



Transformed

From Brokenness
to Wholeness

Season One
Study Guide

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How to Use This Curriculum

Instructions for Teachers

Greetings!

Everyone at Gospel Partners Media is so glad that you are introducing your class to Biblical Counseling! Thank you.

This series has a two-fold goal:

1. That viewers would see how the Bible applies to their emotional issues and be helped.
2. That viewers would be encouraged to become Biblical Counselors.

Preparation:

Don't panic if you don't know the answer to a question.

We encourage you to read or listen to the materials provided at the beginning of each unit. These materials will help you field most questions.

Please note: you do not have to show all thirteen episodes. Each episode stands on its own. Pick the episodes that will benefit your class the most.

Class Structure

- Announcements
- Prayer
- Hand out questions to each participant and encourage them to answer the questions while the video plays.
- Watch one segment at a time.
- Pause at the end of each segment to discuss the questions together. If you answer the questions and still have time, we have provided additional Main Ideas that you can use for discussion points.
- *Please note:* if you find yourself in a great conversation about a particular issue, we encourage you to camp there as long as you need. It is better to have robust conversations that are of interest to the class, rather than racing to watch the entire episode.
- Close the class in prayer.

How to Use This Curriculum

The Clock

Each of the thirteen episodes runs twenty five minutes each.

To determine the length of discussion time, take the total number of minutes per class:

- Deduct announcement and opening prayer time.
- Deduct twenty five minutes.
- Deduct closing prayer time.

Divide the number of minutes remaining by four, and that will be how long you have for each discussion time.

Thank you again for utilizing Transformed!

May the Lord use our joint efforts to equip the church to strengthen the downcast and hurting.

Episode 1

Episode 1: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“Biblical Counseling and OCD” by Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2018/03/09/biblical-counseling-and-ocd/>

Audio:

Thinking Biblically About OCD by Charles Hodges at <https://ibcd.org/thinking-biblically-about-ocd/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How is OCD viewed or labeled by psychologists? By the Bible?
- Why is it important to view OCD from the biblical perspective?
- True or False: Someone who struggles with OCD is doomed to live this way forever.

Answers

- OCD is viewed as a disorder by psychologists and as disordered thinking by the Bible.
- It's important to view OCD from the biblical perspective so that someone can gain hope through the Scriptures as they learn to think and behave in God honoring ways rather than being “stuck” with an incurable disorder.
- False; someone who struggles with OCD has hope and power to change through the Word of God.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- OCD is a common problem for people, Christians included, and is expressed in various ways.
- OCD is a fruit of wrong believing and incorrect theology.
- Possible roots of OCD include a desire for certainty, an inflated view of oneself, or an inaccurate view of Jesus.
- Psychologists define obsessive compulsion as a disorder, while the Scriptures call it disordered thinking.
- Those who struggle with OCD are not doomed to live this way; rather, there is hope and power for change in the Word of God.

Episode 1

Episode 1: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the idol of certainty?
- Even though we can and should use our senses, why are our senses not the final authority of reality?
- When our senses control us, what should we do?

Answers

- The idol of certainty is an inordinate desire to consistently know all potential outcomes and to be assured of having done something to one's satisfaction.
- Our senses are not the final authority because they are limited, not always accurate, and at times misleading, unlike Jesus Christ who is all-knowing and unchangeable.
- We should subordinate our senses to the Word of God when they control us (2 Peter 1:16-19).

Main Ideas

- One potential root of OCD is an idol of certainty.
- People ultimately cannot maintain their own innocence with any degree of certainty or assurance. Someone is declared “not guilty” or justified by faith in Christ.
- 2 Peter 1:16-19 states: “For we did not follow cleverly devised tales when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of His majesty. For when He received honor and glory from God the Father, such a declaration as this was made to Him by the Majestic Glory: “This is My beloved Son with whom I am well pleased” and we ourselves heard this declaration made from heaven when we were with Him on the holy mountain. And so we have the prophetic word made more sure, to which you do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star arises in your hearts.”
- Jesus holds everything together!
- While we can and should use our senses, they are limited and not the final authority. God's Word is the final authority.
- Our senses should be subordinated to the Word of God.
- No idol can bring the peace that the Word of God offers.

Episode 1

Episode 1: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is your view of your ability to control your circumstances?
- What does Colossians 1:15-18 teach us about Jesus?
- While people are to be wise in their actions, can we ultimately do anything to preserve our own lives?
- Rather than trusting in a sovereign God, what specific areas are you trying to control by relying on yourself?
- How do OCD tendencies demonstrate that a person is overly focused on themselves instead of God and others?

Answers

- Answers may vary.
- Colossians 1:15-18 teaches us that Jesus has supremacy over all things, He is sovereign over all things, and He is holding all things together.
- We cannot do anything to ultimately preserve our own lives.
- Answers may vary.
- Oftentimes, those with OCD tendencies are self-focused, fearful of losing someone or something that they love or think they deserve. Therefore, they engage in behaviors to try to prevent anything “bad” from happening rather than functionally living out their trust in God.

Main Ideas

- An incorrect view of God is a root of OCD.
- An inflated view of one’s self is another root of OCD.
- Colossians 1:15-18 states: “He is the image of the invisible God, the firstborn of all creation: for by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones, or dominions, or rulers, or authorities—all things have been created through Him and for Him. He is before all things, and in Him all things hold together. He is also the head of the body, the church; and He is the beginning, the firstborn from the dead, so that He Himself will come to have first place in everything.”
- Colossians 1:15-18 explains the supremacy and sovereignty of Jesus and that He holds everything together.
- Oftentimes, those with OCD tendencies are lovers of self, fearful of losing someone or something that they love or think they deserve. Therefore, they engage in behaviors to try to prevent anything “bad” from happening rather than functionally living out their trust in God.
- God’s sovereignty is not limited by our actions.
- One way to overcome OCD is to submit to the rule of Christ in our lives.

Episode 1

Episode 1: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- According to Dale, OCD is rooted in what?
- Who is the ultimate ruler of everything?
- How should the knowledge that God is always reigning in good and just ways help us with intrusive thoughts?
- What are some God honoring thoughts to consider during a tempting time of obsessive compulsive behavior?

Answers

- Dale states that OCD is ultimately rooted in lies.
- God alone is the ultimate ruler of everything.
- Knowing God reigns should bring us comfort, provide hope, increase our dependence upon Him, and encourage thankfulness.
- Some God honoring thoughts to consider during a time of obsessive-compulsive behaviors may include the following: Jesus holds all things together, God is the ultimate ruler of everything, walking away (not repeating the obsessive behavior repeatedly) is an act of worship, and God is good.

Main Ideas

- While OCD is a real experience, it is rooted in lies such as “I can receive certainty” or “I have to act or bad things will happen.”
- While we should act responsibly, the Bible is clear that only God rules the affairs of men and that He is good.
- To overcome OCD, a person should plan how to practically turn to Jesus during moments of temptation.
- If someone is stuck on an unbiblical thought, they can stop and think biblically about the situation and walk away as an act of worship, believing that God holds everything together.

Episode 1

Episode 1: Additional Resources

Articles

- *A Plan and a Path for OCD* by Pat Quinn at <https://www.biblicalcounselingcoalition.org/2022/02/14/a-plan-and-a-path-for-ocd/>
- *Breaking Free from the Performance Trap* at <https://www.biblicalcounselingcoalition.org/2019/03/11/breaking-free-from-the-performance-trap/>
- *Gospel Care for Obsessive Compulsive Disorder* by Lee Lewis at <https://www.biblicalcounselingcoalition.org/2020/04/22/gospel-care-for-obsessive-compulsion/>
- *Four Important Thoughts about OCD* by Charles Hodges at <https://www.biblicalcounselingcoalition.org/2020/04/20/four-important-thoughts-about-ocd/>

Episode 2

Episode 2: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“A Biblical Definition of Addiction” by Dave Dunham at <https://www.biblicalcounselingcoalition.org/2019/07/22/a-biblical-definition-of-addiction/#:~:text=While%20the%20dominant%20models%20of%20addiction%20counseling%20view,of%20addiction%20feels%20both%20like%20voluntarism%20and%20enslavement>.

Audio:

Hope for a Drunkard -- Part 1 by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/hope-for-a-drunkard-part-1>

Drunkenness -- The Christian Answer by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/drunkenness-the-christian-answer>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does the Bible call excessive drinking?
- How does labeling excessive drinking as a sin provide hope to struggling people?
- According to James 4:6, what are we manifesting when we conceal our sin?

