

Helping Others Change





Scan the QR code for a link to Jonathan's Instagram profile where you'll find today's handout, PowerPoint, and resource guide!

Review:

Change's destination: heaven

Change's power: marriage to Christ

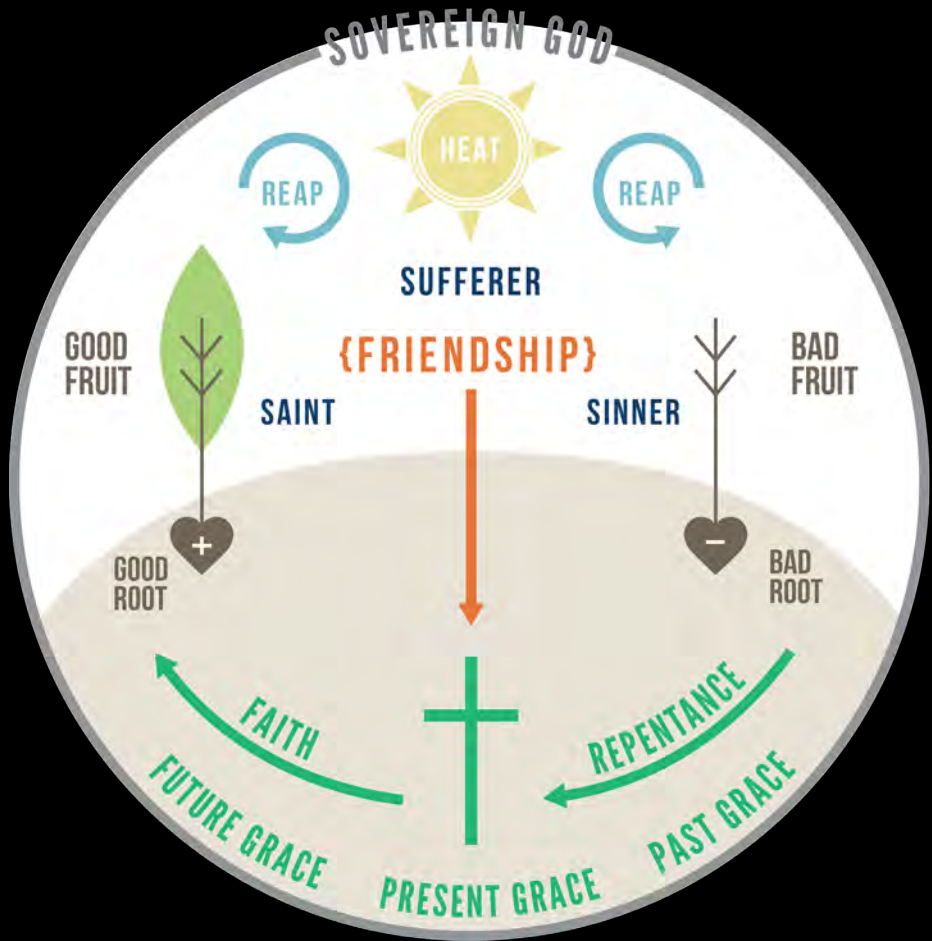
Change's method: relationships with believers

