session 4** - Understanding Healthy Heart Change
 - PRE-WORK:** Moralistic vs. Gospel Behavior Change
 - HOMEWORK:** Fighting your Idols
- **Session 5** - Walking with People in Struggle
 - PRE-WORK:** Chapter 7 - Instruments in the Hands of the Redeemer - "Building Relationships by Entering their World"
- **Session 6** - Discernment: Identifying Issues and Determining Severity

INADEQUATE APPROACHES TO CHANGE

INFORMATION APPROACH - I can change **IF** I get enough information on the subject

CHANGE OF SCENARY APPROACH - I can change **IF** my circumstances improve

TRY HARDER APPROACH - I can change **IF** I try hard enough

COUNSELING APPROACH - I can change **IF** I understand how my problem is connected to my past

LET GO, LET GOD APPROACH - I can change **IF** I just let go and let God take over

Q: What inadequate approach to change are you drawn to? What attracts you to this approach?

HOW DO WE CHANGE?

The Holy Spirit in us makes change possible

Change begins with God - Ezekiel 36:24-27

The power to change comes from outside of us

The power to change works from the inside out

In Christ we have a **NEW record** - Colossians 2:14; Romans 3:24

In Christ we have entered a **NEW relationship** - 1 Peter 3:18; Galatians 3:16

In Christ we have been given a **NEW heart** - Ezekiel 36:26; 2 Corinthians 5:17

In Christ we have been indwelt with a **NEW power** - Ezekiel 36:27; Galatians 5:16-17

The Holy Spirit is the Agent of Change - John 16:8; 1 Corinthians 2:9-14; Romans 8:16; 2 Corinthians 3:18

*The Holy Spirit **CONVICTS** us of sin*

TEACHES us truth

ENABLES us to experience our adoption

OPENS our eyes to see God's glory that leads to transformation

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The Holy Spirit uses God's Word to bring change - 2 Timothy 3:16-17; Ephesians 6:17-18; Romans 10:17

Using the Bible as a spiritual encyclopedia **OR** As the place we encounter the Hero of the story

In God's Word we encounter...

- Commands, principles and promises for life's situations
- Who God is and what God has done for us in the Gospel

The Holy Spirit uses God's people to bring change - Ephesians 4:11-16; John 17; Hebrews 3:12-13

God's people are tangible expressions of the Gospel to us,
bring God's Word to us, and intercede before God for us

RHYTHMS OF CHANGE

#1 - Rhythm of pursuing intimacy and awe with our King and Father - John 15:1-17; Proverbs 2:1-6

#2 - Rhythm of living in-line with who God is and what He promises to us in the Gospel

2 Peter 1:3-9; Galatians 2:14, 20



The Gospel as a set of LENSES - Before we become a Christian we are blind to the realities of the world as God describes them in the Bible. When we become a Christian our vision, in a sense, is healed and we can finally see clearly. We begin to see Jesus, our sin, and others rightly. However, our eyesight is still marred by our sin and the world we live in. The Gospel is like a set of glasses, fit to our prescription, so that we can see things as they were meant to be, through the eyes of God. Often times we can get used to bad eyesight, we adapt and learn to function with poor sight. Then when we finally are fitted with the right lenses we are amazed at how we were even able to function before. We must learn to use the Gospel as a corrective set of lenses. We must learn how to see our life situations through the lens of who God is and what He promises us in the Gospel.



The Gospel as an ANCHOR - An anchor is designed to keep a boat from drifting because of the wind and waves. Over a period of time, even the slightest of currents or wind can blow a boat far off course, especially if you are not paying attention. Our counterfeit gods, lies and circumstances are the winds and waves of life. They constantly blow and pull us. We need an anchor to hold us in the slightest of currents or the strongest of storms. Our anchor is the truth about who God is and what He promises to us in the Gospel.