Answers

- The biblical term for excessive drinking is drunkenness; it is also called a sin.
- Labeling excessive drinking as a sin provides hope to struggling people because God provides help in overcoming sin and instructs people how to handle their sin in a way that pleases Him (confession, repentance, replacing sinful behaviors and thoughts with those that honor Him).
- James 4:6 explains that we are manifesting pride when we are concealing our sin.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Clinicians label someone who drinks too much as an alcoholic, which it is a disease; yet the Bible labels someone who drinks too much as a drunkard, which is a sin.
- Labeling excessive drinking as a sin (drunkenness) provides hope because God helps people overcome their sin and instructs people in His Word on how to handle their sin (confession and repentance).
- Substance abuse is a fruit.
- James 4:6 states: “But He gives a greater grace. Therefore it says, ‘God is opposed to the proud, but gives grace to the humble.’”
- Proverb 28:13 offers hope to us by stating, “One who conceals his wrongdoings will not prosper, but one who confesses and abandons them will find compassion.”
- We must be transparent and seek help in dealing with our sin rather than conceal it if we desire to grow in Christlikeness.
- Living for pleasure (or anything besides God) is a form of idolatry.

Episode 2

Episode 2: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How can an insufficient view of God lead to substance abuse?
- While sobriety in a person's life should not be minimized, what is the ultimate goal of sobriety?
- What does Hebrews 5:13-14 teach us about how we grow?
- What is your plan to grow in this way?

Answers

- An insufficient view of God leads to substance abuse because it promotes a lack of a fear of the Lord, a reliance on self instead of God, and a seeking of comfort or pleasure ultimately apart from God.
- The ultimate goal of sobriety is not just to be a better person, but to honor God in our lives.
- Hebrew 5:13-14 teaches us that we grow and mature through the Word of God.
- Answers may vary, but examples may include a Bible reading plan, joining a Bible study, regularly listening to sermons and worship music, and involvement in the local church.

Main Ideas

- Hebrews 5:13-14 states, “For everyone who partakes only of milk is unacquainted with the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to distinguish between good and evil.”
- One root of the fruit of substance abuse is an insufficient view of God.
- Besides being our Savior and Judge, God is also our sustainer, comfort, healer, helper, rock, and fortress.
- Psalm 18:1-3 says, “I love You, Lord, my strength.’ The Lord is my rock and my fortress and my savior, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, And I am saved from my enemies.”
- The problem with alcohol in someone’s life is not so much the alcohol itself, but when it takes the place of God.
- While sobriety in a person’s life should not be minimized, the ultimate goal of sobriety is not just to be a better person, but to honor God in our lives.
- Two Greek words for knowledge are *gnōskō*, meaning to learn, and *epgnōskō*, meaning to really learn.

Episode 2

Episode 2: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Explain why substance abuse is actually a worship disorder.
- Are you worshipping anything in addition to God?
- How does Hebrews 11:6 help us overcome our sin?

Answers

- When we put our hope and trust in anything or anyone other than God, that is a worship disorder.
- Answers may vary.
- Hebrews 11:6 helps us overcome our sin as we believe (have faith) that we do not have to sin (Romans 6:14). We can trust what God's Word says and obey it despite how we may feel.

Main Ideas

- Another root of the fruit of substance abuse is a worship disorder (when we put our hope and trust in something or someone other than God Himself).
- God's intent for His children is not that they will escape the pressures of life, but that they will honor Him in the midst of those pressures.
- Isaiah 55:1-3 states: "Everyone who thirsts, come to the waters; and you who have no money come, buy and eat. Come, buy wine and milk without money and without cost. Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and delight yourself in abundance. Incline your ear and come to Me. Listen, that you may live; and I will make an everlasting covenant with you, according to the faithful mercies shown to David."
- While important, it is not so much that we say "no" to certain things (such as drinking alcohol), but that we say "yes" to the superior satisfaction found in going to God and obeying Him.
- Hebrew 11:6 tells us "And without faith it is impossible to please Him, for the one who comes to God must believe that He exists, and that He proves to be One who rewards those who seek Him."
- Robin's "ah-ha" moments came as Dr. Gifford ministered God's Word to her, helping her understand and apply Scriptures to her specific situation.

Episode 2

Episode 2: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Define radical amputation.
- How can you create a plan to radically amputate something in your life that is a temptation to you?
- While biblical counseling is beneficial to people, where does God intend long term care of people to occur?
- Is there a legitimate reason you are not a member of a local church?

Answers

- Radical amputation is when we cut out areas from our lives that are tempting to us.
- Answers may vary, but may include not having any tempting substances in the home, not having or attending parties, hanging out with different people, or having a zero tolerance policy regarding the substances.
- God intends the local church to be places where long term care for His children is actualized.
- Even though a believer may not be able to physically attend church, all believers should be members of a local church (Hebrew 10: 24-25).

Main Ideas

- Radical amputation is when we cut out areas from our lives that are tempting to us.
- While difficult to do, radical amputation is necessary when dealing with substance abuse.
- The real issue for substance abuse is not the substances themselves, but who or what we are worshipping instead of God.
- Psalm 46:1 states, “God is our refuge and strength, a very present help in trouble.”
- The local church is where God intends long term care for His children to occur.

Episode 2

Episode 2: Additional Resources

Conference Message Script

- *Crafting Temptation and Repentance Plans to Help Addicts* by Keith Palmer at <https://biblicalcounseling.com/resource-library/conference-messages/crafting-temptation-and-repentance-plans-to-help-addicts/>

Audio

- *The Master's University Chapel: Worship* by Adam Tyson at <https://anchor.fm/the-masters-university/episodes/11-16-2018-Adam-Tyson--Worship-e2mgdr>

Episode 3

Episode 3: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“The Trap of Comparison” by Steve Hoppe at <https://www.biblicalcounselingcoalition.org/2022/02/02/the-trap-of-comparison/>

Audio:

The Women’s Health Podcast Ep. 100: What About Me? Part 1 by Dr. Shelbi Cullen and Kimberly Cummings <https://anchor.fm/womens-hope-podcast/episodes/Ep--100-What-About-Me--Part-1-edvc0n>

The Women’s Health Podcast Ep. 101: What About Me? Part 2 by Dr. Shelbi Cullen and Kimberly Cummings <https://anchor.fm/womens-hope-podcast/episodes/Ep--101-What-About-Me--Part-2-efsitf>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How would the culture or secular psychologists console a grieving person?
- How would a biblical counselor console a grieving person?
- What is one difficulty we may face if we do not have a biblical understanding of ourselves?

Answers

- Secular psychologists oftentimes offer condolences, platitudes, slogans, or self-help mantras to grieving people.
- Biblical counselors sympathize and offer care from the Scriptures by ministering the Word of God to hurting people rather than “lobbing” biblical truths at them.
- Without a biblical understanding of ourselves, it is difficult to overcome traumatic events.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Grief is a fruit, not a root.
- Secular psychologists oftentimes offer condolences, platitudes, slogans, or self-help mantras to grieving people.
- Biblical counselors sympathize and offer care from the Scriptures by ministering the Word of God to hurting people rather than “lobbing” biblical truths at them.
- True help for grieving people comes from the Scriptures.
- Without a biblical understanding of ourselves, it is difficult to overcome traumatic events.

Episode 3

Episode 3: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is one root of excessive grief?
- While the world or culture tells us to love ourselves, what do the Scriptures say self-love results in?
- What happens when we depend upon ourselves less and less?
- What is your plan to decrease love for yourself and increase your love for the Lord?

Answers

- One root of excessive grief is an incorrect theology of man.
- According to Scriptures, loving ourselves is actually destructive, condemned, and a sign of increased difficulties (2 Tim. 3:2).
- As our confidence in ourselves decreases, our confidence in Christ increases.
- Answers may vary, but examples may include confessing and repenting of sin, serving others, studying the attributes of God, and writing a thankful list each day.

