

See It and Say It Helpful Diagrams in Counseling

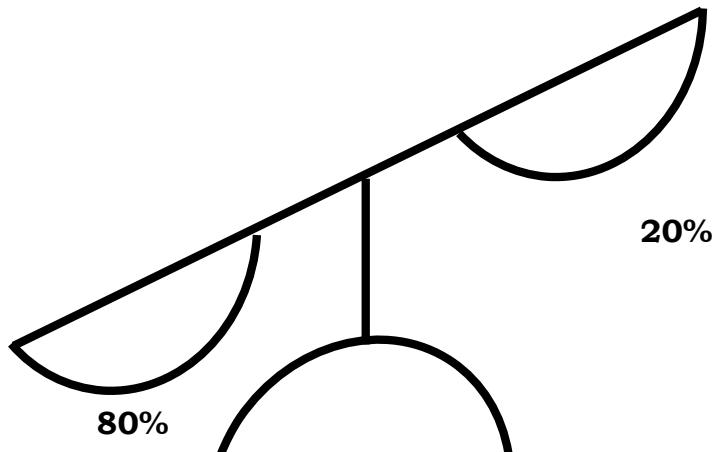
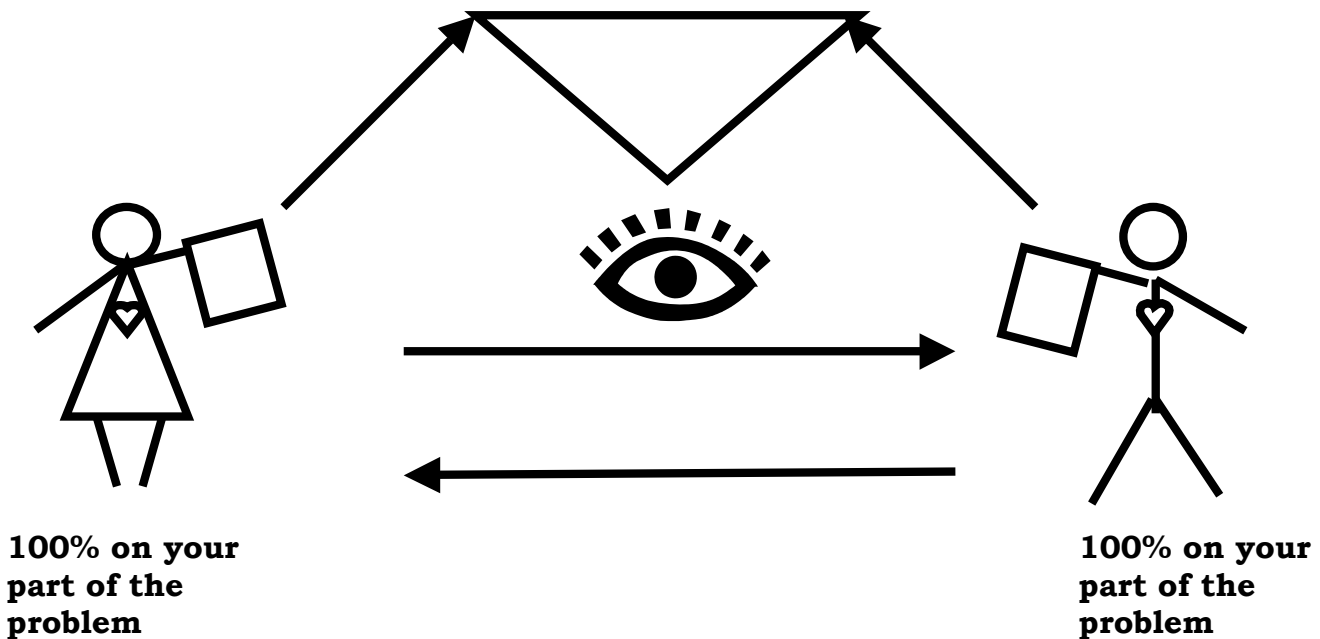
Pastor Brad Bigney / Grace Fellowship Church