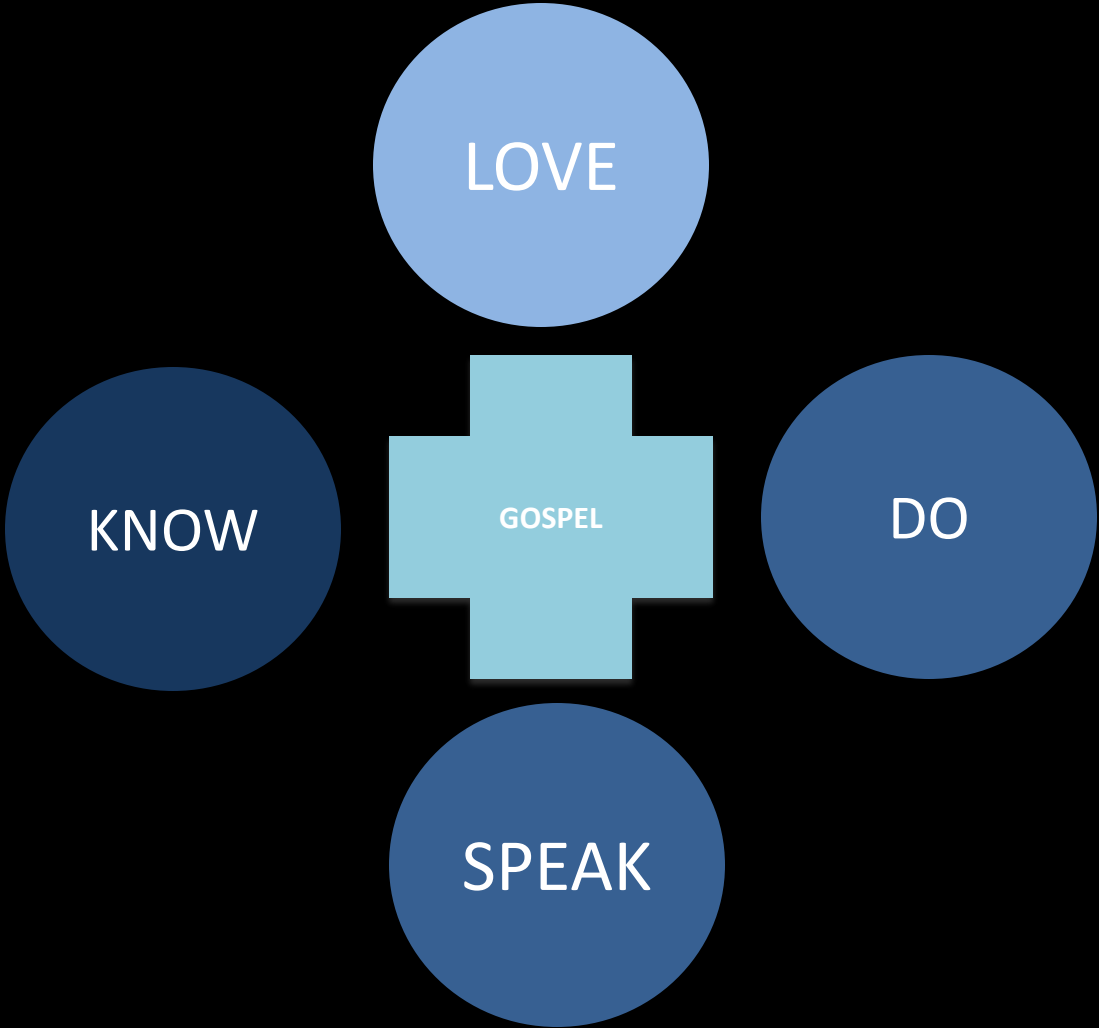
Change's location: the heart

Change's roadmap: the big picture

THE BIG PICTURE

Jeremiah 17:5-10





LOVE

KNOW

GOSPEL

DO

SPEAK

Keith Herman, *Reassessing Predictors of Therapist Competence* [1993]

