

Welcome to Canyon Hills Counseling!

**Name of Counselee:** \_\_\_\_\_

**Date of PDI submission:** \_\_\_\_\_

**Cancellation Fee Received:** \_\_\_\_\_

**Triage Counseling Date:** \_\_\_\_\_

**Triage Counselor:** \_\_\_\_\_

**Counselor Assigned:** \_\_\_\_\_

**Commitment:** \_\_\_\_\_ (day of the week) at \_\_\_\_\_ (time), beginning  
\_\_\_\_\_ (date)

**Resources Assigned:**


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# Pre-Counseling



# Pre-Counseling Video Checklist:

## Pre-Counseling Video Checklist

[www.canyonhillscounseling.org/precounseling-videos](http://www.canyonhillscounseling.org/precounseling-videos)

Assigned	Week	Video	Date Completed
	1	What Makes Biblical Counseling Biblical?	
	2	Justification and Sanctification	
	3	Dynamic Heart and Y-Chart	
	4	Emotions	
	5	Heart Idolatry	
	6	Remorse vs. Repentance	
	7	Suffering	
	8	Forgiveness	
	9	Expectations of Counseling	
	10	Mandates of Counseling	

## Other Sermons or Classes Assigned

	1		
	2		
	3		
	4		
	5		

Your triage counselor will mark the videos and/or classes they would like you to attend while you are on the Wait List.



# Video 1 Notes

## “What \_\_\_\_\_ Biblical Counseling Biblical?”

*(Your triage counselor will mark the videos and/or classes they would like you to attend while you are on the Wait List.)*

Here are 6 similar definitions that express the fundamental scriptural \_\_\_\_\_ associated with biblical counseling:

1. **Briarwood Counseling Ministries of Briarwood Presbyterian Church, Pastor Howard Eyrich:** “Biblical counseling is about loving people by taking the time to understand them, interpreting their life situations through the grid of Scripture, confronting them with God’s framework, and challenging them to engage in the put off, mind renewal, and put on dynamic of Ephesians 4:22-24.”
2. **Christian Counseling and Education Foundation (CCEF), Executive Director Tim Lane:** “Biblical counseling involves walking patiently with someone, while wisely connecting them to Christ through the grace-centered message of the Bible. This one-on-one ministry is done in the community of the church where both the normal and complex problems of daily life can be addressed.”
3. **Counseling Solutions Group, President Rick Thomas:** “Compassionately and competently bringing relational care to others through the means of God’s Word and the local church.”
4. **Harvest Bible Chapel Soul Care Ministry, Pastor Garrett Higbee:** “Speaking the truth of God’s Word in the light of His grace to transform lives in the compassionate Spirit of God, through the intentional community of God.”
5. **Immanuel Bible Church, Pastor Paul Tautges:** “Biblical counseling is an intensely-focused and personal aspect of the discipleship process whereby believers come alongside one another for the threefold
6. **Overseas Instruction in Counseling, Executive Director Wayne Vanderwier:** “Biblical counseling is that action or process in which a believer (or group of believers) lovingly confronts and scripturally instructs a (sinning or suffering) fellow-believer for the purpose of affecting God-glorifying change.

**The Big Question:** “When Canyon Hills Community Church says it provides “biblical counseling,” what does that mean?

The following is a \_\_\_\_\_ definition for biblical counseling based on these 6-Definitions? –

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*“Biblical counseling is an intensely focused time of discipleship which involves walking lovingly and patiently with someone, building relationship and taking the time to understand them and their present circumstances of their life through the lens of Scripture; while wisely connecting them to Christ through the means of God’s many graces realized in His transforming Word, the ministry of the indwelling Spirit, and the help and hope found within the local church for the purpose of generating God-glorifying change, so that the follower of Christ may experience greater joy in their daily life and relationship with God and others.”*

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The Second Question -What are the Various \_\_\_\_\_ of Counseling that Make Biblical Counseling... BIBLICAL?

**Element #1:** This kind of counseling requires that an individual possesses a new \_\_\_\_\_ regenerated by the Gospel of Jesus Christ (1 Cor 2:14; Rom 15:14)

- **1 Corinthians 2:14**, *“The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is **not** able to understand them **because** they are spiritually discerned.”*

**SO THE POINT IS...** like in **1 Corinthians 2:14**, the natural unsaved/non- regenerate man is **unable** to accept and receive the truths of God’s Word. ***It is not that the unredeemed person is not intelligent... they simply lack a new regenerated heart and empowering ministry of the indwelling Spirit of God in their life, in order to change in a way that glorifies and pleases God (Isa 43:7; 2 Cor 5:9).***

**Element #2:** This kind of counseling is based on the counselor’s faithfulness to provide Scripturally based \_\_\_\_\_ (2 Tim 3:16-17)

- The **Bible is SUFFICIENT** for life in that, when properly interpreted, it reveals to the believer all the data necessary for one to understand his need for Christ, how he can please the Lord, and how to live in a God- honoring way regardless of the circumstances whether easy or difficult.
- The **Bible is also the AUTHORITATIVE source** with which all truth claims— including claims made by science and history—must be evaluated. As a result, we reject all counseling theories that use presuppositions theories, principles, or methodologies that are inconsistent with the proper interpretation and understanding of the Scriptures and the Creator God!



- The Word of God gives us everything we need for godly living (2 Pet 1:3). The Scriptures, rightly interpreted and carefully applied, offer us all-encompassing insight for life. The Apostle Paul, in **2 Timothy 3:16-17** reveals that the Scriptures are sufficient for making sense out of life from God's perspective and not man's!

**Element #3:** This kind of counseling will be \_\_\_\_\_ (2 Tim 3:16-17; Exod. 3:14)

Biblical counseling will also be theological because it is based on utilizing the entire Bible and what it teaches us today about any topic or life issues. Therefore, biblical counseling will help the follower of Christ connect:

- Their understanding of man (**anthropology**)
- The Fall and impact of personal sin, depravity, and suffering (**hamartiology**)
- The solution to the problems that man faces living in a fallen and sin-sick world by embracing the help and hope found in the **Gospel of Jesus Christ and grace**, which offers eternal salvation and provides the suffering sinner with daily victory in their ongoing battle against the world, the flesh, and the devil (**soteriology**).

**Element #4:** This kind of counseling can be a \_\_\_\_\_ or \_\_\_\_\_ term process

Matthew 18:15-17, *"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. 16 But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. 17 If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector."*

Matthew 18 is the *"biblical \_\_\_\_\_ for restoring God's people within the local church!"*

**THE POINT:** Effective God glorifying and pleasing biblical counseling **does not rely on personal opinions or preferences...** it relies on **accurately, lovingly and graciously** sharing with another follower of Christ the authoritative and transforming truths of God's Word! (2 Timothy 3:16)

**Element #5:** This kind of counseling is totally dependent on the ministry of the indwelling \_\_\_\_\_ to cause genuine spiritual heart change of heart and transformation of an individual's life (John 14:15-16:16; 2 Cor 3:17- 18).

It is the **Spirit of God** (e.g. Matt 3:16) who illuminates or provides the individual with understanding of the truths of Scripture and also empowers a follower of Christ to apply these truths to their daily life. Therefore, any real and lasting spiritual heart attitude change is dependent upon the indwelling **Spirit of Christ's** ministry in our daily life!

- **Romans 8:9**, *"You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him."*

As the Holy Spirit lives in the believer, He brings about some life- changing results:

1. *The indwelling Spirit comes to a soul dead in sin and creates new life (Titus 3:5). This is the new birth Jesus spoke of in John 3:1-8.*
2. *The indwelling Spirit confirms to the believer that he belongs to the Lord and is an heir of God and fellow-heir with Christ (Rom 8:15-17).*
3. *The indwelling Spirit installs the new believer as a member of Christ's universal church. This is the baptism of the Spirit, according to 1 Corinthians 12:13.*
4. *The indwelling Spirit gives spiritual gifts (God-given abilities for service) to the believer to edify the church and serve the Lord effectively for His glory (1 Cor 12:11)*
5. *The indwelling Spirit helps the believer understand and apply the Scripture to his daily life (1 Cor 2:12)*
6. *The indwelling Spirit enriches the believer's prayer life and intercedes for him in prayer (Rom 8:26-27).*
7. *The indwelling Holy Spirit empowers the yielded believer to live for Christ to do His will (Gal 5:16). The Spirit leads the believer in paths of righteousness (Rom 8:14).*
8. *The indwelling Spirit gives evidence of new life by producing the fruit of the Spirit in the believer's life (Gal 5:22-23)*
9. *The indwelling Spirit is grieved when the believer sins (Eph 4:30), and He convicts the believer to confess his sin to the Lord so that fellowship is restored (1 John 1:9).*
10. *The indwelling Spirit seals the believer unto the day of redemption so that the believer's arrival in the Lord's presence is guaranteed after this life (Eph 1:13-14).*

**Element #6:** This kind of discipleship-counseling is provided through gracious agape love \_\_\_\_\_ for change (Eph 4:15)

**The reality is that...** most biblical counseling takes place when the **Galatians 6:1** *spiritually mature followers of Christ willing goes to another sinning brother or sister in Christ, and lovingly and graciously speak to them about their apparent sin issue.*

**Keep in mind...** both **TRUTH** and **LOVE** are **not** in opposition or disagreement with each other but are part of the same road to reconciliation and redemption for the follower of Christ struggling and in bondage to sin.