Getting Started

Right _____

2 Corinthians 5:9

“Therefore we make it our aim, whether absent or present,
to be well pleasing to Him”



Giving Hope

I Corinthians 10:13

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

This verse gives you **Four Promises** that combat the **Four Most Common Lies** that Satan tells us when we're struggling in a trial:

God's _____

Satan's _____

- | | |
|--|--|
| 1. Your _____ is not unique – ‘common to man’ | VS. No one else has ever gone through anything like this before! |
| 2. Your _____ is faithful – ‘but God is faithful’ | VS. God's not there for you; He's left you on your own for this one |
| 3. It's not _____ than you can handle | VS. This is too much; no one can endure this |
| 4. There is a _____ out of this | VS. There's no way out; you're stuck |

Getting Commitment

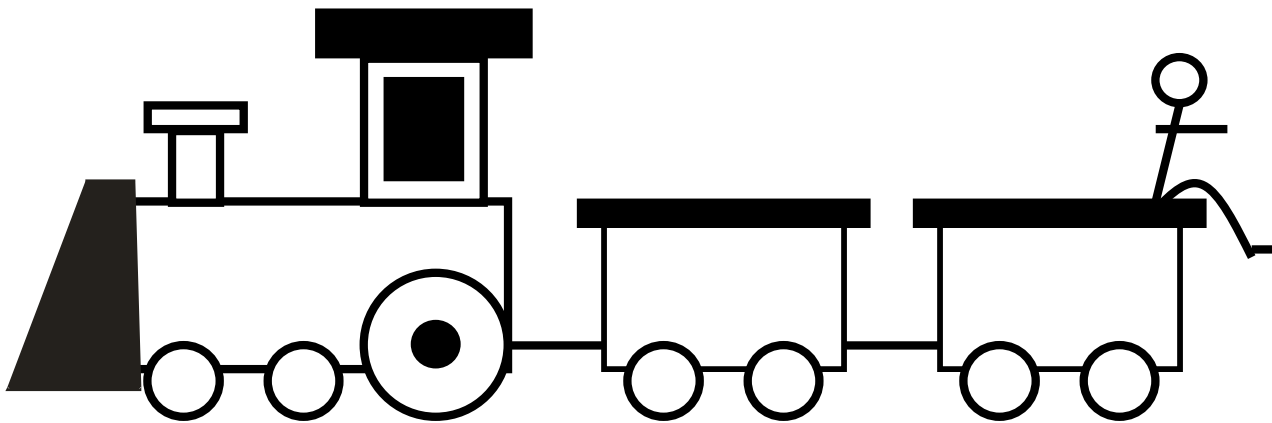
Three things I'm going to need from you, if we're going to work together:

- 1.** I need a _____ **Spirit** from you – I need you to give me permission to speak truth into your life, if I see any area that is not in line with biblical truth
- 2.** I need you to do some _____ every time – this is not the ‘Magic Hour’
- 3.** I need some _____ – you didn't get in this situation overnight; we won't get out of it overnight. Typically I'll meet with someone between 12-14 weeks – sometimes a little more; sometimes a little less, depending on how hard you work.
- 4.** I need you to be _____ & _____ enough to actually be willing to **change** instead of just going through the motions and talking about how hard it is

What about These Feelings?