Main Ideas

- One root of the fruit of grief is an incorrect theology.
- The Bible never commands a person to love themselves.
- Man's problem is not that he doesn't love himself but rather that he loves himself too much.
- Ephesians 5:28-29 teaches that self-love is assumed when it says, "So husbands also ought to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church..."
- 2 Timothy 3:2 provides a warning about self-love: "For people will be lovers of self, lovers of money, boastful, arrogant, slanderers, disobedient to parents, ungrateful, unholy..."
- 2 Timothy 3:2 teaches that loving ourselves is actually destructive, condemned, and a sign of increased difficulties.
- The world would have people believe in themselves and place confidence in themselves contrary to what Scriptures teach.
- The Bible teaches that we are to put no confidence in the flesh (ourselves), but rather put our whole confidence in Christ (Galatians 2:16).
- As our confidence in ourselves decreases, our confidence in Christ increases.
- Philippians 3:3-7 teaches us that we are not to put confidence in any of our abilities, heritage, skills, or accolades when Paul says, "for we are the true circumcision, who worship in the Spirit of God and take pride in Christ Jesus, and put no confidence in the flesh, although I myself could boast as having confidence even in the flesh. If anyone else thinks he is confident in the flesh, I have more reason: circumcised the eighth day, of the nation of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the Law, a Pharisee; as to zeal, a persecutor of the church; as to the righteousness which is in the Law, found blameless. But whatever things were gain to me, these things I have counted as loss because of Christ."

Episode 3

Episode 3: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is another root of excessive grief?
- According to the Bible, why can setting boundaries be sinful?
- Are there any sinful boundaries you have set? If so, what is your plan to become involved in biblical relationships?
- What should seeing ourselves as sinners, yet saved by the love, mercy, and grace of God produce in us?
- What does Romans 11:36 teach us about Jesus Christ?

Answers

- Another root of excessive grief is pride.
- Setting boundaries can be a selfish way of protecting ourselves rather than loving others.
- Answers may vary, but examples may include planning ways to put others first, pursuing relationships with others despite feeling uncomfortable, and exerting effort and time in building relationships with others.
- Seeing ourselves as sinners saved by God should produce humility in ourselves since we don't boast in ourselves but Christ alone.
- Romans 11:36 teaches us that everything is about Jesus!

Main Ideas

- Another root of excessive grief is pride.
- Proverbs 18:1 warns against isolating ourselves when it says, "One who separates himself seeks his own desire; He quarrels against all sound wisdom."
- Setting boundaries is not a way to love others but selfish in that it is a way to protect oneself.
- God desires His children to be in relationships with one another; when we are trying to protect ourselves, we may miss out on those relationships.
- Romans 11:36 states, "For from Him, and through Him, and to Him are all things. To Him be the glory forever. Amen."
- When we are self-protecting, we are demonstrating pride in our lives since we put ourselves at the center of our relationship and circumstances rather than Christ.
- Self-esteem and pride are synonyms that go hand in hand.
- "We are our best selves when we are dependent on Christ for everything."
- Recognizing God's forgiveness and love toward us despite our sinfulness produces humility in our lives because that is when we boast in Christ rather than in our own goodness.

Episode 3

Episode 3: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does 1 Peter 5:5 teach us about pride? About humility?
- Why is it important to be involved in a local Bible believing church?
- While we don't want to be foolish or reckless, where is our true safety found?

Answers

- 1 Peter 5:5 teaches us that God opposes the proud person but gives grace to those that are humble.
- Involvement in a local Bible believing church is important for believers since they are members together; the body needs them and they need the body.
- Our true safety is not found in setting boundaries, but in Christ.

Main Ideas

- 1 Peter 5: 5 says, “God is opposed to the proud but gives grace to the humble.”
- Self-love can produce bitterness when difficult or painful circumstances come into a person’s life.
- Through the Scriptures, rather than psychology, we can transform our minds in the area of self-love.
- Key passages of Scripture that teach how we are to view ourselves include the following: Philippians 3, Ephesians 5, and 2 Timothy 3.
- Involvement in a local Bible believing church is important for believers since they are members together; the body needs them and they need the body.
- Esteeming ourselves is a liability and a sin. Rather, we are to esteem Christ.
- While we don’t want to be foolish or reckless, self-protecting by setting boundaries is a manifestation of pride.
- Our true safety is found in Christ.

Episode 3

Episode 3: Additional Resources

Audio

- *Should I Love Myself?* by Jay Adams at <https://podcasts.apple.com/us/podcast/institute-for-nouthetic-studies-biblical-counseling/id1518300018?i=1000491924968>
- *The Women's Health Podcast Ep. 102: What About Me? Part 3* by Dr. Shelbi Cullen and Kimberly Cummings <https://anchor.fm/womens-hope-podcast/episodes/Ep--102-What-About-Me--Part-3-eh3tus>
- *The Women's Health Podcast Ep. 103: What About Me? Part 4* by Dr. Shelbi Cullen and Kimberly Cummings <https://anchor.fm/womens-hope-podcast/episodes/Ep--103-What-About-Me--Part-4-ehnojf>

Episode 4

Episode 4: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article: “The Idolatrous Heart” by Julie Ganschow at <https://www.biblicalcounselingcoalition.org/2014/03/03/the-idolatrous-heart/>

Audio:

Managing Your Time Effectively, Part 1 by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/managing-your-time-effectively-part-1>

Managing Your Time Effectively, Part 2 by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/managing-your-time-effectively-part-2>

Managing Your Time Effectively, Part 3 by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/managing-your-time-effectively-part-3>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- If time is a gift, are you using this gift more for yourself or others?
- What are some ways that you do not steward your time well?
- True or False: It is enough to stop engaging in sinful or unwise activities.
- What should we do in addition to stopping sinful, unwise activities?

Answers

- Answers may vary.
- We may not steward time well by sinning, being unwise in the use of our time, or through engaging in immature activities.
- False; it is not enough to stop engaging in sinful or unwise activities.
- We must strive to put on behaviors and thoughts that please the Lord.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- What secular psychologists would label as time management issues, biblical counseling would label as poor stewardship of time.
- If poor stewardship is merely a time management problem, people who struggle in this way may or may not be helped because they may not grow in time management “skills”; however, when poor stewardship is labeled biblically, there is much hope for change using the Word of God.
- Time is a gift from God.
- We are to put off certain actions that are sinful and unwise; we are to put on actions and thinking in line with who we are in Christ.
- The point of biblical counseling is just not stopping sinful or unwise behaviors; the goal is to replace those sinful or unwise behaviors with those that honor the Lord.
- We are to replace lowly, base, and sinful actions with lofty, holy, and godly actions.
- When we stop wasting time, we can engage in activities that are more profitable and more satisfying.
- Ephesians 4:22-24 states: “...that, in reference to your former way of life, you are to rid yourselves of the old self, which is being corrupted in accordance with the lusts of deceit, and that you are to be renewed in the spirit of your minds, and to put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.”

Episode 4

Episode 4: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does 1 Corinthians 7: 32-35 teach us about singleness?
- What must we be willing to do if a hobby is dominating our life?
- Fill in the blank: We put off time wasters that please _____ and put on productivity that is pleasing to the _____.
- What adjustments might you need to make?

Answers

- 1 Corinthians 7:32-35 teaches us that singleness is a time to be devoted to the Lord.
- We must be willing to eliminate a hobby if it is dominating our life.
- Fill in the blank: We put off time wasters that please ourselves and put on productivity that please the Lord.
- Answers may vary, but examples may include making a schedule and having accountability.

Main Ideas

- Eliminating certain activities is only one part of the biblical reality of how we change. We must put off (eliminate) but also put on.
- If hobbies (or anything else for that matter) dominate our time or thoughts, we should be willing to address them or even do away with them in order to serve the Lord and grow in Christlikeness.
- 1 Corinthians 7:32-35 says, “But I want you to be free from concern. One who is unmarried is concerned about the things of the Lord, how he may please the Lord; but one who is married is concerned about the things of the world, how he may please his wife, and his interests are divided. The woman who is unmarried, and the virgin, is concerned about the things of the Lord, that she may be holy both in body and spirit; but one who is married is concerned about the things of the world, how she may please her husband. I say this for your own benefit, not to put a restraint on you, but to promote what is appropriate and to secure undistracted devotion to the Lord.”
- We put off time wasters that please ourselves and put on productivity that is pleasing to the Lord.
- When we are not being productive for the Lord or working on our sanctification, sinful thoughts creep in.

Episode 4

Episode 4: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the biblical text that discusses the put off - put on principle?
- Biblical change is about working hard not in our own strength but through what?
- Where does the confidence for biblical change lie?
- To eliminate sin, how can you cultivate godly behaviors?