**Element #7:** This kind of counseling can provide either \_\_\_\_\_ or \_\_\_\_\_  
care for the sinning or suffering follower of Christ (2 Tim 3:1-7; Gal 6:1-2)

What is preventative care?

What is restorative care?

**Element #8:** This kind of counseling can take place in various \_\_\_\_\_ and \_\_\_\_\_ (John 21:15-17; Acts 18:24-26; Matt.18:16; 1 Cor. 1:10-11; Gal 1:6; Matt. 18:17)

**The Takeaway...** When a pastor is preaching on Sunday... he is communicating the transforming truths of God's Word, instructing them in what it says, and how to apply the truths to them! **THE RESULT...** is God glorifying preaching that targets the heart of God's people providing either **PREVENTATIVE** or **RESTORATIVE** discipleship, counseling, and care for the souls of God's people.

**In addition...** **LifeGroups** or **Small Groups** are also discipleship and counseling-oriented and are meant to be intentional and purposeful in providing help and hope from the Scriptures for those struggling with life issues or habitual sin!

**Element #9:** This kind counseling seeks to cause \_\_\_\_\_ - glorifying change in the lives of God's people (1 Cor. 10:31; Matt. 5:16)

- Everything we do in biblical discipleship-counseling so as to bring glory to God.
  - **1 Corinthians 10:31**, *"So, whether you eat or drink, or whatever you do, do all to the glory of God."*
  - **Matthew 5:16**, *"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."*

**Element #10:** This kind of counseling seeks the transformation of spiritual heart attitude of God's people changing what they \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ (2 Cor. 5:17; Eph. 4:17-24; Rom. 6:17-18).

**QUESTION:** What kind of change?

**ANSWER:** Spiritual heart –based transformation - the **Counselee** is commanded to change through the ministry of the Word and indwelling Spirit of God in their life.

## Final Thoughts...

**Why is a "BIBLICAL" counseling ministry important?**

- **Colossians 1:28**, *"Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ."* The **Apostle Paul** wrote this letter to the believers in **Colossae** to teach us, *"Him we proclaim, [WE are] warning everyone and, [WE are] teaching everyone with all wisdom, that [WE] may present everyone mature in Christ."*

**THE POINT:** Biblical counseling is one of the many ministries within the local church that assists the follower of Christ to grow more and more into the image of Christ.

What does all of this mean for you?

**Answer:** God desires for you to grow in Christ and eventually be prepared to provide help and hope to others within Christ's church – **2 Timothy 2:15**, *"Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth."*

What Does Biblical Counseling Desire to Change?

**ANSWER:** It desires to not just change the follower of Christ's **OUTWARD ACTIONS**, but their **INWARD HEART ATTITUDES!**

**A Biblical Counseling Reality: *The Problem is NOT the Problem...but the Problem is the Heart...* No follower of Christ or biblical counselor possesses the power to change the heart of others... **ONLY GOD CAN CHANGE THE HEART!** -**

*"A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put My Spirit within you, and cause you to walk in My Statutes (i.e. the Scriptures), and ye shall keep My Judgments (i.e. the Scriptures), and do them... Without Me ye can do nothing" (Ezek. 36:26-27; John 15:5).*

**As a person's INWARD spiritual heart begins to change through the transforming truths of God's Word and power of the Spirit of God... it is then that their OUTWARD actions and behaviors will begin to experience lasting (not temporary) change.**

**Projects for Growth (i.e. Your Homework):**

1. How would you define "biblical counseling"?
2. Explain why biblical counseling desires to change the inward spiritual heart and not just the outward action or behaviors of a follower of Christ?
3. Describe the sufficiency of Scripture to be able to provide answer and a curative to any issue of life faced by God's people?

## Video 2 Notes

# Justification and Sanctification

So, what exactly is justification?

It's when a person is declared or pronounced \_\_\_\_\_ by God (00.22)

It's a \_\_\_\_\_ term that signifies an acquittal – like when a guilty person is acquitted of a charge (00.24)

So, justification then, is the act whereby by God moves a repentant sinner from the state of \_\_\_\_\_ to the state of \_\_\_\_\_ solely on the grounds of Christ's sacrifice on our behalf (01.01)

**We are not justified by what WE DO FOR GOD, we are justified by what GOD HAS DONE FOR US**

“Our redemption is grounded in a double imputation by which our sins are transferred to Christ in the atonement and his righteousness is transferred to us.” (RC Sproul) (01.27)

Rom 4:7 says, “Blessed are those whose lawless deeds are forgiven, and whose sins are covered: Blessed is the man against whom the Lord will not count his sin.”

Eph 4:8 states it this way, “For grace you have been saved through faith. And this is not your own doing; it is the gift of God.”

Justification is that point in time when we have been saved.

- Our sin against God brings death, a separation from God.
- While we were still in our sinful state, unable to save ourselves, Christ died for us.
- His death on the cross was the payment or atonement for our sin.

- Because of the cross we no longer live life separated from God

Doctrine of SANCTIFICATION

Begins with \_\_\_\_\_ (03.34)

The \_\_\_\_\_ process of being made righteous and \_\_\_\_\_ over our lifetime (03.40)



**Justification**

**Sanctification**

\_\_\_\_\_ event (04.19)

ongoing, \_\_\_\_\_, or becoming (04.38)

Romans 5:1

Hebrews 10;14

Ephesians 2:8

A truly justified person doesn't skim along the bottom over time, not growing in holiness, not bearing any fruit. (05.00)

No person is perfectly holy and just floats through life to the end without any struggle with sin or temptation (05.14)

Sanctification is a \_\_\_\_\_ battle (05.36)

### How do we live out sanctification?

Eph 4:22-24 identifies 3 key components of sanctification:

“put off the \_\_\_\_\_ - \_\_\_\_\_ which belongs to your former manner of life and is corrupt through deceitful desires” (06.30)

“be \_\_\_\_\_ - in the spirit of your mind” (.06.47)

“put on the \_\_\_\_\_ - \_\_\_\_\_, created after the likeness of God in true righteousness and holiness.” (07.12)

Through the process of sanctification our life is evidenced by fruit of righteous. (07.25)

Homework:

1. In thinking about sanctification, what evidence of growth do you see in your battle against sin and temptation since justification?
2. From Ephesians 4:22-24, can you identify thinking and actions that you need to “put off”?
  - a. What scriptures can you begin to apply for the renewing of the mind?
  - b. Can you identify what change you need to “put on”?
3. Memorizing Gal 2:20. How does this verse help you in the process of sanctification?
  - a. Be prepared to share examples with your counselor of when you chose to submit yourself to God in faith.



## Video #3 Notes

### “Dynamic Heart and Y-Chart”

The four components that make up our hearts are our emotions, our \_\_\_\_\_, our desires, and our \_\_\_\_\_.

**Genesis 3:6 “So when the woman saw that the tree was good for food and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her.”**

What emotion does Eve feel? \_\_\_\_\_ (01:52)

What does Eve desire? \_\_\_\_\_ (02:06)

What do Eve’s emotions and desires reveal her thoughts to be? \_\_\_\_\_  
\_\_\_\_\_ (02:30)

The will is what moves us to action. (02:54)

We do what we \_\_\_\_\_, because we \_\_\_\_\_ what we want! (02:58)

What were Eve’s ruling desires? \_\_\_\_\_ (03:10)

Matthew 26:36-39 “Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here while I go over there and pray”. And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, “My soul is very sorrowful, even to death; remain here and watch with me.” And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will but as you will.”

What emotions does Jesus experience? \_\_\_\_\_

\_\_\_\_\_ (04:22)

What is Jesus' desire? \_\_\_\_\_ (04:43)

Mark 14:34-36 “And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.” And going a little farther, he fell on the ground and prayed, that if it were possible, the hour might pass from him. And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will”.

What are Jesus' thoughts? \_\_\_\_\_ (05:30)

What is Jesus' ruling desire? \_\_\_\_\_ (05:40)

**Hebrews 12:2 tells us “looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame and is seated at the right hand of the throne of God.”**

Jesus’ emotions lead Him to God in prayer.

He thinks truth about God - that He can do anything!

He submits his emotions to truth, and submits His desire to God’s better plan.

He then acts obediently and ultimately experiences the “joy set before Him” when He pleases His Father.

## **Our Hearts**

Remember, the Heart is made up of our emotions, desires, thoughts and will.

**Every response to temptation is an act of \_\_\_\_\_.** (07:05)

Matthew 15:18-19 “But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness and slander.”

Luke 6:43-45 is a similar teaching. “For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thorn bushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.”

Our words and actions reveal what we are worshipping. We either produce good fruit or bad fruit depending on what we love the most. (09:12)

2 Corinthians 5:9 says, “So whether we are at home or away, we make it our aim to please Him”.

Isaiah 43:7 says, “Everyone who is called by my name, whom I created for my glory, whom I formed and made”.

What is your purpose here on earth? \_\_\_\_\_  
\_\_\_\_\_(11:00)

Luke 9:23 tells us “And He said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me”.