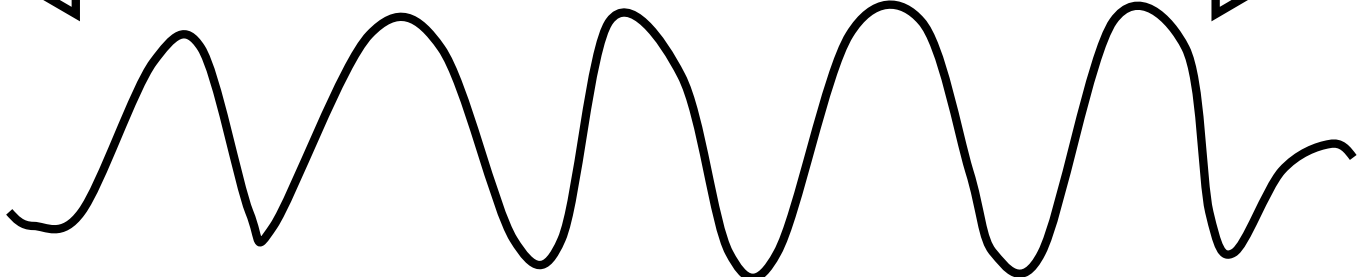
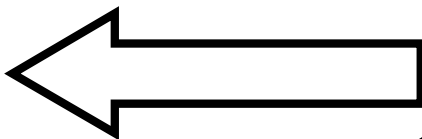
Issues of Life Chart

“How Do We Process Life?”



_____ that drives your life

Allowing _____ to direct and drive life



Proverbs 23:19 "... and guide your heart in the way."

Psalms 119:12 "I have inclined my heart to perform your statutes."

Stimuli – Stuff happens to us everyday! People hurt us. We experience a sickness, a financial setback, a job concern, etc.

Thinking – The Bible teaches that we 'think' something about that event whether we are conscious of it or not. We are thinking and talking to ourselves about what is happening all the time... at an incredible rate throughout each day: "This is not fair." "Where is God?" "I deserve better than this." "I can't handle this." "No one understands." Etc. This 'thinking' is the control center, the motive, and the will. The Bible speaks of the 'heart' and 'mind' interchangeably in many places. The 'heart' or 'mind' is the control center of our life. When the Bible speaks of the 'heart' it is not usually referring to emotions or feelings. To speak of emotions or feelings the Bible usually refers to bowels or internal organs.

Prov. 23:7 "... as a man **thinks** in his heart so is he."

Prov. 4:23 "Guard your **heart** with all diligence, for out of it flows the issues of life."

2 Cor. 10:5 "Casting down arguments and every high thing that exalts itself against the knowledge of God, taking every **thought** captive to the obedience of Christ."

Romans 12:2 "And do not be conformed to this world, but be transformed by the **renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God."

Ephesians 4:22-24 "That you put off concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be **renewed** in the spirit of your **mind**, and that you put on the new man which was created according to God, in righteousness and true holiness."

Phil. 4:8 "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report... **think** on these things."