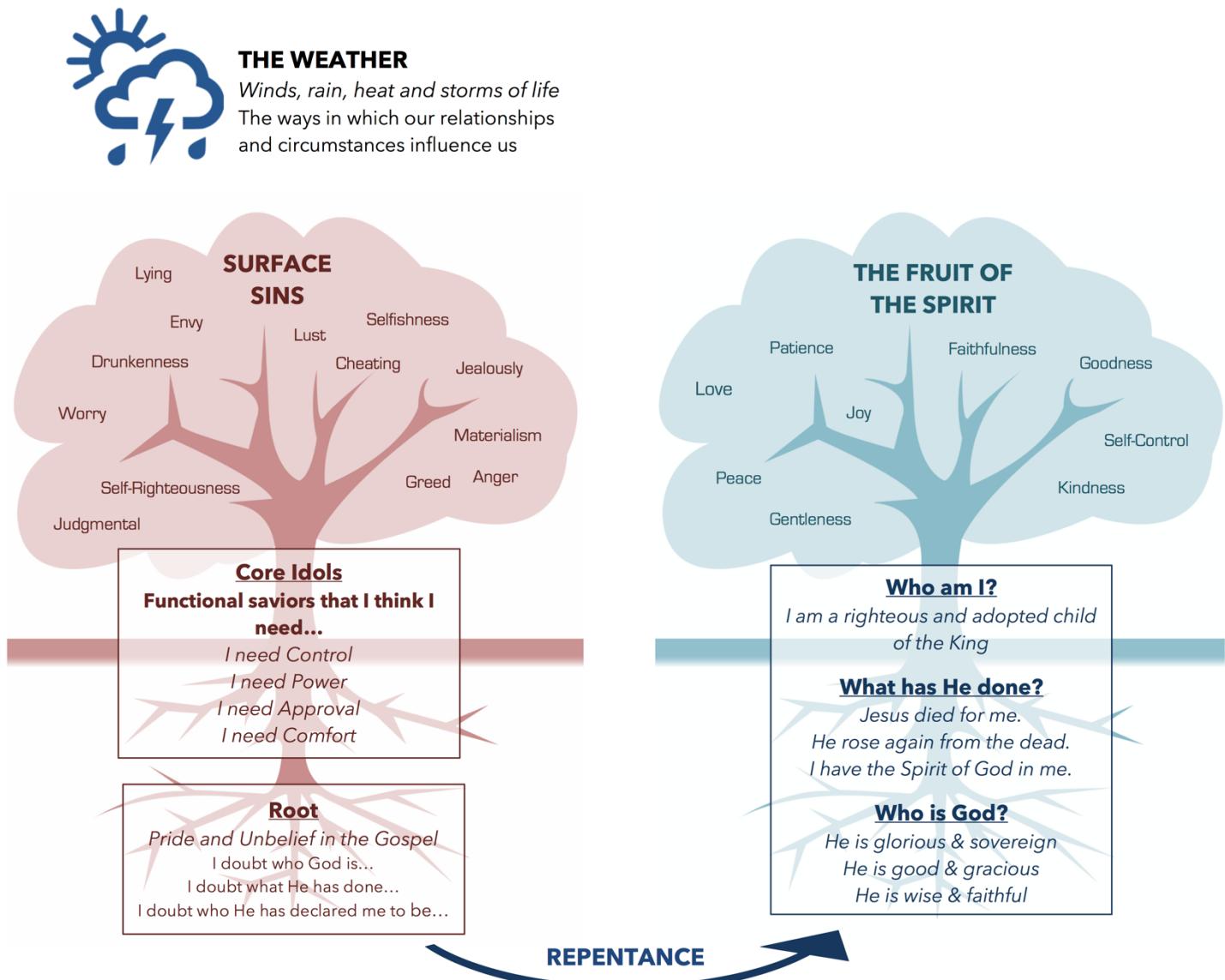
The Gospel as MEDICINE - Sin is a sickness. The disease in our hearts has ultimately been defeated on the cross but we still are hampered, in a sense, by constant infections. Where do you run when the fever ramps up, when you feel the chills coming, or when your stomach begins to hurt? Do you ignore the symptoms? Do you fight with moralism by merely trying harder? Or do you run to the truths of the Gospel as salve to your soul, as rest to your weary body, and as antibiotics to kill the infection? We must learn to run to the truth of who God is and what He has promised us in the Gospel as medicine against temptation and sin that we face.