1. deny \_\_\_\_\_(12:30)
2. take up our \_\_\_\_\_ daily.

What does it mean to “deny ourselves”? (13:00)

What does it mean to take up our cross daily? (13:20)

Denying ourselves and taking up our cross shows an eternal perspective.

This is principle oriented living. Instead of being ruled by emotions, we choose to think about God's sacrifice for us in sending Jesus and out of love and gratitude, we want to live by God's principles.

When we choose to please God, we are showing that our Ruling Desire is to do God's will above our own. We are loving God from the heart. (16:05)

When we don't deny ourselves, what are we typically basing our decisions on?  
\_\_\_\_\_ (16:32)

How is this temporal living and feeling oriented? (16:55)

\_\_\_\_\_

\_\_\_\_\_

Proverbs 13:21 "Disaster pursues sinners, but the righteous are rewarded with good."

Galatians 6:7-9 "Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

You are not stuck in your old life if you are a believer and have surrendered your life to Christ. You are a new creation and can choose to please God, whatever

your circumstances may be. (18:55)

**Every \_\_\_\_\_ to temptation is an act of worship. (24:50)**

Every choice that we make will either show we are worshipping \_\_\_\_\_ or worshipping\_

### **Homework Assignment:**

To help you apply this to your life, we are asking you to work through this “Struggle Journal” at least once a day. As you answer the 5 questions regarding a specific response you made, it will help you to begin to understand your heart and why you respond the way you do.

#### Struggle Journal

1. What was the situation? (Describe what happened)
2. What were you thinking and feeling? (At the point when the temptation came, where did your emotions and thinking immediately go?)
3. What did you do? (What was your outward response?)
4. What were you desiring? (What did you want to have happen that didn't? What would have been your ideal situation? What did you hope to get from the other person?)
5. What was the outcome?
6. If you sinned in your response, what would a God glorifying response have looked like?

## Video 4 Notes

### Emotions

Our hearts are made up of our emotions, \_\_\_\_\_, thoughts and \_\_\_\_\_ . (00:20)

**Every response to temptation is an act of worship.** (00:50)

Jeremiah 17:9 that the “heart is \_\_\_\_\_ above all things and desperately sick.” (01:40)

Rather, we need to \_\_\_\_\_ our hearts as Proverbs 4:23 says. (01:50)

What do our emotions reflect? (02:08)

What emotions do we see Jesus express in Scripture?

Luke 10:21 (03:30)

John 11:33-38 (04:00)

Mark 3:5 (05:20)

Mark 14:34 (05:50)

What were Jesus' emotions rooted in? ((06:15)

Emotions are not sinful but our emotions can lead us into sin. (06:20)

Based on Matthew 16:21-23 how does Peter feel? (08:20)

In your own words, why is Peter's response sinful? (08:48)

**Just because you have a strong emotion does not mean you have to obey it.** (09:00)

How can emotions be like a warning light on the dashboard of your car?  
(09:03)

When someone's life is driven by the "engine" of emotion, how do they typically respond to circumstances? (10:00)



However, if your life is driven by thinking truth - of going to scripture to evaluate your circumstances through the lens of absolute truth, your life (or train) will be on a straight path. (12:13)

**Isaiah 40:8 “The grass withers, the flower fades, but the word of our Lord will stand forever.”**

**Psalm 19 says “The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple, the precepts of the Lord are right, rejoicing the heart.”**

We can trust God’s word to always keep us on track. His Word is \_\_\_\_\_, sure and \_\_\_\_\_. (12:45)

2 Corinthians 10:3-5 “Take our thoughts \_\_\_\_\_ to Christ”  
(12:28)

Philippians 4:8 Think about things that are true, \_\_\_\_\_, just, pure, \_\_\_\_\_, commendable, excellent or praiseworthy.  
(12:35)

Colossians 3:1-3 “set our minds on things \_\_\_\_\_” (12:45)

What allows Abraham to obey God when he experiences fear and anger at the thought of sacrificing Isaac according to Hebrews 11:19? (15:15)

How does Job's response show his thoughts were about God rather than his feelings? (17:20-55)

When you judge your circumstances as negative and feel angry or anxious, sad or confused, worried or distressed, it is time to think truth about God's character and His faithfulness to His promises.

Follow along with these verses.

Romans 8:28-29 And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.

.Job 42:2 I know that you can do all things and that no purpose of yours can be thwarted”.

Philippians 4:4-7 Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God which surpasses all understanding will guard your hearts and your minds in Christ Jesus.

Romans 8:31-32 What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

We cannot trust our emotions to accurately reflect truth. We must go to God’s word for Truth. Just because you have a strong emotion does not mean you need to obey it.

**Some questions for you to think about;**

1. In what situations do you tend to feel strong emotions like frustration, anger, sadness, happiness, worry, or fear?
2. How do you typically respond when you feel frustrated or anxious?
3. As you look at the above scriptures, what are 3 truths about God and His Word that you need to consider and think deeply about?

# Video 5 Notes

## “Heart Idolatry”

\_\_\_\_\_ is a change in heart that leads to a change in action. (1:18)

Simply changing your behavior will never lead to heart change that pleases God. (1:25)

You do what you \_\_\_\_\_ because you want what you \_\_\_\_\_ (Paul Tripp) (1:52)

Pause and write this sentence on a note card!!

A heart idol is usually a good desire gone bad.

When has a good desire gone bad? (2:15)

When a desire becomes a demand, it is a ruling desire and idolatrous. (3:05)

## IDOLS OF THE HEART



What is the thing that influences **cannot** do? (4:40)

Pause the video: Make a list of things and people that are influential in your life. (5:40)

1.

2.

3.

4.

5.

6.

7.

8.

Behaviors are those things that we do with our bodies. (6:40)

Galatians 5:19-21 - Behaviors to stop doing

Galatians 5:22-23 - Behaviors to start doing

When is a thief not a thief according to Ephesians 4:28? (8:10)

Pause the video. What behaviors do you need to stop doing? (8:35)

1.

2.

3.

4.

What behaviors do you need to start doing?

1.

2.

3.

4.

Stop the video and look at your list again. (10:00)

Use these scriptures to help you.

Romans 12:9-21

Matthew 5-7

1 Corinthians 6:9-10

Ephesians 5

Look inside the heart. Look at the circle. The circles represent emotions. (11:00)

Emotions cannot be trusted based on our experience of them. **Emotions are neither good nor bad, holy nor sinful, they are simply pleasant or unpleasant.** (12:00)

Emotions are God's designed way to get you to pay attention to what's going on in your heart. (13:00)

Pause the video. What emotions do I commonly feel that are unpleasant? (14:10)

1.

2.

3.

4.

Heart idol - any desire that has begun to rule you. (14:40)

Ezekiel 14:1-5

**Heart idols serve as a filtering lens through which we interpret the world and what is going on around us. (17:00)**

The ruling desires are in competition with God.(18:30)

Pause the video: What heart idols can you readily identify in your life? (18:40) 1.

2.

3.

4.

Diagnostic questions for heart idols: (20:15)

1. I will sin if I don't get \_\_\_\_\_
2. I will sin in order to get \_\_\_\_\_
3. I want \_\_\_\_\_
4. I need \_\_\_\_\_
5. I must have \_\_\_\_\_
6. I have the right to \_\_\_\_\_

Pause the video. Look back at your list of heart idols. Is there anything you would add or change? (22:23)

Homework:

1. Teach someone else about heart idolatry. Repeat this process until you can do it well.
2. Identify 5 potential idols in your life.
  - a. What did you find in your heart that caused you to believe these were idols?
  - b. Do other people believe you have these same ruling desires?
  - c. What do you believe is the next step in repenting of these heart idols?

## Video 6 Notes: “Remorse vs. Repentance”

### Introductory thoughts:

- (00:03:40) Change is not just different circumstances and ceasing from sin.
- (00:04:13) Describe the roots of trees. What characteristics do the roots have?
- (00:04:42) Describe the trunk of trees. What is important about the trunk of the tree?
- (00:04:55) Describe branches, leaves, and fruit. What important information is gained from these parts of trees?

### (00:05:26) Contemplate: Seeing your \_\_\_\_\_ for what it is.

- (00:06:49) How have you thought about your sin?
  - Have you put yourself in the place of those you have sinned against?
  - Have you thought about how God, in the Bible, describes your sin?



**(00:07:30) Confession: A strong confession acknowledges and \_\_\_\_\_ the sin that was committed. It doesn't explain away or \_\_\_\_\_ it on someone else.**

- Psalm 51 - King David gives a great example of biblical confession.
- What does a good confession sound like? Write down several examples.
  
- What does a bad confession sound like? Write down several examples.

**(00:09:11) Change: Branches and leaves represent stopping some actions and \_\_\_\_\_ other actions.**

- Write out Ephesians 4:22-24
  - What do you put off? (from Ephesians 4:22)
  - What do you put on? (from Ephesian 4:24)
  
- What examples are found at the end of Ephesians 4?
  - Vs. 25:
  - Vs. 26-27:
  
  - Vs. 29
  - Vs. 31-32

**(00:11:10) What are the fruits? Define each one.**

1. R \_\_\_\_\_ (00:11:30)

2. R \_\_\_\_\_ (00:11:45)

3. R \_\_\_\_\_ (00:12:21)

**Some questions for you to think about:**

- When is a thief no longer a thief?
  