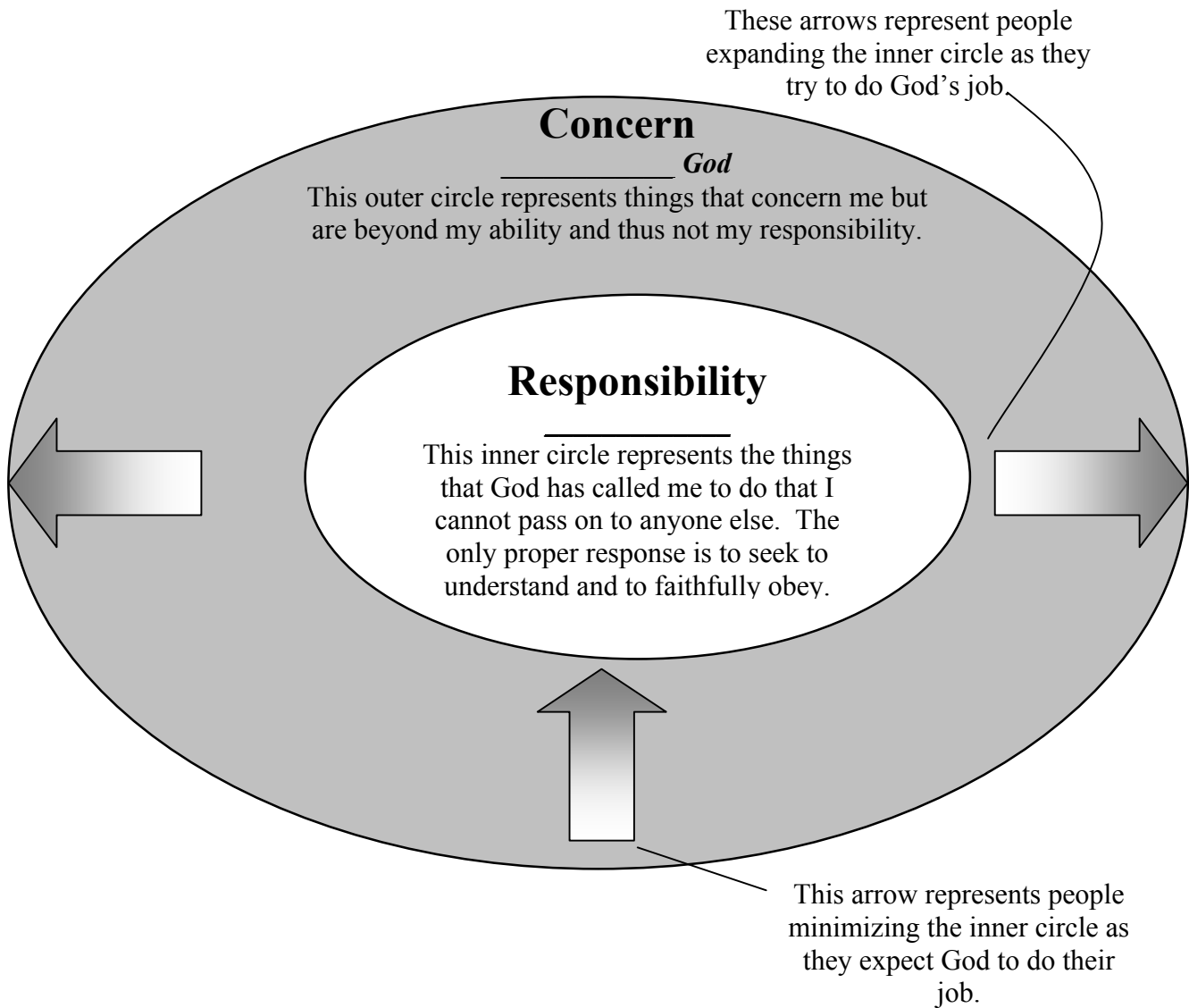
Emotions – Based on what we are thinking we begin to experience emotions: fear, anxiety, anger, depression, envy, etc. Our feelings do not erupt out of a vacuum. Our feelings flow out of our thinking.

Actions – Based on what we are feeling we begin to make choices and take action. It is very difficult (though not impossible) to act contrary to your emotions. Most people struggle to rise above their feelings. For example, we pull away from people and things / circumstances when we are afraid. We slow down and begin to neglect our responsibilities when we are depressed. Etc.

T. E. A. – Character - Over a period of time if someone continues to think, emote and act in the same way in any given circumstance it becomes a habit and can become 'rooted' in them so that it becomes a part of their character. It represents who they are. It now characterizes them. For example, everyone has gotten angry on occasion, but some people could be characterized as 'an angry man' or 'angry woman.' They stay angry. It is who they are. They get in a rut, and it is very difficult for them to not go right down that same path without even thinking. One event will trigger them and they are on their way – *they think, feel and begin to act the same way they did the last time* – all in one short moment. To go that direction requires little or no effort on their part, and to try to do otherwise will 'feel' so hard that they will exclaim, "I can't do differently. That's just how I am. I can't change." For the Christian this is never true. The Christian can change, but it will be hard work.

Am I Doing Too Much?

Taken from Instruments in the Redeemers Hands by Paul David Tripp ISBN 9789-0-87552-607-2
used with permission of P&R Publishing Co., P.O.Box 817, Phillipsburg, N.J. 08865 www.prpbooks.com



Is It Your Responsibility or Not?