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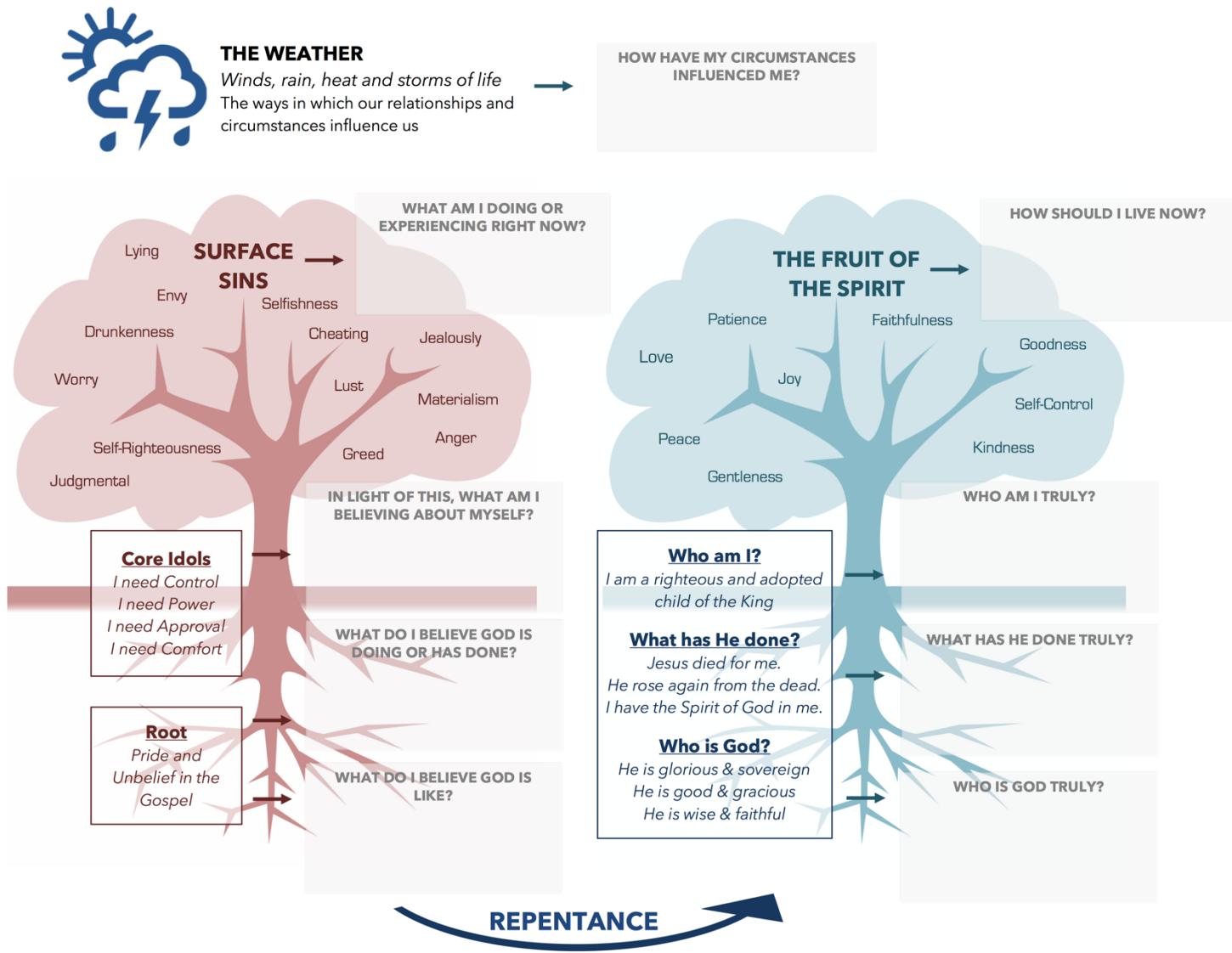
#3 - Rhythm of Gospel-driven repentance - Ephesians 4:22-24; 2 Corinthians 7:9-11

Q: What does it look like for our repentance to be motivated by the Gospel rather than something else? What stood out to you from the PRE-WORK article on "Moralistic versus Gospel Behavior Change" by Tim Keller?



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THE IMPLICATIONS IN CARING FOR OTHERS

Q: How does understanding a Biblical picture of health and maturity affect how we approach caring for others?

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WHERE DO WE GO FROM HERE?

Mindfulness of how you have bought into inadequate approaches to change

Q: What inadequate approaches to change have you bought into?

Q: Why are these inadequate approaches to change attractive to you?

Mindfulness of the life rhythms that cultivate healthy heart change

Q: How are you doing with the rhythm of pursuing intimacy and awe with the King and Father in His Word and amongst His people?

Q: How are you doing with the rhythm of living in-line with who God is and what He promises to us in the Gospel?

Using the Gospel as an Anchor amidst Life's Winds-Waves-Currents

- What are the winds, waves, and currents in your context that seek to move you from the hope you have in the Gospel?

- What “anchors” (truth about who God is and what He promises to us in the Gospel) could you run to in these winds, waves, and currents?

Seeing your Situations through the Lens of the Gospel

- What 2-3 situations do you commonly encounter in which you need the corrective lens of the Gospel?

- Choose one of the situations from above and journal through how you often view this situation through the lens of self and then how to view that situation through the corrective lenses of the Gospel?
Situation as seen through the lens of self:

Corrective lenses of the Gospel:

Q: How are you doing with the rhythm of regular Gospel-driven repentance?