- What new Christlike behaviors have shown up in your life?

**(00:13:14) So what about the second tree, the dead one?**

- How does real fruit get on a dead tree? (00:13:19)
- Define worldly sorrow and write out some examples. (00:13:39)

*Worldly sorrow, as opposed to Godly sorrow, \_\_\_\_\_ that people can see the trunk, leaves, branches and fruit. Worldly sorrow, then, tries to \_\_\_\_\_ in its own \_\_\_\_\_ what others want to hear and see, namely, confession and change.*

- What does worldly sorrow do? Write out some examples. (00:14:25)
  1. Worldly sorrow \_\_\_\_\_ flowers for saying \_\_\_\_\_ words.
  2. Worldly sorrow acts like \_\_\_\_\_ happened in hopes that things

will go back to\_\_\_\_\_.

3. Worldly sorrow\_\_\_\_\_the person offended in hopes that they will just go away.
4. Worldly sorrow gets\_\_\_\_\_when the other person does not \_\_\_\_\_ about the hurt and the pain right away.

**A dead tree with dead\_\_\_\_\_cannot produce Christlike  
\_\_\_\_\_.**

- The fruit is not connected to the tree naturally and will eventually fall off.
- (00:16:25) Read Luke 19:1-10. How is this a picture of true repentance? What does all of this mean for you?

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*True and lasting change ALWAYS goes through the pathway of the heart.*

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### **Some questions for you to think about:**

1. Have you repented God's way or does your repentance look more like worldly sorrow? Give examples to support your answer.
2. Do others see fruit from your change or are they still struggling to see change in you?
3. Have you thought about your sin or just the consequences of your sin?
4. Have you confessed your sin, or do you assume others know you are sorry?

# Video 7 Notes

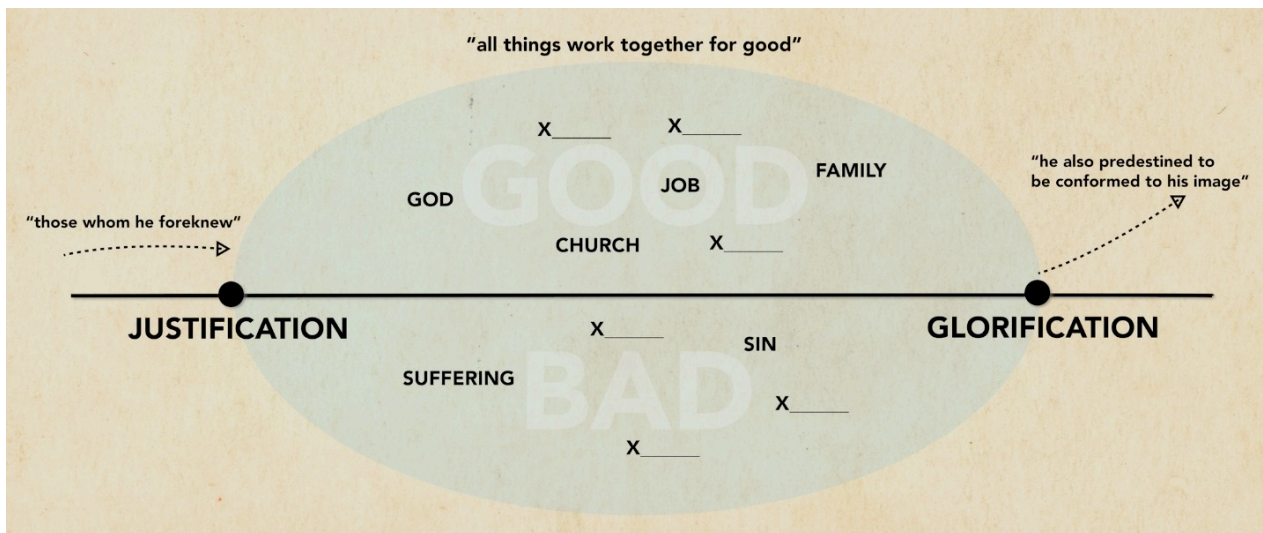
## “SUFFERING”

### Why we suffer:

1. We suffer as a result of our own \_\_\_\_\_.(00.30)
2. We suffer because of the \_\_\_\_\_.(00.38)
3. We suffer because we live in a \_\_\_\_\_ - \_\_\_\_\_ world. (00.47)

Romans 8:28-29

“And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.”



**Pause the video:** (04.11) Take a minute and fill out the “X\_\_\_\_\_” on the diagram. Write down 3 things you consider “good” in your life and three things you consider “bad” in your life. We always tend to consider sin and suffering as “bad”.

God works ALL THINGS together for good. (04.21)

- So, we have to ask, how do you define good? (04.40)
- The answer is found in verse 29 – we already read it.
- Again, God foreknew and predestined us to be CONFORMED TO THE IMAGE OF \_\_\_\_\_.(05.00)

But what if God is using your suffering for a good purpose? (05.40)

2 Cor 4:17-

“For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison”

PREPARING is the key word.

The suffering we experience is PREPARING for us “an eternal weight of glory beyond all comparison”.

He is using every circumstance in your life to make you more like Jesus.

(07.40) Homework:

1. Write out a prayer asking God to help you trust him that he truly is working all things for my good to make me more like Christ.
2. Write out how 2 or 4:17 and Heb 12:2 change your perspective on suffering?
  - a. Write out how your thinking might change if God is "preparing" an eternal weight of glory through your suffering.
  - b. How do these verses bring you comfort?
  - c. What questions remain?

# Video 8 Notes

## “Forgiveness”

- This video will address an essential element to biblical change: *Forgiveness*.
- Notes have been provided for you so that you can follow along, while also filling in the appropriate blanks.
- Pray for clarity of thoughts and helpful teaching of these biblical principles.

### Video #8 – An Essential Element to Biblical Change: Forgiveness

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**INTRODUCTION:** Biblical counseling is all about helping people grow, as they become more and more like their Lord and Savior, Jesus Christ. In 1 Timothy 1:5, the Apostle Paul reminds the biblical counselor, “*The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith*” (cf. Col 1:28), It is the unique ministry of change that centers on the grace of God’s Word and Spirit to communicated transforming truth which leads to true salvation in Christ, which will produce a love for God that will result in a purified spiritual heart attitude (2 Tim 2:22; 1 Pet 1:22), along with a cleansed conscience (Heb 9:22; 10:14), and a genuine faith (Heb 10:22). In addition, another unique result of true biblical counseling will be a love of choice and the will, characterized by self-denial and self-sacrifice for the benefit others, which is the mark of a true Christian (John 13:35; Rom 13:10; 1 Cor 13:1-7; 1 John 4:7-8).

In the counselee’s pursuit of knowing, loving and serving their Lord and Savior Jesus Christ, they must possess a deep theological understanding of sin and guilt, repentance and faith, forgiveness and replacement (this includes spiritual heart/mind renewal or the process of “putting off putting on”), in order to experiencing lasting biblical change.

But be warned, it is possible to go on holding a grudge if your faith in Christ simply means that you continue to look back to the Cross and concluded that you are “off the hook” for the penalties of your own sin... but you fail to allow the Cross to inform your heart and how you respond to others who have offended and sinned against you! Rather our faith in Christ must compel us to look back not merely to discover that we are forgiven of our sins by our kind God, but will in turn compels us to be a forgiving people!

**PROPOSITION: *The Lord's Prayer describes forgiveness as being pardoned of personal sin debts, as well as pardoning others who have sin against us. So what does the Word of God have to say about God's grace and how followers of Christ are forgiven as well as empowered to forgive others?***

**This lesson will address the various facets of biblical forgiveness:**

1. Forgiveness \_\_\_\_\_:

a) The primary Greek verb translated "forgive" (*aphiemi*) (pronounced: ah-fi-emi) focuses on the \_\_\_\_\_ of forgiveness, which is "to send away" or "to release." Therefore it refers to the actual removal (i.e. process) of canceling, in which God forgives the sin debt and consequences of man's sin (Matt 18:15-35; Luke 17:3).

b) The other Greek verb translated "forgive" (*charizomai*) (pronounced: kah-riz-o-mai) focuses more on the \_\_\_\_\_ of the removal... not necessarily the process; it is quality by which God has forgiven you, and in return the follower of Christ is compelled to do the same to others. In Matthew 18:21-22, Jesus Himself points out the quality of a believer's forgiveness, "Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy-seven times." (cf. Eph 4:32).

c) Forgiveness Implies a \_\_\_\_\_ and Heart Motivation – While forgiveness means "to pardon sin;" forgiveness can also rightly be described as a "promise of pardon, because when God forgives, He promises that He will never hold our sins against us" (Jer 31:34).

d) The \_\_\_\_\_ Practical Definition of Forgiveness – "It is the promise of pardon for sin committed through a biblical process that is both properly practiced and with the right spiritual heart attitude or motivation by all parties involved."

2. Forgiveness \_\_\_\_\_ – Some within the church believe that followers of Christ are to forgive or cover the sins of others, as much as they can, without actually addressing the person's offense! Then when the follower of Christ gets to the point when they are simply overwhelmed by the offenses, it is then that they can go and discuss the offense with the other person.