Things that are **concerns** in my life but are not my responsibility.

These things I must trust God with:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

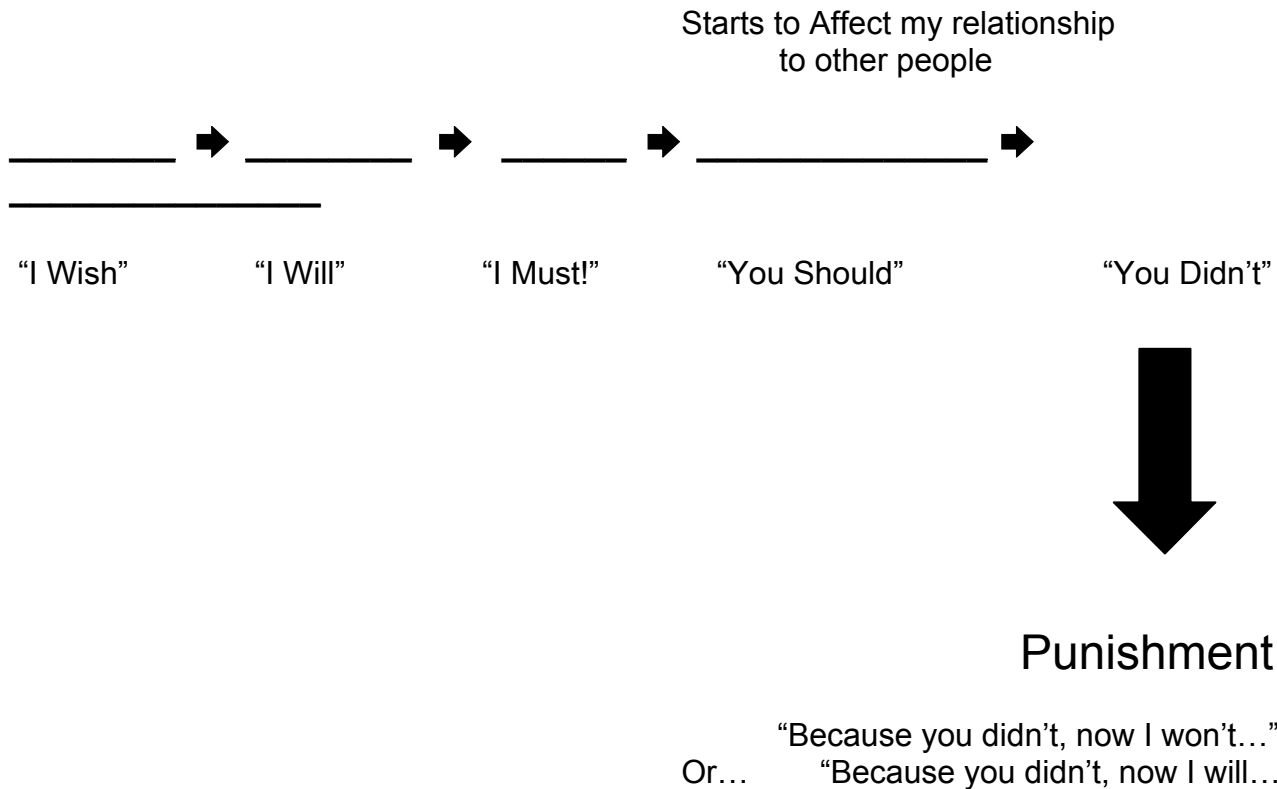
Things that are my God-ordained **responsibility** and, therefore, cannot be given to anyone else... I must obey.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Changes that I need to make:

Why Do We Fight So Much?

Taken from Paul Tripp's book *Instruments in the Redeemer's Hands*



“Where do wars and fights come from among you?
Do they not come from your *desires* for pleasure that war in
your members?”