Answers

- Ephesians 4:22-24 is one biblical text that describes the put off -put on principle.
- Biblical change is about working hard through grace.
- The confidence for biblical change lies in Christ, not in our own flesh.
- We can cultivate godly behaviors to eliminate sin by diligently memorizing and meditating on Scripture, by reminding ourselves truths of Scripture during a time of temptation, and by intentionally applying those truths in practical ways.

Main Ideas

- We need to be willing to stop the lesser activities in our lives so that we can pursue the greater things in our lives.
- Both the stopping or putting off and the starting or putting on takes intensity and commitment.
- Colossians 3:5 says to “Mortify therefore your member which are upon the earth; fornication, uncleanness, inordinate affection, ... and covetousness, which is idolatry...”
- Change is not about working harder, but working hard through grace (Phil. 2: 2-13).
- We place our confidence to change in Christ, not in our own flesh.

Episode 4

Episode 4: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What do our need for rest, food, and relaxation remind us of?
- How should we work at biblical change?
- Where is the best place we can grow and change?

Answers

- Our need for rest, food, and relaxation reminds us that we are not God.
- We should work intentionally and hard at biblical change, relying on the grace of God.
- The best place we can grow and change is in a local, Bible believing church.

Main Ideas

- Our need for rest, food, and relaxation reminds us that we are not God.
- If rest or food is in excess, we are sinning and will suffer the consequences.
- Jesus worked tirelessly to secure our justification.
- The process of change is not always neat and tidy.
- We need to work intentionally and hard at biblical change.

Episode 4

Episode 4: Additional Resources

Articles

- “*The Idol of the Ideal*” by Pat Quinn at <https://www.biblicalcounselingcoalition.org/2018/10/26/the-idol-of-the-ideal/>
- “*Precision within Idolatry*” by Brad Hambrick at <https://www.biblicalcounselingcoalition.org/2011/06/09/precision-within-idolatry/>
- “Put off-Put on” handout available in the Resources section of www.transformed.org

Episode 5

Episode 5: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“We Are Called to Believe and Obey God’s Word Before Our Emotions Agree” by Paul Tautges at <https://biblicalcounseling.com/resource-library/articles/we-are-called-to-believe-and-obey/>

Audio:

Feeling or Commandment? by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/feeling-or-commandment>

Making Decisions God’s Way by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/making-decisions-gods-way>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does trauma reveal?
- Is poor decision making a root or a fruit?
- How can you trust God even if He ordains trauma?
- What might God be doing when He ordains for His children to experience trauma?

Answers

- Trauma reveals what is already in your heart.
- Poor decision making is a fruit.
- One way to trust God when He ordains traumatic experiences in our lives is by believing what His Word says over your experiences or feeling (2 Peter 1:16-21).
- God may be reminding His children of Christ's sacrifice for them, teaching them to endure, helping them grow in faithfulness, increasing their faith, or promoting a heavenly focused mindset when He ordains traumatic experiences in their lives.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Trauma reveals what is already in your heart.
- Trauma is not the cause of poor decision making.
- Poor decision making is the fruit of what is happening in the heart (the root).
- It is normal to be significantly impacted by traumatic events.

Episode 5

Episode 5: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is more authoritative than our emotions?
- Are Christians to stuff their emotions and respond to trauma stoically?
- What is one way to have appropriate feelings in the midst of an emotional or traumatic situation?

Answers

- The Word of God is more authoritative than our emotions.
- No; Christians are not to stuff their emotions or live stoically. Emotions are important, but they are not the final authority.
- Making biblical decisions results in appropriate feelings during difficult, traumatic situations.

Main Ideas

- God only gives us good things, even if they are hard things.
- Trials and trauma are gifts from a good God.
- One common root of poor decision-making is being feeling oriented rather than faith oriented (making decisions based on the Word of God).
- Emotions are important; they just are not the ultimate authority.
- Truth (God's Word) — not emotions— is the ultimate authority.
- The inner person describes the root or the heart while the outer person describes the fruit or the overflow of the heart.
- John 17:17 states: "Sanctify them in the truth; Your word is truth."
- One of the consequences of the fall is that our feelings can be deceptive and unreliable.

Episode 5

Episode 5: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does Psalm 18:1-3 teach you about the Lord?
- What are some common ways people try to escape uncomfortable or difficult situations?
- What must you do if you want to stop making poor decisions?

Answers

- According to Psalm 18:1-3, the Lord is a refuge, a deliverer, our safety, a fortress and rock, and He is worthy to be praised.
- People commonly try to escape uncomfortable or difficult situations by committing suicide, breaking relationships, isolating themselves, or substance abuse.
- You must go to the Word of God and His people to receive counsel if you want to stop making poor decisions.

Main Ideas

- Another root of poor decision making is the idol of escapism.
- Escapism is an unbiblical desire to avoid conflict or be left alone.
- Escapism is preferring something secondary to that which is better, which is finding comfort in Lord (Psalm 18:1-3).
- Fleeing to the Lord is not mystical; it is going to God's Word and His people.
- Rather than trying to escape challenging circumstances, Christians should focus on how to glorify God in the midst of those circumstances.
- Finding direction from the Scriptures and other believers will give someone the strength, hope, and wisdom to make God honoring decisions.

Episode 5

Episode 5: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- According to Proverbs 18:1, how does isolation hurt someone?
- Does the Word of God adequately address, either implicitly or explicitly, your difficulties?
- What are some things people should tell themselves in order to live out their faith in Christ during a traumatic or difficult situation?

Answers

- Proverbs 18:1 states that isolation hurts someone by encouraging selfishness and making one unteachable.
- Yes; the Word of God addresses all situations believers find themselves in.
- A person should remind themselves of the truths of Scripture, that my feelings are not authoritative but are subordinate to the Word of God, and meditate on the attributes of God (Psalm 18:1-3).

Main Ideas

- Ron Allchin's definition of faith: "Faith is believing the Word of God, and acting upon it, no matter how I feel, knowing that God promises a good result."
- Proverbs 18:1 states: "He who separates himself seeks his own desire, He quarrels against all sound wisdom."
- The Word of God provides Christians with everything pertaining to life and godliness (2 Peter 1:3).
- If someone wants to make sound judgments, they should flee to the Lord; then they will be progressively transformed.

Episode 5

Episode 5: Additional Resources

Audio

- Podcast Episode (Truth in Love #190) *Understanding Feelings Biblically* Aliza Hawkins and Dale Johnson at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-190-understanding-feelings-biblically/>

Handout

- “*Faith versus Feeling Motivation*” handout available in our Resource section at www.transformed.org

Episode 6

Episode 6: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“Cutting to the Heart of Self-Injury” by Julie Ganschow at <https://www.biblicalcounselingcoalition.org/2014/03/31/cutting-to-the-heart-of-self-injury/>

Audio:

“Self-Harm” by Mark Shaw at <https://ibcd.org/self-harm/>

What The Bible Says About Self-Harm (feat. Dr. Kevin Carson) at <https://truth-in-love.castos.com/episodes/til-068-what-the-bible-says-about-self-harm-feat-dr-kevin-carson-1>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does Proverbs 18:13 teach us about the importance of asking good questions?
- What might happen if we put our hope in a false refuge?
- How can we have true hope in difficult circumstances?
- What was Cheryl hoping to achieve or experience by harming herself?

Answers

- Proverbs 18:13 teaches us that if we try to instruct or provide answers to people's problems before we really understand what is going on, we are being foolish.
- Putting our hope in false refuges may result in self harm or destruction.
- We can have true hope despite difficult circumstances if we believe what God's Word says, focusing on God's character, deeds, and promises.
- Cheryl was inflicting herself with physical pain in order to experience temporary relief from emotional pain.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Good theology provides hope.
- Self-harm is a fruit.
- Stopping emotional pain is a root of self-harming behaviors.
- Another possible root of self-harm is self-atonement rather than relying on Jesus' shed blood.
- Proverbs 18:13 states: "One who gives an answer before he hears, it is foolishness and shame to him."
- Putting our hope in false refuges rather than in the Lord may result in self harm and destruction.
- In difficult circumstances, we have hope because of the beauty and character of God and because of God's deeds and promises.

Episode 6

Episode 6: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is an open-ended question? Why are open-ended questions so helpful?
- What are some of the things that hard questions are not intended to do?
- According to Paul D. Tripp, what does asking good questions do for the counselee?