✳ **So the question is... "How much offense is a person to cover with forgiveness?"** Some would point to 1 Peter 4:8 which state that "love covers a multitude of sin;" therefore believers are called to give grace to as much sin as they can and just cover it all with love, without actually confronting the others sinning believer of their sin!

3. Forgiveness Biblically \_\_\_\_\_ – Scripture points out that sinful man has access to God’s “**judicial** or **positional** forgiveness” that results in salvation/ justification, and Scripture also points out that sinners have access to “**parental** forgiveness” that results in the daily forgiveness of sin issues.

a) \_\_\_\_\_ by faith is that doctrine whereby God declares the sinner righteous on the basis of faith (Rom 3:28) through the means of Christ’s death and righteousness (Rom 5:9). Therefore, the sinner can approach the throne of God’s grace (Heb 4:16) because by faith, they have been declared forgiven and righteous by God Himself.

- Romans 8:1, 33–34, *“Therefore there is now no condemnation for those who are in Christ Jesus... 33Who will bring a charge against God’s elect? God is the one who justifies; 34who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.”*

b) \_\_\_\_\_ through God’s Gospel Grace is all of our sin forgiven, everything we need to love and obey God is provided for us through the perfect righteousness of Christ!

- 2 Peter 1:3–4, *“seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. 4For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust”* (cf. John 15:5; Gal 2:20)

c) God's Forgiveness - Man needs forgiveness from God both \_\_\_\_\_ salvation and \_\_\_\_\_ salvation. As previously pointed out, there are two different kinds of forgiveness found in the Scriptures, **judicial and parental forgiveness** (though these names themselves are not used in the Bible). To put it very simply, judicial forgiveness is the forgiveness of a judge and parental forgiveness is the forgiveness of a father.

- The Forgiveness Needed Before Salvation is Called \_\_\_\_\_ Forgiveness - God is the Judge and sinful man is the person on trial. Man is guilty of sinning, and the penalty is eternal death. But the Lord Jesus appears and announces, "I will pay the penalty which man's sins deserved; I will die as a Substitute for him!" This is what the Savior did on the Cross of Calvary. As soon as the man places their faith in the Savior, and repents of their sin, it is then that he receives “judicial forgiveness” of all his sins past, present and future (Psa 103:12; Eph 1:6-8). He will never have to pay the punishment for



them in Hell, because Christ has paid it all. The forgiven sinner now enters into a new relationship: God is no longer his Judge; now He is his Father.

Because God acts as a judge, he declares us righteous forever and delivering us from eternal condemnation because of our personal sin (Rom 4:3-8; Col 2:13- 14).

- The Forgiveness Needed After Salvation is Called \_\_\_\_\_  
Forgiveness – With parental forgiveness, God is no longer the Judge, but the Father! So when the follower of Christ sins, their fellowship in the family of God is broken. While the child of God has not lost their salvation, he has sacrificed for a time his joy of salvation. In addition, he may experience the discipline of his Father, designed to bring him back into fellowship. As soon as the child confesses his sin, he receives parental forgiveness.

While judicial forgiveness takes place once-for-all at the time of at salvation; parental forgiveness takes place every time a believer confesses and forsakes his sin. This is what Jesus taught in John 13:8-10 reminding believers that

we need the bath of regeneration only once to deliver us from the penalty of sins and Hell, but we need many cleansings throughout our walk with Christ to give us parental forgiveness.

- The \_\_\_\_\_ Between the “Judicial Forgiveness” and the “Parental Forgiveness” of God<sup>1</sup>:
  - ✓ Judicial forgiveness deals with sin's penalty; whereas parental forgiveness deals with sin's consequences.
  - ✓ Judicial forgiveness frees us from the condemnation of the righteous, omniscient Judge whom we have wronged; whereas parental forgiveness sets things right with a grieving and displeased but loving Father.
  - ✓ Judicial forgiveness provides an unshakeable standing before the throne of divine judgment; whereas parental forgiveness deals with the state of our sanctification or spiritual growth at any given moment and is dispensed from a throne of divine grace. Thus, the forgiveness Christians are supposed to seek out in their daily walk is not pardon from an angry Judge, but mercy from a grieved Father.

<sup>1</sup> <http://www.christianity.com/theology/why-are-you-supposed-to-seek-gods-forgiveness-if-he-has-already-justified-you-11556624.html> (accessed: 121613).

- Therefore it is necessary for the counselee to \_\_\_\_\_ and seek \_\_\_\_\_ – *“Lord, I acknowledge and renounce my heart of pride as evidence through my \_\_\_\_\_.”*

*Lord, I realize my pride offends you, so I ask for your forgiveness and choose seek to humble myself, put off my pride of sin and put on a Christlike spiritual heart attitude.”*

✎ **The difference between the two types of forgiveness may be summarized graphically as follows:**

	<u>JUDICIAL</u>	VS	<u>PARENTAL</u>
<b>The Person's Status:</b>	Sinner <b>(Romans 3:23)</b>		Child <b>(1 John 3:2)</b>
<b>Relationship of God:</b>	Judge <b>(Psa. 96:13)</b>		Father <b>(Gal. 4:6)</b>
<b>Result of Sin:</b>	Eternal death <b>(Rom. 6:23)</b>		Broken fellowship <b>(1 John 1:6)</b>
<b>Role of Christ:</b>	Savior <b>(1 Tim. 1:15)</b>		High Priest and Advocate <b>(Heb. 4:14-16; 1 John 2:1)</b>
<b>The Person's Need:</b>	Salvation <b>(Acts 16:30)</b>		Joy of salvation <b>(Psa. 51:12)</b>
<b>Means of Forgiveness:</b>	Faith <b>(Acts 16:31)</b>		Confession <b>(1 John 1:9)</b>
<b>Kind of Forgiveness:</b>	Judicial <b>(Rom. 8:1)</b>		Parental <b>(Luke 15:21,22)</b>
<b>Consequence Averted:</b>	Hell <b>(John 5:24)</b>		Chastening <b>(1 Cor. 11:31, 32)</b> Loss of reward at the Judgment Seat Of Christ <b>(1 Cor. 3:15)</b>
<b>Positive Result:</b>	New relationship <b>(John 1 :12)</b>		Renewed fellow-ship <b>(Psa. 32:5)</b>
<b>Frequency:</b>	Once (One bath of regeneration) <b>(John 13;10)</b>		Many times (many cleansings) <b>(John 13:8)</b>

d) Every faithful follower of Christ will be a lifelong \_\_\_\_\_ of their personal sin, in order to experience God’s all-sufficient forgiveness.

- **2 Samuel 12:7-13 [Nathan’s rebuke of King David and his sin of adultery and murder],**

*“7 Nathan said to David, “You are the man! Thus says the Lord, the God of Israel, ‘I anointed you king over Israel, and I delivered you out of the hand of Saul. 8 And I gave you your master’s house and your master’s wives into your arms and gave you the house of Israel and of Judah. And if this were too little, I would add to you as much more. 9 Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword and have taken his wife to be your wife and have killed him with the sword of the Ammonites. 10 Now therefore the sword shall never depart from your house, because you have despised me and have taken the wife of Uriah the Hittite to be your wife.’” 11 Thus says the Lord, ‘Behold, I will raise up evil against you out of your own house. And I will take your wives before your eyes and give them to your neighbor, and he shall lie with your wives in the sight of this sun. 12 For you did it secretly, but I will do this thing before all Israel and before the sun.’” 13 David said to Nathan, “I have sinned against the Lord.” And Nathan said to David, “The Lord also has put away your sin; you shall not die.”*

4. \_\_\_\_\_ Forgiveness Towards Others – The follower of Christ is to forgive one-another just as God has forgiven them (Eph 4:32; Col 3:13). When a believer grants forgiveness to someone else, they are promising to "not remember" their sins anymore (Jer 31:34); never to bring it up to other people or allow it to come to mind ever again!
- This means that the believer will \_\_\_\_\_ use the sin of another against them, so practically they are saying the following to the one they are forgiving:
    - ✓ "I will not remind you of this sin (unless it would be absolutely necessary to do so for your good)."
    - ✓ "I will not mention it to anyone else (unless it would be absolutely necessary...)."
      - ✓ "I will not allow my mind to dwell on it."
  - The believer is \_\_\_\_\_ to forgive. When they fail to make that promise to forgive, they are sinning.

5. Who, What, When, Where, Why & How a Follower of Christ Should \_\_\_\_\_  
\_\_\_\_\_?

- Various \_\_\_\_\_ of Forgiveness

✧ **Luke 17:3-4 View of Forgiveness** - Some passages in Scripture clearly imply that we can only forgive those who ask for it - *“Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, and if he sins against you seven times in the day, and turns to you seven times, saying, ‘I repent,’ you must forgive him”* (cf. Matt 6:12)

✧ **Mark 11:25 View of Forgiveness** - However, others imply that the follower of Christ should forgive everyone who sins against them, regardless of whether they ask for it or not - *“And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”*

- **The Question:** Now Mark 11:25 and Matthew 6:12 could imply that a believer is to forgive everyone, whether they confess it or not, and therefore Christians are just to forgive. However, a solid hermeneutic of the Scriptures will not build a theology on two verses. Now is forgiveness conditional or is it not?
- **The Answer:** The overall testimony of the Scripture’s teaches that God’s forgiveness is *CONDITIONAL...*, BUT His heart desire is to forgive as seen in Psalm 32:1, *“Blessed is the one whose transgression is forgiven, whose sin is covered.”* The covering mentioned here is described later in Psalm 51:1-19, for once the sin is repented of, then the sin is forgiven and covered (cf. Ps 85:2).