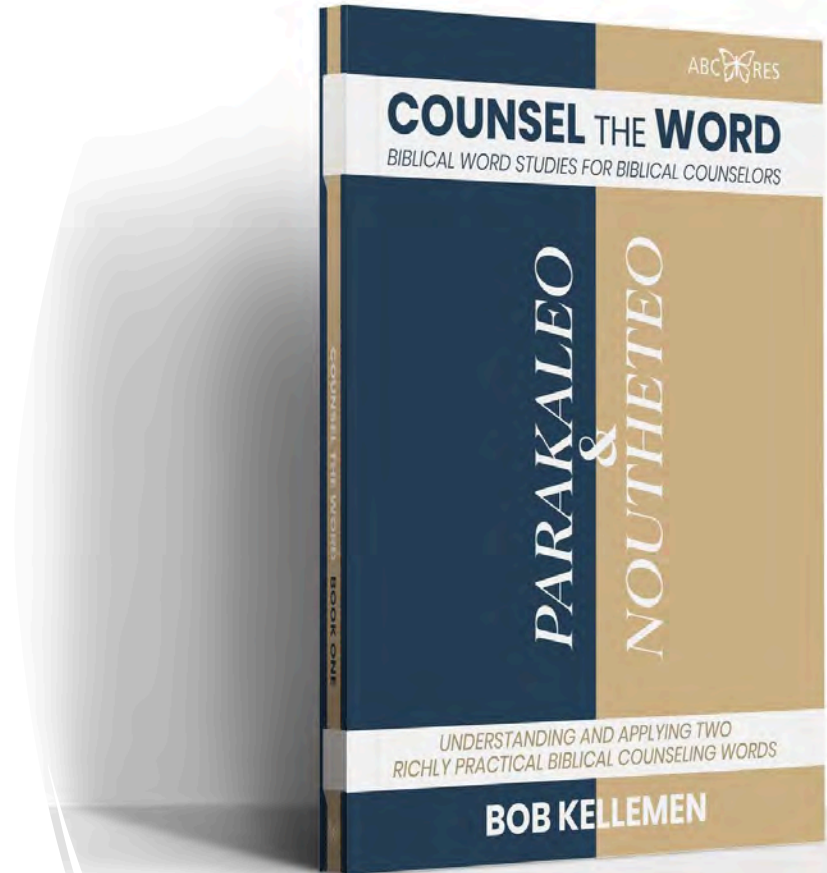
- Maturity
- Love
- Genuine concern
- Empathy
- Humility
- Vulnerability

Edward T. Welch

Friends are the best helpers. They come prepackaged with compassion and love. All they need is wisdom, and that is available to everyone. It's the perfect system. If God used only experts and people of renown, some could boast in their own wisdom, but God's way of doing things is not the same as our way.

Greek word study

- *Parakaleo- 138 times*
- *Noutheteo- 11 times*



In personal ministry, I want to bring more than a heart of compassion, a willingness to listen, and a commitment to help bear someone's burden. Though these are the sweet fruit of Christian love, I want to offer more. I want to bring the heart-changing truths of Scripture to people in the midst of their situations and relationships. Personal ministry is about people loving people, but in a way that includes bringing them God's Word.

Paul Tripp


Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Galatians 6:1-2


Why don't we get involved in
relationships?




Too messy




Takes too much
time



Think that
someone else will
take care of it



You've been
burned
before/feels risky




Social media is
easier



Pride



Past hurt



Unrealistic
expectations

We want ministry that doesn't demand love that is so demanding! We don't want to serve others in a way that requires so much personal sacrifice. We would prefer to lob grenades of truth into people's lives rather than lay down our lives for them. But this is exactly what Christ did for us. Can we expect to be called to do anything less?

Paul Tripp

Four elements of a loving relationship

1. Look for people
2. Enter their world
3. Incarnate the love of Christ
4. Identify with suffering



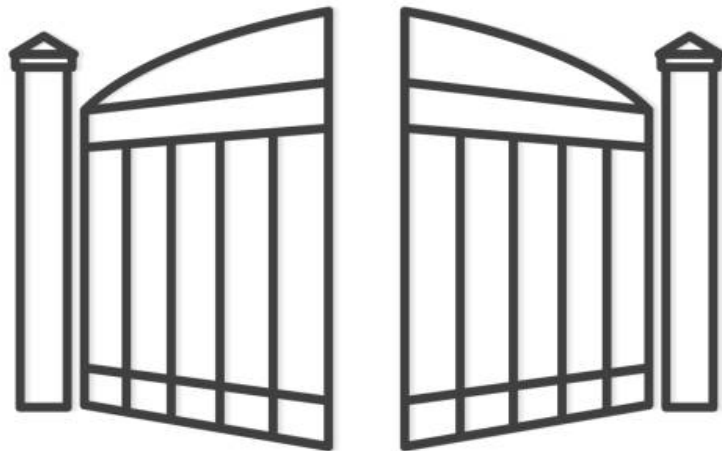
Look for people

Compassion is being moved in the affections of our inner being when we see the distress of others, coupled with a subsequent outer movement of action in which we seek to alleviate that distress out of love for God and love for neighbor.