Answers

- An open-ended question is one that cannot be answered with a simple yes or no response, thus providing rich details for the Counselor.
- Hard questions are not meant to interrogate, inspect, or put undue pressure on a person. Rather, they are to help the counselor understand the counselee's root issue.
- Dr. Tripp says that asking good questions is a way to minister to a person.

Main Ideas

- Inventory is “the exercise of asking questions to gather a collection of information about the counselee and their problem.”
- According to Paul D. Tripp in *Instruments in the Redeemers' Hands*, good questions include those that are open-ended; cover both survey and focused areas of someone's situation; are not limited to what or who but also cover how, how often, and why (certain questions reveal certain kinds of information); and follow a line of progression.
- Hard questions are meant to help the counselor understand what is going on with the counselee; they are not intended to interrogate, inspect, or put undue pressure on someone.
- Often those who self-harm will also be deceitful in an attempt to cover up their self-harming behaviors. They are also self-deceived by pursuing something they believe will offer emotional relief yet actually compounds the problem through feelings of guilt, shame, and discouragement.
- According to Paul D. Tripp, asking good questions is a way to minister to a person.
- Asking good questions is a way to offer hope to someone.

Episode 6

Episode 6: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Define inspiration.
- According to 1 Corinthians 4:3-4, should we believe God's judgment of us or our own opinion of ourselves?
- To what extent does God love the believer?
- Is it possible for people to stop bad habits and replace them with God honoring behaviors?

Answers

- Inspiration is promoting “biblical change by inspiring the counselee to realize that God’s Word has the answers, and there is hope for lasting transformation in their life.”
- First Corinthians 4:3-4 tells us to believe God’s judgments about ourselves rather than believe our own thoughts.
- God loves the believer to the same extent as He loves His Son.
- With hard work, people can replace bad habits with God honoring behaviors and thoughts.

Main Ideas

- Inspiration is promoting “Biblical change by inspiring the counselee to realize that God’s Word has the answers, and there is hope for lasting transformation in their life.”
- First Corinthians 4: 3-4 states: “But to me it is an insignificant matter that I would be examined by you, or by any human court; in fact, I do not even examine myself. For I am not aware of anything against myself; however, I am not vindicated by this, but the one who examines me is the Lord.”
- Just as a person can have sinful habits, they can make new, God honoring habits.
- While self-harming behaviors may offer brief relief from pain, going to the Lord during a time of struggle offers a superior and lasting relief that is unavailable from any false refuge (self-harming behaviors).
- God Himself is the ultimate judge of reality.
- God sees believers in Christ as saints, approved and loved.
- Retraining our thinking to believe what God’s Word says is a process.

Episode 6

Episode 6: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What do we not want to put our hope in?
- What purpose does homework serve in the process of counseling?
- How could homework be beneficial to someone who is not in counseling?
- How could you begin to practice God honoring behaviors and thoughts in the midst of difficult circumstances?

Answers

- We do not want to put our hope in our circumstances or in ourselves.
- Home work is an extension of the counseling sessions, giving people a chance to practice (form new, God honoring habits) what they have learned in the sessions.
- Home work may help someone not in counseling by offering Godly practices that may influence biblical change.
- To honor the Lord in the midst of difficult circumstances, meditate on Scriptures that bring peace, practice a short prayer, sing a hymn or worship song, or reach out to a friend for encouragement.

Main Ideas

- Instruction is promoting “Biblical change through accurate, concrete, practical, and appropriate teaching and counsel from Scripture.”
- Home work is an extension of the counseling session.
- Most change takes place in between the counseling sessions rather than during a session.
- Our hope should not be in our circumstances or giftedness. Rather, our hope should be in the character of God.
- While our circumstances may not change, we can change in our circumstances.

Episode 6

Episode 6: Additional Resources

Articles

The next 4 articles are a mini-series:

- *The Lies You Believe and the Truth that Sets You Free* by: Shannon Kay McCoy at <https://www.biblicalcounselingcoalition.org/2013/07/04/the-lies-you-believe-and-the-truth-that-sets-you-free/>
- *2 Lies That Must Be Defeated to Overcome Cutting* by: Amy Baker at <https://www.biblicalcounselingcoalition.org/2013/07/01/2-lies-that-must-be-defeated-to-overcome-cutting/>
- *Why Do I Hate Myself: Motivations for the Dreadful Habit of Cutting* by: Deepak Reju at <https://www.biblicalcounselingcoalition.org/2013/07/02/why-do-i-hate-myself-motivations-for-the-dreadful-habit-of-cutting/>
- *Bringing Self-Harm Habits Into the Light* by: Mark Shaw at <https://www.biblicalcounselingcoalition.org/2013/07/03/bringing-self-harm-habits-into-the-light/>
- *What The Bible Says About Self-Harm* (feat. Dr. Kevin Carson) at <https://truth-in-love.castos.com/episodes/til-068-what-the-bible-says-about-self-harm-feat-dr-kevin-carson-1>

Episode 7

Episode 7: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“Addressing Sinful Anger” by Tim Keeter at <https://biblicalcounseling.com/resource-library/conference-messages/addressing-sinful-anger/>

Audio/Podcasts:

Blowing Up - Handling Anger God’s Way 1 by Jay Adams at <https://podcasts.apple.com/us/podcast/institute-for-nouthetic-studies-biblical-counseling/id1518300018?i=1000479015711>

Clamming Up - Handling Anger God’s Way 2 by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/clamming-up-handling-anger-gods-way-2>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What are some other names for irritability?
- What may result when we have a correct view of ourselves?
- What may result when we have a correct view of God?

Answers

- Some other names for irritability include anger, being ill-tempered, moodiness, grumpy, touchy, or super sensitive.
- A correct view of ourselves may increase our patience with others, decrease our anxiety and attempts to control people and our surroundings, and help us be who God has called us to be.
- A correct view of God promotes comfort, security, thanksgiving, and peace.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Some synonyms for irritability include anger, ill-tempered, grumpy, moody, touchy, or supersensitive.
- There are multiple roots for the fruit of irritability.
- Two roots of irritability include an incorrect view of God and an incorrect view of self.
- An incorrect view of self may impact how we treat others, our anxiety, and our irritability.
- A correct view of ourselves increases our patience with others, decreases our anxiety and attempts to control people and our surroundings, and helps us be who God has called us to be.
- A correct view of God promotes comfort, security, thanksgiving, and peace.

Episode 7

Episode 7: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- True or False: God needs your praise.
- What attributes of God work together with His sovereignty?
- Why are these attributes good news?
- What does having a biblical view of God free us to do?

Answers

- False; God needs nothing, not even our praise.
- God’s goodness, kindness, and lovingkindness work together with His sovereignty.
- These attributes of God are good news because they assure us that He’s working for His glory and our good.
- Having a biblical view of God frees us to be faithful to do whatever it is He’s called us to do?

Main Ideas

- Viewing God correctly as a “big” God brings freedom because we recognize that He’s “got it.”
- Having a biblical view of God frees someone to be faithful to what God has called them to do.
- Psalm 115:1-3 states: Not to us, Lord, not to us, but to Your name give glory, because of Your mercy, because of Your truth. Why should the nations say, “Where, then, is their God?” But our God is in the heavens; He does whatever He pleases.”
- The aseity of God is defined as the quality of state of being self-derived or self-originated. Specifically: the absolute self-sufficiency, independence, and autonomy of God.
- God does not need anything, not even our praise. He is completely self-sufficient.
- While God does not need us, He chooses to use us.
- If something happens, we can trust that God is willing it for us at the moment.
- God is not only sovereign but also good, kind, and full of lovingkindness.
- God does not do things to His children but does things *for* His children.

Episode 7

Episode 7: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- While we each have gifts, how are we to exercise those gifts? Who is responsible for outcomes?
- Are God's outcomes ever wrong?
- What are some results of unrealistic expectations of ourselves?
- What does the Bible call a low view of God and an elevated view of ourselves?
- What are your gifts? Are you using them faithfully?

Answers

- We are to exercise our gifts faithfully as a stewardship from God, depending on Him for the outcomes.
- God's outcomes are never wrong.
- Some results of unrealistic expectations of ourselves include anxiety, loss of joy, and irritability.
- The Bible calls a low view of God and a high view of man pride.
- Answers may vary.