6. The Attitude of \_\_\_\_\_: *Willing to Forgive* - Even though the counselee may not be able to fully reconcile with everyone who sins against them, their spiritual heart attitude towards those individuals should never be one of anger, bitterness, resentment, or any kind of ill will.

#### **Verses Supporting the Demand of God to Forgive Others:**

- Psalm 86:5, *“For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you.”*
- Matthew 6:12-15, *“and forgive us our debts, as we also have forgiven our debtors. <sup>13</sup> And lead us not into temptation, but deliver us from evil. <sup>14</sup> For if you forgive others their trespasses, your heavenly Father will also forgive you, <sup>15</sup> but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”*
- Mark 11:25, *“And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”*

- Luke 11:4, “and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.”
- Luke 23:34, “And Jesus said, “Father, forgive them, for they know not what they do.” And they cast lots to divide his garments.”

It can be concluded from those verses concerning love and graciousness that any time someone wrongs us, we should pray to God in this way:

*"Father, you know what has happened between \_\_\_\_\_ and me. Help me to not be angry or bitter at him/her, nor to seek revenge in any way, but help me to love him/her and desire only their good. Please work in their heart and bring him/her to repentance so that they can experience reconciliation with me and with You. God use me in any way so that I can help him/her to experience repentance and forgiveness."*

7. Extending \_\_\_\_\_ in Forgiveness: What about Proverbs 17:9, which states, “Whoever covers an offense seeks love...”; and Proverbs 19:11 that also points out, “Good sense makes one slow to anger, and it is his glory to overlook an offense.” Sometimes it is wise to let the sin of another pass by for a time, while taking time to minister to that person. Once the individual’s spiritual heart attitude changes, this will be the more productive time to address the sin issue that has not yet been repented of and forgiven. In some occasions, it is an issue of time and coming alongside an individual that can bring repentance and forgiveness.
  
8. Example of \_\_\_\_\_ Theology – Movie “**Courageous**”
  
9. A Proper Biblical \_\_\_\_\_ to Those Individuals Seeking Forgiveness - Proverbs 28:13 reveals the right response, “He who confesses and forsakes [sin and transgression] will obtain mercy [forgiveness].” Therefore, if a sinning individual seeks forgiveness, Romans 4:6-8 points out that other believer(s) are not to keep a record of sin when it is confessed and forgiven.

10. Therefore Forgiveness is a \_\_\_\_\_ that Takes Place \_\_\_\_\_ Repentance Has Occurred. – When a sinning individual authentically seeks out and asks for forgiveness from God and the individual(s) they have offended, it is then that the **“transaction of forgiveness”** takes place. This **“transaction of forgiveness”** takes place after repentance of the sinner has occurred!

Just as God does not make His promise of pardon to people unless they repent (Luke 3:3; Acts 2:38), therefore the follower of Christ cannot actually say *“I forgive you”* to another believer unless they first admit their sin and repent = **“transaction of forgiveness.”**

11. Key \_\_\_\_\_ Pertaining to Forgiveness:

- **Confronting vs. Covering?** - Psalm 27:5 points out that open admonishment or rebuke is better than the love that conceals sin. The “covering of love” only takes place after the sin of another has been repented and forgiveness has taken place.
- **Apologizing/Sorry vs. Asking for Forgiveness?** - When an individual “apologizes”, in general they are expressing regret or that they are sorry for a wrong or injury. However, those who simply apologize are expressing [verbally or not] a secondary meaning that is attempting to give a defense or vindication for something they have done. Many who give an apology present a mixture of expressing regret or remorse for a wrong or injury... while also giving a defense or vindication for what they have done. Therefore, they are expressing remorse for the result of what they did, but not for what they did.

**On the other hand**, forgiveness is a “pardon for something that has been done. When an individual asks for forgiveness it requires humility because they have to admit that they have actually done something wrong and desiring to repent or turn from that act. This is why God uses **forgiveness of sin to save the lost** and **not grief or sorrow from sin**.

Bottomline, an “apology is not asking for forgiveness, rather it is simply being sorrowful for what someone did. For example, both Judas and Cain experienced worldly grief or sorrow, *“For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death”* (2 Cor 7:10); and the result of Judas’ or Cain’s worldly grief was spiritual disaster and death.

An apology is simply not taking responsibility for one’s actions, but biblical forgiveness takes responsibility for sin.

- **What About Forgiving God?** - We do not have to forgive God because He never sins.
- **What About Forgiving Unbelievers?** – The believer is experiencing a process of “turning the other cheek” for the non-believer is not capable of dealing with biblical forgiveness. However, the follower of Christ can tell them **“it’s OK”** and use this

situation as an opportunity for evangelism, sharing the Gospel, and how God can provide them with the wondrous gift of eternal forgiveness.

Keep in mind that the believer should not forgive a non-believer, because it does not reflect a biblical reality, for only believers can be forgiven. However their still remains a Gospel opportunity to point them to the One who can forgive them of all their sins, past, present, and future, resulting in salvation and the hope of eternal life. For a believer, the process of forgiveness involves loving biblical confrontation, according to Matthew 18; whereas for an unbeliever it would involve loving them and sharing the hope of the Gospel, if possible.

- **What About Forgiving Dead People?** – The follower of Christ is not called to forgive dead people. As far as their sin is concerned, either Jesus has forgiven them, and they are in Heaven’s glory or the consequences for their unrepentant and unforgiven sin are taking place in Hell. Only those who are alive can repent of sin with the Father and seek forgiveness and reconciliation.
- **What About Forgiving Ourselves?** - There is no doctrine or scriptural support about forgiving self! According to 1 John 1:9, it is God who forgives based on saving faith trusting in Jesus as Savior and Lord.

However, even though a person has experienced freedom from the bondage of sin (Romans chapters 6-8), they can still choose to remain in it and act as though they were never freed from it.

- **What About Guilty Feelings?** - The follower of Christ can accept the fact that they are forgiven in Christ (Jer 31:34), or they can believe the devil’s lie that they are still guilty and should therefore feel guilty. However, if the believer has sought out forgiveness from former sins but they are reminded of them, they can choose to dwell on those forgiven sins (with the resulting guilty feelings), or they can choose to fill their spiritual heart/mind with thoughts of a faithful God who forgives, while also thanking and praising Him for His grace and forgiveness (Phil 4:8; Mark 9:24).

Therefore, remembering one’s sins should simply remind us to forgive others as they have been forgiven by God (Matt 18:21-35). However, there are people who don’t forgive themselves because they really don’t want to forget their former sins, choosing to continue to relive them in their minds or actually continue to actively pursue them in their daily life. This is sin and must be confessed and repented (Matt 5:28). This continuing cycle of sin and guilt is damaging to one’s personal relationship with Christ and process of sanctification.

- **What About One Believer Showing Unforgiveness to Another Believer?** - This is when someone admits they have sinned, have exercised repentance and are asking for forgiveness (transaction), BUT the offended person says “no” to forgiving that individual. For Example: Matthew 18:21-35, *The Parable of the Unforgiving Servant* – (the unforgiving believer will experience the anger and discipline of God in their life).

12. Biblical Forgiveness and the importance of the “\_\_\_\_\_”...

- The Cross gives us the freedom to seek and receive \_\_\_\_\_ each time we fail!!
- Each failure and sin reminds us of \_\_\_\_\_ Jesus had to die on the Cross.
- Each confession reminds us of the forgiveness that \_\_\_\_\_ the “CROSS” could provide.

13. Summary: \_\_\_\_\_ Should Believers Forgive?

- ✓ Immediately (Luke 17:3)
- ✓ Repeatedly (Luke 17:4)
- ✓ Lavishly (II Corinthians 2:5-8)

14. Summary: \_\_\_\_\_ should we forgive? - Because the truth of the Gospel motivates us to forgive!

**Practical Application:** The best way to understand biblical forgiveness is to realize one’s own spiritual heart attitude and need for forgiveness to be granted by the Creator, Lord, and Savior. Remembering that our sins are forgiven should make it easier to forgive others of their sins (Matt 7:1-5; 1 Tim 1:15). In addition, forgiveness should remind us of the grace of our Lord and Savior, Jesus Christ who forgave us and is drawing us closer in loving obedience to Him (Psa 103:2-3,10-14; Rom 5:10). God will allow our sin to come to mind (Satan may intend it for an evil purpose, but God allows it for a good purpose), but He wants us to accept His forgiveness and rejoice in His grace. So, the next time your former sins come to mind, don’t dwell on the sin... rather dwell upon God’s grace and mercies. Philippians 3:13-14, “*Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus.*”

**THANK YOU FOR YOUR ATTENTION... MUCH GOSPEL GRACE TO YOU!**

**Recommended Reading:**

- ✓ *Unpacking Forgiveness* - Chris Brauns
- ✓ *Forgiving Others: Joining Wisdom and Love* – Timothy Lane



## **People Who Have Hurt Me**

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List each of the individuals who have hurt you in the past.