Karrie Hahn

Empathy is an outworking of love and it says, “I see you and that you are struggling. I am committed to not standing far off from you, just as Christ does not stand far from you. I will work hard to understand you, your experience, and your perspective because I want to know you.

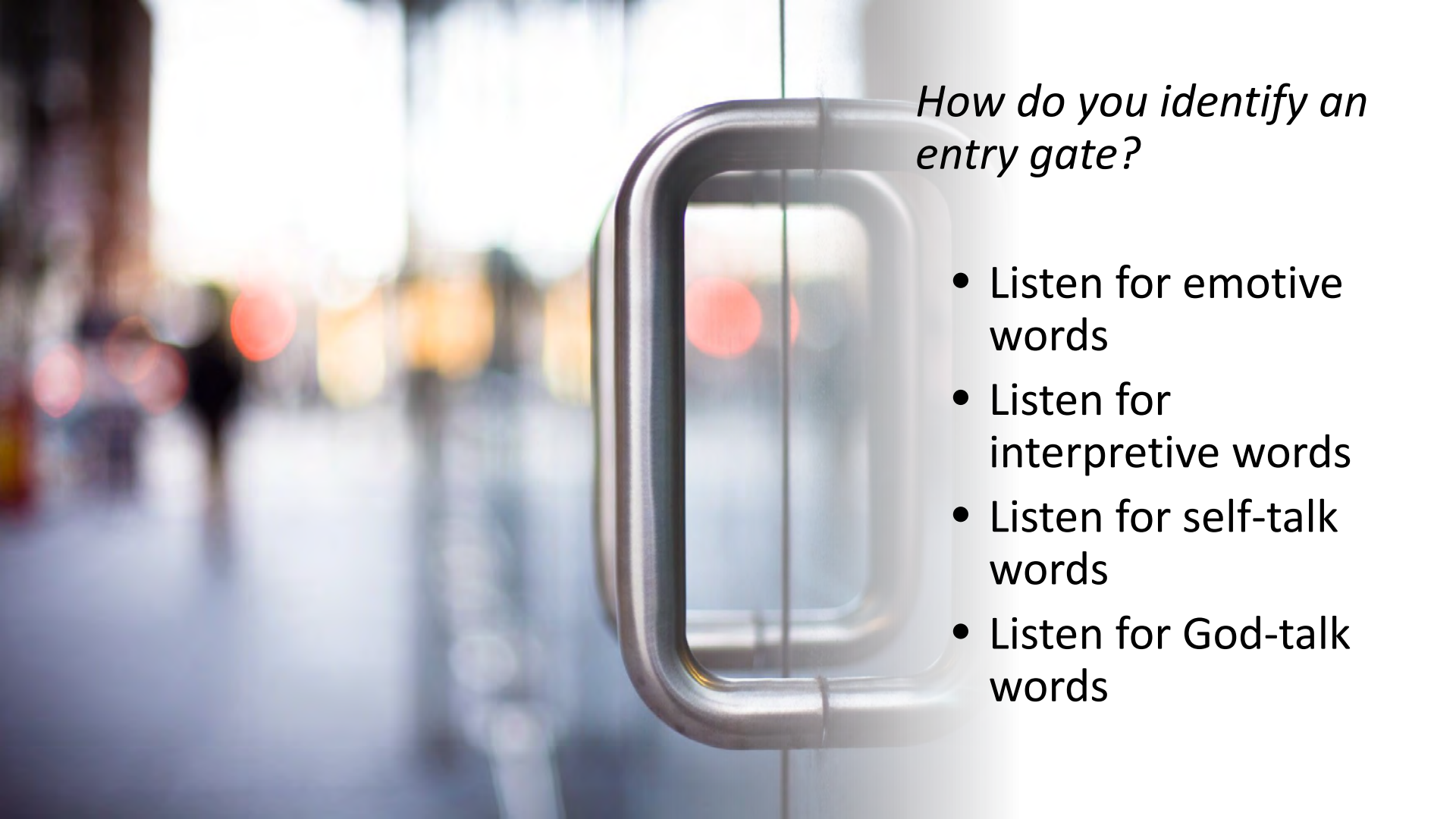
Lauren Whitman



Enter their world

What are these entry gates?

- What is currently hard in this person's life?
- What difficult situations or circumstances are they stuck in?
- What people in their life are burdens? Joys?
- Where are they stuck? Feeling paralyzed?



How do you identify an entry gate?

- Listen for emotive words
- Listen for interpretive words
- Listen for self-talk words
- Listen for God-talk words

Incarnate
the love
of Christ



In this is love, not that we have loved
God but that he loved us and sent his Son
to be the propitiation for our sins.

1 John 4:10



Identify with suffering

Our suffering ranges from the temporary wounds of someone's thoughtlessness to horrible experiences of mistreatment and abuse. We are all suffering sinners. It is the thing we share with everyone we meet. As such, it is common ground for personal ministry.

Paul Tripp



Biblical principles on suffering



The Bible
declares that God
is sovereign over
all things- even
suffering.



The Bible
says that God