Main Ideas

- Romans 12:3 tells us “For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.”
- First Peter 4:9-11 states: “Be hospitable to one another without complaint. As each one has received a special gift, employ it in serving one another as good stewards of the multifaceted grace of God. Whoever speaks is to do so as one who is speaking actual words of God; whoever serves is to do so as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.”
- We are to view our gifts as a stewardship of what God has given us and exercise those gifts faithfully with the strength that God provides, trusting Him for the outcome.
- Unrealistic expectations of ourselves can be burdensome, producing both anxiety and irritability.
- Having a low view of God and an elevated view of ourselves is called pride.
- As our view of God grows, our anxiety decreases because we realize that God is capable of carrying the burdens that we were not meant to carry.

Episode 7

Episode 7: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What do we learn about God from Psalm 127?
- What do we learn about ourselves from Psalm 127?
- How do we apply the knowledge about God and ourselves from Psalm 127?

Answers

- We learn that God is the originator and sustainer of all things we do.
- We learn that we are dependent on God for all things.
- We apply the knowledge learned in Psalm 127 by working diligently and faithfully to fulfill our God-given responsibilities while depending upon Him to sustain us.

Main Ideas

- Seeing God as big and ourselves as small produces humility and joy.
- Psalm 127: 1-2 states “Unless the Lord builds a house, They who build it labor in vain; unless the Lord guards a city, The watchman stays awake in vain. It is futile for you to rise up early, To stay up late, To eat the bread of painful labor; This is how He gives to His beloved sleep.”
- Psalm 127 does not endorse idleness or laziness, but rather teaches us to be dependent upon the Lord.
- It is biblical to make time for refreshment in our lives.

Episode 7

Episode 7: Additional Resources

Audio

- *Anger Mismanagement* by Jim Newheiser at <https://ibcd.org/anger-mismanagement/>

Article

- *Overcoming Irritability* by Kyle Gangel at <https://biblicalcounseling.com/resource-library/articles/overcoming-irritability/>

Handout

- Handout on the “*Independence of God*” available in the Resources section at www.transformed.org

Episode 8

Episode 8: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Blog Article:

“Biblical Reasons Not to Worry” by Armand Tiffe at <https://biblicalcounseling.com/resource-library/articles/biblical-reasons-not-to-worry/>

Video:

How to Deal With Anxiety by Lou Priolo at <https://www.competenttocounsel.org/how-to-deal-with-anxiety/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How should we not respond when someone tells us about their health concerns? What should we do instead?
- What is one emotion that God uses to teach us we are not in charge?
- How can knowing you are not in charge help you control anxiety?
- Why will behavior modification techniques ultimately not help us overcome panic attacks?

Answers

- We do not want to minimize someone's health concerns. However, we want to still help them approach both their health and concerns from God's perspective.
- God uses anxiety to teach us we are not in charge.
- Acknowledging that God is in control replaces the thoughts that prompt anxiety because that truth brings security, comfort, hope, and thankfulness as the person realizes the burden doesn't rest on them, but on God.
- Behavior modification techniques ultimately do not help someone overcome panic attacks because they do not get to the root of the issue.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- While seemingly coming out of nowhere, symptoms of a panic attack are preceded by anxiety.
- “God wants you to think biblically about your health.”
- We are to be faithful stewards of our health.
- Anxiety is God’s way of telling us we are not in charge.
- Psychological methods for dealing with panic attacks may provide temporary distractions through behavior modification but do not get to the root of the problem.

Episode 8

Episode 8: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the idol of control?
- What are some fruit or common manifestations of an idol of control?
- According to 1 Peter 5:7, why should we cast our burdens or anxieties on the Lord?
- What might it sound like in prayer when we cast our burdens or anxieties on the Lord?

Answers

- The idol of control is rooted in pride and the inordinate desire to be God (Isaiah 12:12-14).
- Some fruit of the idol of control may include the following: worry, anxiety, micro-managing, having unrealistic expectation, or over managing.
- We should cast our burdens and anxieties on the Lord because He cares for us.
- Answers may vary, but would include specific petitions and thankfulness. This type of prayer is an act of worship.

Main Ideas

- One root of anxiety is an idol of control.
- First Peter 5:7 says to cast “all your anxiety on Him, because He cares for you.”
- Romans 1 tells us that we are worshipers, either worshipping the Creator or things created.
- Psalm 131 instructs us to intentionally quiet our souls.
- Some fruit of the idol of control may include the following: worry, anxiety, micro-managing, having unrealistic expectation, or over managing.
- While we are to plan and control some things, when the thing (or person) we are trying to control becomes bigger than God, we stop trusting God and are worshipping control at that point.
- The solution to the idol of control is to start worshipping the correct object: God.
- When we realign our worship from the idol of control to God Himself, anxiety begins to flee.

Episode 8

Episode 8: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is another root of anxiety?
- How can we exercise our faith into action?
- Explain how anxiety is a kindness of God to His children.
- How might you use your anxiety to draw you closer to God and experience His peace?

Answers

- Another root of anxiety is unbelief.
- We can exercise our faith by fulfilling our responsibilities and by recognizing who God is in the midst of our anxiety or worry.
- Anxiety is a kindness of God to us because it reminds us that He is in control and we are not.
- We can make our requests known to God with thanksgiving (Phil. 4:6) and think and act according to Philippians 4:7-9.

Main Ideas

- Another root of anxiety is unbelief.
- One way to put our trust in the Lord into action is by being faithful to our responsibilities.
- Anxiety is related to who we believe God is.
- Matthew 6:25-33 helps us see in the midst of worry and anxiety that God is capable of providing for us.
- Anxiety is a result of a small view of God and a large view of ourselves.
- When we see the full glory of God, we begin to see we do not have to be anxious.
- Anxiety is a lack of faith.
- Anxiety is a kindness of God to us, reminding us that He is in control.
- We can have little faith when we put our faith in a little object (like ourselves) or when we have little faith in a powerful object (like the Lord).
- God does good things for His children (Romans 8:28-32).

Episode 8

Episode 8: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- True or False: Trust is a passive feeling.
- What does trust look like?
- What brings about true transformation?
- What does true transformation look like?
- What are we to trust more than our circumstances?
- What does that kind of trust look like?

Answers

- False. Trust is active.
- Trust is expressed in both biblical thinking and actions.
- Application of biblical truths brings about transformation.
- Transformation in someone's life has them consistently and increasingly manifesting more and more attributes of Christ and the fruit of the Spirit and less and less sin and deeds of the flesh (Galatians 5:16-23)
- We are to trust God's Word over our circumstances.
- Trusting God's Word over our circumstances is demonstrated in faithful action, biblical thinking, and wholesome speech.

Main Ideas

- Panic attacks are common (1 Corinthians 10: 13).
- Trust is not passive but a vigorous act of the soul whereby we choose to lay hold of the promises of God, clinging to them despite adversity that seeks to overwhelm us.
- Application of biblical principles brings about transformation.
- We need to be doers of the Word, not just hearers (James 1:22).
- Church involvement is beneficial because we not only hear sermons but have fellowship with other believers who can help us grow and apply biblical truths.

Episode 8

Episode 8: Additional Resources

Articles

- “Casting Our Cares” by Diane Jacoby at <https://biblicalcounseling.com/resource-library/articles/casting-our-cares/>
- “Meditation on the Attributes of Who God Is” handout available in the Resources section at www.transformed.org

Episode 9

Episode 9: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“What Prizing God’s Beauty Produces” by Paula Higuchi at <https://biblicalcounseling.com/resource-library/articles/what-prizing-gods-beauty-produces/>

Audio:

Thinking Rightly About Yourself: A Biblical View of Self-Image by Lou Priolo at <https://www.competenttocounsel.org/free-audios/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Who is the authority on defining true beauty?
- What are the benefits of thinking about beauty from God's perspective?
- Are you letting God be the judge of your beauty?

Answers

- God is the authority on defining true beauty.
- God's definition of beauty is freeing, joy producing and achievable.
- Answers may vary.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Scripture reveals that God is the authority on real beauty, not the world.
- Often times, worldly beauty is not achievable, and it's certainly not sustainable.
- The world's definition of beauty is not founded in Scripture.
- God's definition of beauty is freeing, joy producing and achievable.
- True beauty is not defined by this world but by God himself.
- How you interpret your looks indicates what worldview you hold.