1. Family members

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2. Friends

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3. Teachers, students, classroom experiences

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4. Believers, church situations, pastor, church leaders, etc.

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5. Others

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“Lord, I choose to forgive (       Name       ) for (       event, hurt, circumstances, pain       ), and I am willing to pay for the emotional pain and consequences that (       Name       ) has caused me. I ask You to take back ground given to Satan through my bitterness and unforgiveness, and I yield that ground to the control of the Lord Jesus Christ.”

## Forgiveness Summary Sheet

### I. Definition of Biblical Forgiveness

- Giving up the **RIGHT** to revenge
- To **RELEASE** the offender from your grip
- Clearing the **RECORD** in your heart – and not holding it against them

### II. 3 Characteristics of Forgiveness – what does it mean to forgive?

1. I will not bring it up to you again to use in a hurtful way
2. I will not talk about it to others
3. I will not dwell on it myself

### III. When to Evaluate and See if You Need to Forgive Someone

- Before prayer – see **Mark 11:25** “When you stand praying”
- Before worship – see **Matt. 5:23-24** “Therefore if you bring your gift...”
- Before sleeping – see **Eph. 4:26** “Do not let the sun go down on your wrath...”

### IV. Guidelines for Forgiveness / how to go about it

Forgiveness does not depend on:

FRUIT, FAITH, or FEELINGS

#### 1. **Fruits of repentance** are not required (see Luke 17:3)

- We must give the benefit of the doubt to the person who has offended us
- We cannot judge the heart of the other person
- We have to work with the information we have when they say “I repent”

#### 2. **More Faith** is not needed to forgive (see Luke 17:5)

- It is a question of obedience; no amounts of faith will do it.
- You can’t say “I just don’t have enough faith to forgive.” “I’m asking God to give me more faith.” Or “I’m asking God to help me forgive.”
- Faith as small as a mustard seed is enough.

### 3. When I Feel like it is not an acceptable condition for the timing of forgiveness

- Obeying God whether I feel like it or not is not hypocritical. It may feel uncomfortable, but it's not hypocrisy.
- Obeying God is right. It does not instantly remove anxiety, hurts or damages that have occurred but it does stop the development of further sinful patterns.

#### V. Consequences of Not Forgiving

- **Anger / bitterness** – see **Heb. 12:15** “lest any root of bitterness... defile many”
- **Self pity** – see **Jonah**

3:10-11 “then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring, and He did not do it. But it **displeased Jonah exceedingly**, and he became angry.”

4:3-4 “Therefore now, O Lord, please take my life from me, for it is better for me to die than to live!”

4:9 “Then God said to Jonah, ‘Is it right for you to be angry... and he said, ‘It is right for me to be angry, even to death!’”

- **Guilt or depression / physical illness** – see **Psa. 32:3-4** “When I kept silent about my sin, my bones wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my strength was sapped as in the heat of summer.”
- **More sin** – one sin always leads to more sin – it spreads – see **Gen. 4:6-7** “Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.”
- **Torment** – see **Matt. 18:34** “delivered him to the torturers”
- **No forgiveness for your own sins!** – see **Matt. 6:14-15** Lord’s Prayer “But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”
- **No answers to prayer** – see **Mark 11:25** “When you stand praying...”

# Forgiveness is a Choice

## In my thoughts....

**I will not dwell on the incident or replay it in my mind.**

*"Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ." 2 Corinthians 10:5*

## In my speech...

**I will not talk about the incident with the forgiven person or with others.**

*"Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking." 1 Peter 2:1*

## In my actions...

**I will not allow the incident to embitter me against the forgiven person and use it to hurt them.**

*"Love... bears all things, believes all things, hopes all things, endures all things." 1 Corinthians 13:7*

## Example Prayer of Forgiveness<sup>2</sup>:

### ✠ Matthew 18:21-22 and the Call to Confession:

*Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?"<sup>22</sup> Jesus said to him, "I do not say to you seven times, but seventy-seven times.*

### ✠ Prayer of Confession:

#### **Merciful Father,**

*We have often been quick to judge and slow to forgive our brothers and sisters. We notice and keep score for every sin that others commit against us. Sometimes we punish them by lashing out in anger, while at other times we treat them with silent coldness, instead of extending mercy and grace. We have dismissed their attempts at repentance as insincere words, and have held grudges against them, instead of forgiving them freely. At times, we have not even given them the chance to make amends by graciously showing them their sin but have simply assumed that they would be unwilling to repent.*

*Thank you, Father, that this is not how you have treated us. You have mercifully accepted our flawed repentance, in spite of our divided hearts. You have not held our sin against us, though we have grieved and sinned against you countless times boldly and brashly, not merely out of ignorance or oversight but with deliberate defiance. Instead you have taken every last one of our sins and crucified them in Jesus, your Son. In place of our failure and sin, you have substituted Christ's perfect obedience and righteousness. Christ's forgiving love pled for the forgiveness of those who were actually crucifying him. We confess that we were the ones who spilt his blood; we have trampled upon your Son. Yet in your grace you see us as having the same forgiving spirit of Christ! We have not been dealt with according to our sins, because Jesus has. We have been given infinite grace by this loving Advocate.*

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<sup>2</sup> Barbara R Duguid and Wayne Duguid Houk. *Prone to Wander: Prayers of Confession and Celebration* (Phillipsburg: P&R Publishing, 2014), p. 128.

*Gracious Lord, help us to worship you in light of these truths. Enable us to love and forgive one another in the same way that you have loved and forgiven us. Teach us to see every sin against us by a brother or sister in Christ having been nailed to the cross. In place of the record that we keep of one another's wrongs, help us to ponder the record of Christ's righteousness, which is sufficient to pay of our brother's sins, just as it has paid for ours. Help us to become people who, knowing that they have been forgiven much, are themselves deeply forgiving, even toward those who have sinned against us many times. In Jesus' mercifully name, Amen!*

✠ **1 John 1:8-9 and the Assurance of Pardon of Confession:**

*If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

# Video 9 Notes

## “Expectations of Counseling”

Our goal is to set expectations in advance of what is required for counseling so that there are no surprises along the way. We desire for you to see God-glorifying change in your life and set these expectations up in a way that helps you to experience that.

- 1) We will not be able to counsel you if you are seeing outside counseling/therapy/support group. A waiver will be considered for those who are under the care of a psychiatrist for medication oversight or court ordered (see Counseling Agreement, PP 2)
  - The waiver applies to me and I need to email [counseling@chccbw.org](mailto:counseling@chccbw.org) to request this be considered for my situation.
- 2) You must attend Canyon Hills weekly. If you cannot make it for a Sunday service, you commit to watching the service online for the week you missed (see Counseling Agreement, PP 3)
- 3) You will come on time and prepared for each session (see Counseling Agreement, PP 4; Schedule and Cancelation Agreement)
- 4) Projects for Growth will be assigned each week, and I commit to setting time aside to complete these well (see Counseling Agreement, PP 5)
  - Here’s a Project for Growth for this video – what time can you look ahead and commit in your schedule to accommodate working on future projects? Plan on 1.5-2 hours of projects per week (5 minutes a day isn’t going to have much of an impact!) It’s best to spread your time working on these throughout the week, instead of rushing through the night before your session. Remember, the goal is to have God working in your heart all throughout the week! Pick *at least* three days below and write the time you plan to dedicate to working on your Projects for Growth:**
    - i. Sunday: \_\_\_\_\_
    - ii. Monday: \_\_\_\_\_
    - iii. Tuesday: \_\_\_\_\_
    - iv. Wednesday: \_\_\_\_\_
    - v. Thursday: \_\_\_\_\_
    - vi. Friday: \_\_\_\_\_
    - vii. Saturday: \_\_\_\_\_
- 5) You commit to praying for the process!
- 6) You commit to being patient.
- 7) Remember that your counselor is not perfect, but they will point you to the One who is!







# **Sermon Application Paragraphs**

A requirement for counseling is to attend church on a weekly basis. With the following section please fill out based on the CHCC sermon you just listened to.



## Sermon Application Paragraphs

Date: \_\_\_\_\_ Sermon Title: \_\_\_\_\_

Passage: \_\_\_\_\_

Summarize the sermon in your own words:

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What do you need to change as a result of what you've heard? Be specific.

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What steps might you take to put this change into place? Be specific.

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Date: \_\_\_\_\_ Sermon Title: \_\_\_\_\_

Passage: \_\_\_\_\_

Summarize the sermon in your own words:

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What do you need to change as a result of what you've heard? Be specific.

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What steps might you take to put this change into place? Be specific.

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Date: \_\_\_\_\_ Sermon Title: \_\_\_\_\_

Passage: \_\_\_\_\_

Summarize the sermon in your own words:

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What do you need to change as a result of what you've heard? Be specific.

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What steps might you take to put this change into place? Be specific.

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Date: \_\_\_\_\_ Sermon Title: \_\_\_\_\_

Passage: \_\_\_\_\_

Summarize the sermon in your own words:

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What do you need to change as a result of what you've heard? Be specific.

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What steps might you take to put this change into place? Be specific.