is good.



The Bible
says that God
has a
purpose for
suffering.



—

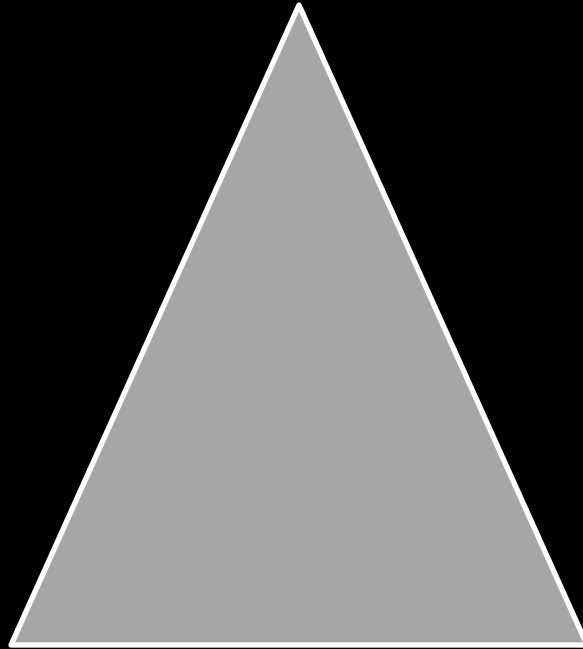
The Bible explains the ultimate reasons why we suffer



The Bible is clear
that God's
sovereignty
never means the
suffering isn't
real.



God's sovereignty



God's wisdom

God's love

God is not the God of the sufferers. God is the
God who suffers. God doesn't explain our
suffering, he shares our suffering.

Nicholas Wolterstorff

Paul Tripp

- God's redemptive activity always takes place within relationships.
- God's first step in changing us is to draw us into relationship with him.
- Our relationships are essential to the work God is completing in us and in others.



Getting to know others

To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is a lot like being loved by God. It is what we need more than anything.

Tim Keller

In those days, when again a great crowd had gathered, and they had nothing to eat, he called his disciples to him and said to them, "*I have compassion on the crowd, because they have been with me now three days and have nothing to eat. And if I send them away hungry to their homes, they will faint on the way. And some of them have come from far away.*"

Mark 8:1-3

Then the LORD said, “I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land...

Exodus 3:7-8

How do we truly know people?