James 4:1

Identifying Personal 'Idols'

Ask Yourself...

1. Am I willing to sin to _____ this?
2. Am I willing to sin if I think I'm going to _____ this?
3. Do I turn to this as a ' _____ ' and comfort instead of going to God?

“Those who cling to worthless idols forfeit the grace that could be theirs.”
Jonah 2:8 (NIV)

Place a next to the items / issues that you think might be current or potential 'idols' in your life

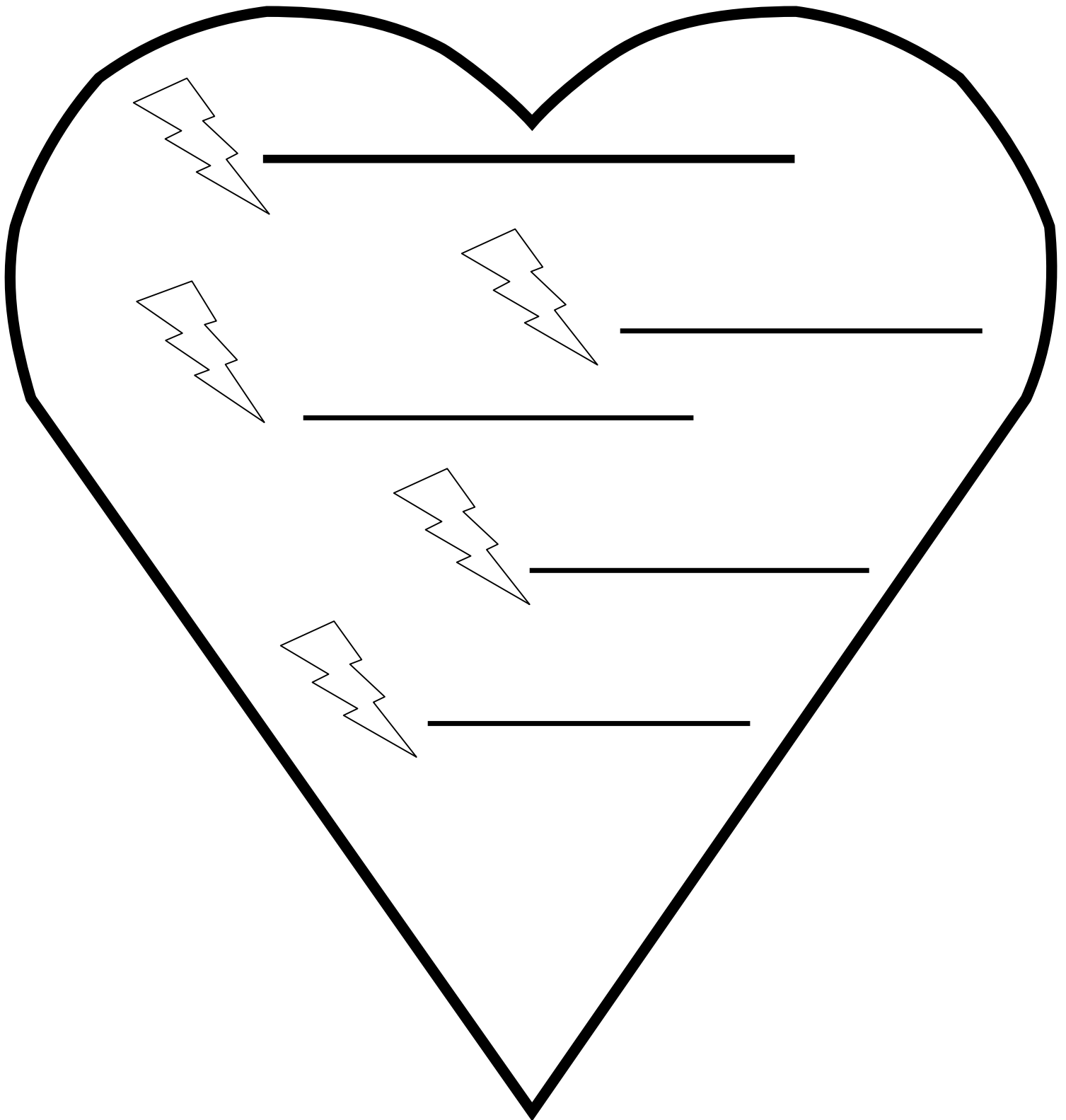
- Performance** – especially **for significant others** – you try to please to get or to keep acceptance or approval. Example: for parents or spouse. When you please man rather than God, this is idolatry. If that is the case, then you are worshipping that person more than God. Fearful of what others think rather than obeying God – this is a problem.
- Performance for Self** (Perfectionism) – trying to perform up to our own standards that we have set. Can become a Pharisee. When I meet the standard, I feel good; when I don't I feel bad. Making a personal list for myself to follow that is higher than what God says.
- Performance of Others** – I make a list of what others should do. Example: For my spouse to be a good husband / wife he / she **must** do... (1,2,3, etc.). If he/she doesn't do these things, I become judgmental and unloving.
- Good Health** – My goal shouldn't be this, but to glorify God. It's OK to pray for healing but don't let getting healed become an idol. God may want you to be sick in order to glorify Himself (see John 9).
- Love of Money** – I take a promotion just to get more money
- Success** – What's a good day to you? Answering this question helps to reveal idols of the heart. What made it a good day in your mind? Usually it's "I got a lot accomplished / done." Or "I pleased significant others." Or "I got my way... Others did for me what I want them to do." Etc.
- Fairness** - Life has to be fair! (Psalm 73) "I've been trying to please God; these others aren't even trying and they prosper." This can cause you to almost forsake the faith (Psa. 73:2).