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Date: \_\_\_\_\_ Sermon Title: \_\_\_\_\_

Passage: \_\_\_\_\_

Summarize the sermon in your own words:

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What do you need to change as a result of what you've heard? Be specific.

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What steps might you take to put this change into place? Be specific.

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What steps might you take to put this change into place? Be specific.

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# **Spiritual Convictions Questionnaire**

<sup>1</sup>Taken from Wayne A. Mack, Preparing for Marriage: God's Way.



Finish the following sentences with two or three answers each.

1. God is

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2. Jesus Christ is (describe who you think He is, what He has done, what He is doing now, what place He has in your life, what He means to you, etc.)

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3. My relationship to God and His Son Jesus Christ is (describe the kind of relationship you have with God and how important that relationship is - be specific)

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4. A Christian is

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5. I know that I am (or am not) a Christian because

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5. The Bible is (describe what you think it is, what it means to you, what place it has in your life, how you use it, etc.)

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7. Sin is

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8. My chief sins are

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9. When I sin, I (describe how you handle sin, what you feel when you sin, what you do after you sin)

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10. I feel guilty when

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11. I pray (when, how, why, what for, etc.)

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12. My chief goals in life are

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13. I want (or do not want) to attend and be involved in church (answer the questions "how" and "why")

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14. I believe fellowship with other Christians is (define what it is, what it involves, how important it is, and how it can be developed)

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15. I am promoting my spiritual growth and the spiritual growth of my partner by

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16. My partner and I differ in spiritual matters (when, how, over what, etc.)

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17. The changes I would like to make in my own spiritual life are

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18. The changes I would like my partner to make spiritually are

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Review your answers. Are there any that you would like change? Which ones? Why? Are there any to which you do not know the answer? Which ones? Compare and discuss your answers with your partner. Write down your impressions of this study. What have you learned about yourself and what have you learned about your partner? What changes do you need to make in light of this study?

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# During Counseling



# Session Notes



# **Homework Assigned**



# **Journals & Assessments**





# Struggle Journal

Describe the situation. What circumstances occurred?	What were you thinking and feeling as this happened?	What did you do?	What were you wanting? What did you desire to have happen?	What was the outcome?

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**“DISCOVERING WONDERFUL THINGS” Psalm 119:18**

Before you begin to study...Pray for understanding! (Proverbs 1:23)

PASSAGE Ephesians 4:29

DATE: \_\_\_\_\_

<p align="center"><b>OBSERVATION</b></p> <p>What does this passage say? Write out the text. Read the text out loud slowly in different translations. Memorize it.</p>	<p align="center"><b>INTERPRETATION</b></p> <p>What does this passage mean? (Define words - see cross-references.) Write out the interpretation. Is there a doctrine (teaching) to know? Is there a reproof (a sin to avoid)? Is there a correction (command to obey)? Is there instruction in righteousness (practical steps in how to put off the old nature and put on the new nature, Eph. 4:17-32)? II Tim. 3:16.</p>	<p align="center"><b>APPLICATION</b></p> <p>What does this passage mean to me? How should this change my life? What specific things can I do to apply this truth to my life? Write down what you are going to do, with whom and for whom and when you will start.</p>	<p align="center"><b>PRAYER</b></p> <p>Write out a personal prayer asking God to accomplish in your life what the passage demands.</p>
<p>“Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear.” (NASB)</p> <p>“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” (NIV)</p>	<p>Define words like Unwholesome=  Edification=  Grace=  X The tongue can be a source of harm X The tongue can build people up. X The tongue can be an instrument to minister grace.</p> <p align="center"><b>Application</b></p> <p align="center"><b>Johnny:</b> Dependable – Wise Full of faith – Forgiving Enthusiastic – Resourceful Thrifty – Sincere Punctual – Tolerant</p> <p align="center"><b>Harry</b> Cautious – Grateful – Neat Has initiative – Responsible Courageous – Decisive Determined – Sensitive - Loyal</p>	<p>I must stop saying unwholesome words like: “Can’t you ever do anything right?” “You’re always 10 minutes late!” “Can’t you ever listen the first time?”</p> <p>I will make a list of the five people closest to me and the ten character qualities I appreciate about them and purpose to compliment one person each day.</p> <p align="center"><b>Dick:</b> Well disciplined - Bold Faithful - Discerning Good listener - Persuasive Content - Fair</p> <p align="center"><b>Jane:</b> Courteous - Kind Thoughtful - Well organized Humorous - Joyful Cheerful voice - Energetic</p> <p align="center"><b>Suzy:</b> Persistent – Available Accurate – Precise – Creative Reverent – Thorough Confident - Patient</p>	<p>Father, show me the things I say that are hurtful and cutting and help me to stop saying words that are unwholesome. Help me to say words that will build people up today and encourage them.</p> <p align="center"><b>RESULTS</b></p> <p>What happened in my life because I applied this truth?</p> <p>The Holy Spirit pointed out to me that I say many more unwholesome (hurtful) words than I thought.</p> <p>I was able to keep my goal of one positive comment every day, and, in fact, on three days I could remember complimenting at least four people in the course of the day</p>

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<p>“Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear.” (NASB)</p> <p>“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” (NIV)</p>	<p>Define words like Unwholesome=</p> <p>Edification=</p> <p>Grace=</p> <p>X The tongue can be a source of harm X The tongue can build people up. X The tongue can be an instrument to minister grace.</p> <p align="center"><b>Application</b></p> <p align="center"><b>Johnny:</b> Dependable – Wise Full of faith – Forgiving Enthusiastic – Resourceful Thrifty – Sincere Punctual – Tolerant</p> <p align="center"><b>Harry</b> Cautious – Grateful – Neat Has initiative – Responsible Courageous – Decisive Determined – Sensitive - Loyal</p>	<p>I must stop saying unwholesome words like: “Can’t you ever do anything right?” “You’re always 10 minutes late!” “Can’t you ever listen the first time?”</p> <p>I will make a list of the five people closest to me and the ten character qualities I appreciate about them and purpose to compliment one person each day.</p> <p align="center"><b>Dick:</b> Well disciplined - Bold Faithful - Discerning Good listener - Persuasive Content - Fair</p> <p align="center"><b>Jane:</b> Courteous - Kind Thoughtful - Well organized Humorous - Joyful Cheerful voice - Energetic</p> <p align="center"><b>Suzy:</b> Persistent – Available Accurate – Precise – Creative Reverent – Thorough Confident - Patient</p>	<p>Father, show me the things I say that are hurtful and cutting and help me to stop saying words that are unwholesome. Help me to say words that will build people up today and encourage them.</p> <p align="center"><b>RESULTS</b></p> <p>What happened in my life because I applied this truth?</p> <p>The Holy Spirit pointed out to me that I say many more unwholesome (hurtful) words than I thought.</p> <p>I was able to keep my goal of one positive comment every day, and, in fact, on three days I could remember complimenting at least four people in the course of the day</p>





# **Graduation & Action Plan**



## After Counseling Action Plan

You will soon be graduating from counseling but the process of growth and sanctification should continue on for your entire life.

*“...make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.”*

- 2 Peter 1:5-8

God’s desire for us is that we keep growing and increasing in our Christlikeness. Using the disciplines of grace that you have been doing through counseling, create an action plan to keep you on track as you transition from counseling to accountability within your life group and family.

For each category, write out what you plan to do. Be specific about time, place, and what you will be studying.

**Daily Bible Reading:** (What will you read? When during the day will you read? Who will keep you accountable?)

**Memorization and Meditation:** (What specific scriptures are you going to start with? Choose at least 5 to take you through the next several weeks.)

**Supplemental Reading:** (What books will you read to raise your knowledge and opinion of God? What will you read to address sin and challenge you in your sanctification? What topics do you need to study next?)

# Book Studies

## Theology Books:

Trusting God by Jerry Bridges  
Attributes of God by A.W. Tozer  
None Like Him by Jen Wilken  
God is the Gospel by John Piper  
A Shepherd's Look at Psalm 23 by Phillip Keller  
The Holiness of God by R.C. Sproul  
Knowledge of the Holy by A.W. Tozer  
Found in Him by Elyse Fitzpatrick

## Growth Books:

The Pursuit of Holiness by Jerry Bridges  
Respectable Sins by Jerry Bridges  
Gospel Treason by Brad Bigney  
Idols of the Heart by Elyse Fitzpatrick  
Pursuing Peace by Robert Jones  
Uprooting Anger by Robert Jones  
Maximum Impact by Wayne Mack  
What Jesus Demands from the World by John Piper  
Relationships: A Mess Worth Making by Paul David Tripp and Timothy Lane  
People Pleasing by Lou Priolo  
Unpacking Forgiveness by Chris Braun  
Choosing Gratitude by Nancy Leigh DeMoss  
The PeaceMaker by Ken Sande  
Killing Sin Habits by Stuart Scott  
Dark Clouds Deep Mercy by Mark Vroegop

## Devotional Books:

New Morning Mercies by Paul David Tripp  
The Heart of the Matter by CCEF  
Comforts from the Cross by Elyse Fitzpatrick  
Comforts from Romans by Elyse Fitzpatrick  
Solid Joys by John Piper (available free at [DesiringGod.org](http://DesiringGod.org))

Any book by any of these authors is also recommended.