1

Ask good questions

2

Listen with love

3

Consider their answers

4

Organize their responses



Ask good questions

The goal of hearing a patient's story is not to assemble a list of details but to discern the medical plotline(s) that best explain and account for those details.

Mike Emlet

What kind of questions should you ask?

- Ask open-ended questions
- Use a combination of survey and focused questions
- Remember that certain kinds of questions reveal certain kind of information



Remember that certain kinds of questions reveal certain kinds of information

1. What> Content
2. How> Process
3. Why> Motives
4. How often> Duration of struggle/suffering
5. Where> Context
6. When> Frequency



What kind of questions should you ask?

- Ask open-ended questions
- Use a combination of survey and focused questions
- Remember that certain kinds of questions reveal certain kind of information
- Ask a progressive line of questions



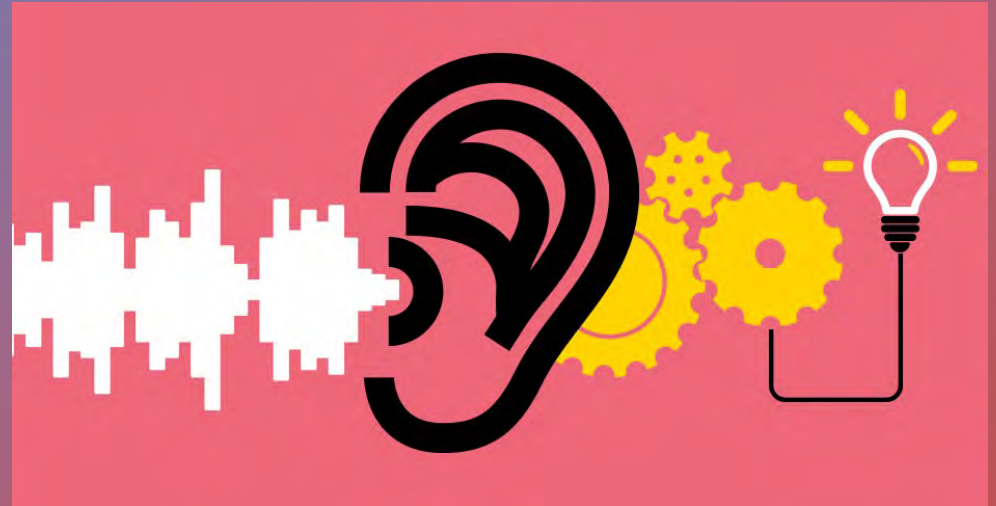
Additional thoughts

- Ask people to define their terms
- Ask people to clarify what they mean with concrete life examples
- Ask people to explain why they responded as they did in the examples they have given you

Paul Tripp

Knowing fundamental things about people in general should not be confused with knowing the particular individuals God has sent your way. Our rich theological base should not make us lethargic data gatherers.

Listen with Love



The background of the slide is a vibrant pink. On the left, there is a white silhouette of a city skyline. In the center, a large, stylized ear is depicted with thick black and pink concentric curves. To the right of the ear are several yellow gears of different sizes, some with small pink dots. Further right is a white lightbulb with a black base and a black cord, surrounded by several short yellow lines radiating from it to represent light. A large, faint, light blue watermark of the number '3' is visible in the background.

Listen with love

- Listen with your posture
- Listen with eagerness
- Listen with the Spirit's help
- Listen with restraint & self-control

Being heard is so close to being loved that
for the average person, they are almost
indistinguishable.

David Augsburger




Consider their answers

- Answers about God
- Answers about the change process
- Answers about themselves
- Non-verbal answers

Paul Tripp

- I listen for issues in data gathering that make the CE angry or defensive.
- I look for times in data gathering when the person is closed and self-protective.
- I look for instances when the CE places blame for his own behavior at the feet of others.
- I listen for occasions when the CE has clearly erected a logical defense of his viewpoint and actions.