Episode 9

Episode 9: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What example does Dr. Johnson use to highlight the importance of correctly interpreting a problem?
- What are two roots for the fruit of eating disorders?
- Have you struggled to see yourself the same way God views His children?
- What are some of the problems with pursuing beauty according to the world's standard of beauty?

Answers

- Dale uses the example of an alcoholic (worldly interruption) versus a drunkard (biblical interruption).
- Two possible roots for the fruit of eating disorders include an idol of physical appearance and love of the world.
- Answers may vary.
- The world's standards of beauty are continually changing, always costly, often burdensome, and ultimately not sustainable.

Main Ideas

- Two possible roots for the fruit of eating disorders include an idol of physical appearance and love of the world.
- There is hope for the Christian who biblically interprets their problem, because the Holy Spirit specializes in helping people bring about change in their life.
- There is great power in interpretation.
- The world's definition of beauty is elusive, very onerous, and ultimately fleeting.
- The world's standards are constantly changing, have an expiration date, are costly, burdensome, and leave a person very susceptible to depression when the world's standard is not met.
- When Christians live according to God's definitions they can look at themselves and say who cares what the world thinks.
- First Peter 3:3-4 teaches that true beauty comes from our inner person.
- If someone looks beautiful according to the world's standards, but internally lacks Godly character, they are not beautiful in God's economy.

Episode 9

Episode 9: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Does 1 Peter 3:3-4, say that Christians should not care at all about their physical appearance?
- Why can't a Christian love both God and the world?
- How does worldliness threaten the fellowship between a Christian and the Lord?

Answers

- No, 1 Peter 3:3–4 does not forbid all external adornment. The point Peter is stressing is that the source of true beauty emanates from the heart (inner person).
- A Christian can't love both God and the world, because God and the world are completely contrary to one another.
- Worldliness threatens the fellowship between a Christian and the Lord because it promotes love of the creation over love of the Creator.

Main Ideas

- It is vital to strive to please God rather than the world.
- Jesus wasn't handsome, but he was the overall lovely one.
- Worldliness threatens the fellowship between the Christian and the Lord.
- Worldliness promotes love of the creation over love of the Creator.
- The character of the world is expressed through the lust of the flesh, the lust of the eyes, and the boastful pride of life.
- These lusts attempt to entice the believer's flesh away from God and towards sin.
- In God's economy, the beautiful person is one who is continuously growing in fruit of the Spirit; love, joy, peace, patience, kindness, goodness, gentleness, and self-control.
- God desires an internal beauty that is imperishable.
- Christians should not believe or buy into the ideas/ideology of this world.

Episode 9

Episode 9: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How can a Christian become less worldly and more Christlike?
- Are you like Tori, needing to grow out of love with the world and more in love with Jesus?
- What do we learn about physical beauty from Proverbs 31:30?

Answers

- Christians become less worldly and more Christlike by cultivating a deeper love for Jesus; intentionally focusing more on what He says and less on the what the world says.
- Answers may vary.
- We learn that physical beauty is always temporary, unlike beauty of character (fear of the Lord) which always endures.

Main Ideas

- Christians become less worldly and more Christlike by cultivating a deeper love for Jesus; intentionally focusing more on what He says and less on the what the world says.
- Proverbs 31:30 states, “Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.”
- Proverbs 31:30 teaches that physical beauty is always temporary, unlike beauty of character (fear of the Lord) which always endures.
- Roman 8:31 says, “What then shall we say to these things? If God is for us, who can be against us?”
- Christ’s affirmation of your success and beauty is all that the Christian needs.
- It does not matter how the world categorizes our success and beauty.

Episode 9

Episode 9: Additional Resources

Audio

- Truth In Love Podcast #350: *The Biblical View of a Person* with Dale Johnson and Tim Pasma at <https://biblicalcounseling.com/resource-library/podcast-episodes/the-biblical-view-of-a-person/>

Episode 10

Episode 10: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“*Breaking Pornography Addiction*” by David Powlison at <https://www.ccef.org/breaking-pornography-addiction-part-1/>

“*Bringing Freedom to Captives of Pornography*” by Heath Lambert at <https://ibcd.org/bringing-freedom-to-captives-of-pornography/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What are some reasons a person views pornography?
- Who or what is the true source of one's affirmation?
- While beneficial, what ways do practical strategies fall short of helping people

Answers

- People view pornography for a variety of reasons such as the desire for power, affirmation, pleasure, or escapism.
- God Himself is the true source of affirmation.
- Practical strategies do not address the deception associated with pornography or the root of the problem.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Pornography is the biggest sinful scourge in the church.
- 80% of men regularly view pornography.
- Viewing pornography may give a person affirmation, power, pleasure, or a way to escape.
- God is the true and lasting source of a person's affirmation.
- Fleeing temptation, submitting to the Lord, and having an accountability partner can be helpful in overcoming pornography, but they are ultimately insufficient because they do not address the deceit or the root of the problem.
- The ultimate goal of counseling is not to help with a particular problem (although that is important), but to help people make sure they are children of God and to help them become more like Jesus.

Episode 10

Episode 10: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is one root of pornography?
- According to 2 Corinthians 5:6-9, what should the goal of our lives be?
- What are the two types of repentance mentioned in this segment?

Answers

- One root of pornography is the idol of affirmation.
- The goal of life should be to be pleasing to the Lord.
- The two types of repentance mentioned include worldly repentance and godly repentance.

Main Ideas

- One root of pornography is an idol of affirmation.
- Affirmation is the desire for love and approval.
- A desire for affirmation becomes sinful when a person tries to obtain affirmation in sinful ways.
- Pornography is a fruit or manifestation of a root/heart idol.
- The goal of life should be to please God (2 Cor. 5:9).
- No one's opinion of me should matter more than God's opinion of me.
- When God's opinion of me matters more than the opinion of other people, change starts.
- Worldly repentance is concerned with consequences and often includes disappointing one's self.
- Godly repentance acknowledges the need for mercy and is accompanied by a contrite heart.
- Godly repentance kills the root of an idol.

Episode 10

Episode 10: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is a second common root of pornography?
- What are common desires and thoughts when we fear man?
- How does a person overcome the fear of man with fear of the Lord?

Answers

- Another common root of pornography is fear of man.
- The fear of man includes revering man over the Lord, desiring man's approval over the Lord's approval, or desiring to be a people pleaser rather than a God pleaser.
- To overcome the fear of man, it is not that one wants others' opinions of him to decrease; rather, a person must view God's opinion of him as supreme.

Main Ideas

- A second root of pornography is fear of man.
- Fear of man includes revering man or desiring the approval of man over revering God or desiring His approval (John 12: 43; Gal. 1:10). It also includes people pleasing rather than aiming to please God (Col. 3: 22).
- Pride is a catalyst for the fear of man.
- The fear of man is overcome with a fear of the Lord.
- It is normal to desire that others have a favorable opinion of us; however, God's opinion of us is the ultimate opinion that matters.
- As we fear the Lord, our fear of man will decrease.
- Biblical counseling strategies are rooted in an increasing knowledge that God is everything.
- God is our ultimate source of affirmation because we are affirmed in Christ.
- God is our supreme delight and joy.
- The power of the Holy Spirit transforms our minds, affections, and will to the mind of Christ.

Episode 10

Episode 10: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Is the struggle with pornography primarily a physical or spiritual struggle?
- What is the ultimate way to put off pornography?
- What is the only way to combat unbiblical thinking?

Answers

- Pornography is primarily a spiritual problem.
- The ultimate way to put off pornography is to have one's heart satisfied in Christ.
- The only way to combat unbiblical thinking is to submit to the authority and clarity of God's Word.

Main Ideas

- While pornography seems like a physical problem, it is actually a battle within the heart.
- While physical strategies such as computer filters can help someone struggling with pornography, to truly overcome pornography, one must have his or her heart supremely satisfied in Christ.
- Meditating on the faithfulness of God can help us become more faithful.
- Meditating on 1 Corinthians 4:1-5 can help us be more concerned with what God thinks of us rather than what man thinks of us.
- Submitting to the authority and clarity of God's Word can help change our unbiblical thinking.
- Our knowledge of God and His Word should be applied to how we live.
- Worldly weapons are of little value in putting off pornography.
- Spiritual weapons bring true victory and transformation in putting off pornography.