- Hurt-Free / Pain-Free Life** – I don't want to deal with problems. There shouldn't be any difficulties. I shouldn't have to go through anything unsettling... because I want peace.

- Christian Marriage and Home** – I'll be successful if my children turn out right. That can become an idol. Or I want people to look at our marriage and think we have the best marriage in the world. I cannot serve God and have joy until my spouse changes and starts doing _____ .

- Physical Appearance**
- Being respected / Admired**
- Being self-sufficient / Independent**
- A Material Thing – car, house, jewelry, etc.**
- Athletic Abilities / Achievements**
- Hobbies ~ sports, reading, whatever**
- An Ideal ("Pro-life movement, "Peace Movement," political party, etc.)**
- Being Treated Fairly**
- Success / Position / Power**
- Worldly Pleasures (drugs, alcohol, food, sex, etc)**
- Being in Control**
- Meeting Goals / Achievements**
- A Child or Children**
- Getting Married**
- Having Your 'Needs' Met**
- Other? _____**

Now write the top 5 present or potential 'idols' from your check-list onto this heart



Idolatry Repentance Plan of Action

Specific Plan to “Put Off” and “Put On” new attitudes and behavior so that genuine repentance and change takes place

1. Be specific and not abstract or vague. We don’t change and grow in ‘fuzzy land.’ (“I want to be nice, or more loving” is too vague. State specifically the ways you are going to be more loving – what are you going to do? How & what are you going to think now?)
2. Make the goals attainable – be realistic
3. Be positive and not merely negative – not merely, “I won’t be critical,” but “I will express appreciation for a least two things every day.” The Bible talks about replacing sinful behavior, not just stopping wrong behavior. The joy and peace comes in doing righteousness, not just in avoiding sinfulness.

**Idols that
Need to Be
Thrown Down**

**Write out specific steps to changing in this area.
How does Your thinking need to change? What will you stop
doing? What will you begin to do?**

Idol #1	<p>New Ways of Thinking about this area / issue:</p> <ul style="list-style-type: none"> - - - - - <p>New Ways of Acting in this area:</p> <ul style="list-style-type: none"> - - - - -
----------------	--