An illustration depicting the process of organizing information. On the left, a man in a yellow shirt carries two large blue folders. In the center, a woman in a red top stands on a wooden step ladder, placing a large blue folder onto a dark blue rectangular structure. To the right, a man in a light blue shirt stands inside a dark blue structure, which is partially filled with a white folder. The background features stylized blue trees and clouds. A large, light-colored container with a circular arrow icon is visible in the lower right. A white box with a red vertical bar on the left contains the text 'Organizing the information' and a bulleted list of four items: SITUATIONS, RESPONSES, THOUGHTS, and MOTIVES.

Organizing the information

- SITUATIONS
- RESPONSES
- THOUGHTS
- MOTIVES



Jesus & the Samaritan Woman
John 4

The intentionality of Jesus' journey

[1] Now when Jesus learned that the Pharisees had heard that Jesus was making and baptizing more disciples than John [2] (although Jesus himself did not baptize, but only his disciples), [3] he left Judea and departed again for Galilee. [4] And **he had to pass through Samaria**. [5] So he came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. [6] Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.

The intentionality of Jesus' conversation

[7] A woman from Samaria came to draw water. Jesus said to her, "Give me a drink."

- *She's a woman.*
- *She's an unmarried woman.*
- *She's a Samaritan woman.*
- *She's a part of a despised and disadvantaged minority group*

Kevin Huggins

Jesus faced the same obstacle that threatens to sabotage all counseling relationships from the outset: conflicting goals between the person wanting help and the person offering it. Conflicting goals often pit hurting people and their would-be helps against each other in a fruitless struggle of wills.

What was Jesus really after?

[21] Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. [22] You worship what you do not know; we worship what we know, for salvation is from the Jews. [23] But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. [24] God is spirit, and those who worship him must worship in spirit and truth.” [25] The woman said to him, “I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things.”

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What was Jesus really after?

[26] Jesus said to her, "I who speak to you am he."

Kevin Huggins

Jesus knew that the Samaritan Woman was suffering far more from an impoverished theology than impoverished circumstances. As long as she believe God was like her string of husbands and lovers—men who ‘loved’ only to get their own needs met—she’d never be able to really trust or enjoy his love.

Ashley Gorman

It is fitting that the camera would pan to the Samaritan woman as the symbol of Christ's bride: a biblical symbol that represents the church. For as we know, as a Samaritan, she's both Jew and Gentile in one. And so is the church.

Kevin Huggins

When pressed, hurting people can usually put into words their immediate goal for coming for help—get the person or things that's causing their distress to change. But few can tell you what they hope these changes will ultimately accomplish for them—the ultimate difference they think it will make in their lives. They've spent little time thinking about what their souls thirst for even more than these things.



Speaking the truth in love



Mark 7—11: Jesus and interpersonal ministry

Identify where you might fall on the spectrum:

Passive

Confrontational



We biblical counselors tend to be pretty good at speaking truth, but I have learned from experience that it is often hard for us to speak truth within a genuine relationship. When people come in with their sins, struggles, and sufferings, we respond with “wise” answers. But it’s often a one-way process with very little give and-take, where a relationship isn’t that necessary. But, truth and relationship together are the fundamental ingredients of biblical counseling that “lives.” Biblical counseling cannot be reduced to a few well-timed verses, a strategy for change, a prayer, and a handshake...Scripture is so much more robust and lively than that: it is God-breathed...as a pastor and counselor, I aim to be as personal as He is.

Tim Ackley

How do we speak the truth in love?

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Colossians 3:16

The process behind this is straightforward. Know the person; know Scripture. There were many suitable words for him in Scripture, such as endurance, groaning, and “how long, O Lord?” and we spoke of these. Meanwhile, the question remains: What is most apt for *this* person at *this* time? Scripture says much to us. The skill is to identify a theme from it that is most important for someone to have, right now. A struggling person needs one, clear word that is memorable to their soul. When you meet with someone, you could simply ask, “What do you remember from our last time together?” and then build on that. The more topics you address, the less direction the person will have.

Ed Welch

Study the situation



Study the situation
Prepare your heart and
thoughts



Study the situation
Prepare your heart and
thoughts
Emphasize their identity





Imperatives – indicatives= impossibilities

Study the situation

Prepare your heart and thoughts

Emphasize their identity

**Acknowledge your mutual
dependency**



So, as I try to speak truth into this person's life, I am not trying to advance my own opinion. Rather, I want to function as an instrument of seeing. I am not seeking simply to coerce the person into altering his behavior. Rather, my goal is that through the things I say, the way I say them, and the attitudes I express, God will change the heart of this person.

Paul Tripp

Study the situation

Prepare your heart and thoughts

Emphasize their identity

**Acknowledge your mutual
dependency**

Keep the big picture in mind



It is always good to be made much of for a good purpose, and not only when I am present with you, my little children, for whom I am again in the anguish of childbirth until Christ is formed in you! I wish I could be present with you now and change my tone, for I am perplexed about you.

Galatians 4:18-20

Love moves toward people, even if that means confrontation. It doesn't leave them alone in their suffering or in their selfishness. Sometimes people are so paralyzed that unless we intrude, unless we break through both of our natural reserves, we can't love them.

Paul Miller

Practical helps for conversation

- Speak in person
- Don't try to say every true thing you can
- Schedule a time
- Think through the setting
- Consider variables
- Vocal tone
- Move toward the person
- Acknowledge the spiritual battle

Living a transformed life



Most of us are tempted to think that change has taken place before it actually has. We confuse growth in knowledge and insight with genuine life change. But insight is not change and knowledge should not be confused with practical, active, biblical wisdom.

Paul Tripp

- Relational
- Volitional
- Cognitive
- Emotional
- Physical
- Spiritual





Gospel
Centered
Change

Moralistic
Behavior
Change

Stirring up self-centeredness in order to get someone to do the right thing does not get at the fundamental self-regard and self-absorption that is the main problem of the human heart. Consequently, it does nothing to address the main cause of the behavior you are trying to change. Moralistic behavior change simply manipulates and leverages radical selfishness without challenging it. It tries to use that selfishness against itself by appealing to fear and pride. But while this may have some success in restraining the heart's self-centeredness, it does absolutely nothing to change it.

Timothy Keller

Many self-help books advocate behavior change without heart change—encouraging people to keep the same selfish goals, but find new and improved ways to achieve them.

Kevin Huggins

Four aspects of this process

- Establish a direction and goals
- Clarifying responsibility
- Providing accountability
- Assigning homework [growth assignments]

Paul Tripp

What does God want [her] to think, desire, and do? At this point, we need to recognize that our agenda will not always be the same as the Lord's. Asking this question keeps me from confusing God's agenda with my own. I cannot lead a person if I don't know where we are going, and I must only lead people where God is calling them.

For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. He committed no sin, neither was deceit found in his mouth. When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.

1 Peter 2:21-23

Entrust to God

Personal
Responsibility

Two extremes in accountability:

- Forget the gravity of sin= why all the bother (laziness)
- Forget the hope of grace= why bother at all (despair)

What does accountability provide?

- Accountability provides structure
- Accountability provides guidance
- Accountability provides assistance
- Accountability provides encouragement
- Accountability provides warning



Thoughtful homework



Homework can be a vital piece of effective counseling, but poorly developed or generic assignments, no matter how well-intended, are unlikely to bear fruit.

Robyn Huck

a. Love

- i. Do I trust you?
- ii. Do you care about me?

b. Know

- i. Are you listening to what I say?
- ii. Will you act on what you hear?

c. Speak

- i. Are you being honest with me?
- ii. Whose words are you giving me?

d. Do

- i. Is this reasonable and realistic?
- ii. Can I do this?

Paul Tripp

People struggling with life in a fallen world often want explanations when what they really need is imagination. They want strategies, techniques, and principles because they simply want things to be better. But God offers more.

modern day
TURKEY

Pergamos

Smyrna

Ephesus

Thyatira

Sardis

Philadelphia

Laodicea



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