Episode 10

Episode 10: Additional Resources

Audio

- *A Battle Plan for Fighting Pornography* by Keith Palmer at <https://ibcd.org/a-battle-plan-for-fighting-pornography/>
- *I am a Porn Struggler?* by Deepak Reju at <https://ibcd.org/i-am-a-porn-struggler/>

Episode 11

Episode 11: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“Overcoming Fear and Worry” by Sherry Allchin at <https://biblicalcounselingcenter.org/overcoming-fear-worry/>

Audio:

Gripping Fears by David Powlison at <https://acbcdigitalresources.s3-us-west-2.amazonaws.com/resources/2014+ACBC+Annual+Conference/Breakout+Sessions/Breakout+Session+2/Gripping+Fears--David+Powlison.mp3>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- Is fear a good thing or a bad thing?
- When does fear become a bad thing?
- What does fear tell someone about themselves?
- What is the one fear that drives out all other fears?

Answers

- Fear is our God-given alarm system that alerts us to danger.
- Fear becomes a bad thing when trying to avoid what you fear alters your life.
- Fear tells a person what they value.
- The fear of the Lord addresses/drives out all fears in life.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Fear can be our “friend.”
- Fear is harmful when it begins to alter our life.
- What we fear shows what we value.
- What we fear losing shows what we value, which can become an idol.
- An idol is anything that takes God’s place in your life (Psalm 37:4).
- Fear of the Lord addresses the other fears in life.
- One root cause of sinful fear is valuing something or someone more than God.

Episode 11

Episode 11: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is one root of sinful fear?
- What is a big contributor to sinful fear?
- As a person learns to value Jesus more than their idol, what happens to their sinful fears?
- How does sinful fear impact your relationship with others?
- What are some common side effects of sinful fear?

Answers

- Idolatry is one root of sinful fear.
- One's thoughts are a big contributor to sinful fear.
- Their sinful fears abate as they learn to value Jesus more.
- Answers may include guilt, anxiety, depression, and isolation.
- Common side effects of sinful fear may include insomnia, lack of completing tasks, negative impact on relationships, harms your testimony, and harms your physical body.

Main Ideas

- Oftentimes, sinful fears are not grounded in reality.
- One root of sinful fear is idolatry.
- One fruit of idolatry is fear.
- It is good and right to love our children and desire to protect them.
- Our ultimate enjoyment, hope, and love should be directed to Jesus, not anything or anyone else including our children.
- Our thoughts are a significant contributor to our fear.
- The more we value Jesus, the more our sinful fears will abate.

Episode 11

Episode 11: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is another root of sinful fear?
- According to Proverbs 29:25, what does the fear of man bring?
- According to Matthew 10: 26-28, what should we fear more than physical death?
- What is involved in a reverential fear of the Lord?
- What is a servile fear of the Lord?

Answers

- Another root of sinful fear is the fear of man.
- According to Proverbs 29:25, the fear of man brings a snare.
- According to Matthew 10: 26-28, we should fear God, Who has the power to kill the soul, more than we should fear physical death.
- A reverential fear of the Lord may include having a high view of God, having Scripture as your authority, obeying Scripture, not having an inflated view of yourself.
- A servile fear is one of terror that you are God's enemy and He is after you. Servile fear is the fear the Cowardly Lion had of the Wizard of Oz.

Main Ideas

- Another root of sinful fear is the fear of man.
- Proverbs 29:25 states: "The fear of man brings a snare, But one who trusts in the Lord will be protected."
- Jesus tells us in Matthew 10: 28, "And do not be afraid of those who kill the body but are unable to kill the soul; but rather fear Him who is able to destroy both should and body in hell."
- To overcome the fear of man, we must fear the Lord.
- There is a difference between a reverent fear of the Lord and a servile fear of God.

Episode 11

Episode 11: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is your plan to grow in your love for Jesus?
- What is the solution when someone realizes they love someone more than they love the Lord?
- What would someone have to do to renew their mind?
- How do you determine if you desire the approval of man more than the approval of God?

Answers

- Answers may include reading the Word, praying, being thankful, meditating on His sacrifice for us, and listening to biblical preaching.
- The solution is not to love the person less, but to love the Lord more.
- To renew their mind, someone should work hard at reading and meditating (think deeply about) on God's Word.
- You know you are desiring the approval of man more than God's approval when you are willing to sin to get what you desire from someone or you sin when you don't get what you desire from someone.

Main Ideas

- Sinful fear is a common problem.
- The solution to sinful fear is to love the Lord more.
- Renewing our minds is hard work.
- Reading and meditating on God's Word helps us renew our minds.
- Colossians 1 and Hebrews 1 highlight the superiority of Jesus Christ.
- As we trust in the Lord, our fear of the Lord grows as well.

Episode 11

Episode 11: Additional Resources

Articles

- “*Cripple the Power of Fear with Faith*” by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2019/10/04/cripple-the-power-of-fear-with-faith/>

Audio

- *Understanding Fear* by Heath Lambert at <https://biblicalcounseling.com/til-169-understanding-fear/>

Episode 12

Episode 12: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“*The Beautiful Broken Heart of the Gospel*” by Pat Quinn at <https://www.biblicalcounselingcoalition.org/2015/01/26/the-beautiful-broken-heart-of-the-gospel/>

Audio:

The Gospel by Jay Adams at <https://institute-for-nouthetic-studies-blog.castos.com/episodes/the-gospel>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How does the Bible define happiness?
- What is crucial in order for a person to have true happiness?
- Where does a person's peace come from?
- What is the ultimate goal of biblical counseling?

Answers

- Jesus defines happiness, commonly called the beattitudes, in the Sermon on the Mount in Matthew 5:3-12.
- An understanding of and belief in the biblical Gospel is crucial if one is to have biblical happiness.
- A person's peace comes from having a relationship with God through Jesus Christ, from living for Jesus, and from being transformed increasingly into the image of Christ.
- The ultimate goal of biblical counseling is for someone to love Christ and be increasingly transformed into His image.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- The first and most crucial step in biblical counseling is a biblical understanding of the Gospel.
- Jesus Himself is our peace (Ephesians 2:14).
- Jesus' work is the basis for God's love for someone.
- Biblical counseling cannot work if someone doesn't understand the biblical Gospel.
- The ultimate goal of biblical counseling is not to solve someone's problem; rather, the goal of biblical counseling is for someone to love Christ and be increasingly transformed into His image.

Episode 12

Episode 12: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is a possible root for a lack of peace in a person's life?
- What three aspects of the Gospel are given in 1 Corinthians 15:3-5?
- Is it okay to question someone's salvation?
- What is the result of biblical happiness?

Answers

- A possible root for a lack of peace in a person's life is a misunderstanding of the Gospel.
- The three aspects of the Gospel from 1 Corinthians 15:3-5 include the following: Christ's death, burial, and resurrection according to the Scriptures.
- Yes, it is okay to question someone's salvation, especially when their understanding of the Gospel is incomplete or inaccurate. When done gently, it is a loving act to help someone understand the Gospel more fully.
- The result of true, biblical happiness is obedience to the Lord, increased thankfulness, and peace.

Main Ideas

- A lack of peace is a fruit of the root of not understanding the Gospel correctly (Gospel confusion).
- First Corinthians 15:3-5 clearly articulates the Gospel: "For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve."
- The Gospel is the center point for all good news.
- Proverbs 20:5 states, "A plan in the heart of a man is like deep water, but a man of understanding draws it out."
- We can challenge someone's understanding of the Gospel without aggression but with gentleness.
- Galatians 1:6-8 declares: "I am amazed that you are so quickly deserting Him who called you by the grace of Christ, for a different gospel; which is really not another; only there are some who are disturbing you and want to distort the gospel of Christ. But even if we, or an angel from heaven, should preach to you a gospel contrary to what we have preached to you, he is to be accursed."

Episode 12

Episode 12: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is the only thing that makes a person right with God?
- True or False: Having a problem free life is true success.
- Do your circumstances dictate whether you have a happy life or not?
- What does James 1:2-4 tell us about trials?

Answers

- Jesus' work is the only thing that makes a person right with God.
- False. True success in God's eyes is living a life pleasing to Him/living for Jesus Christ.
- Answers may vary, but we can have Paul's mindset in Philippians 4:10-13 by learning to be content in every and all circumstances.
- James 1:2-4 tells us that we can expect various kinds of trials and that trials teach us to endure so that we can grow and mature in Christ.

Main Ideas

- The Gospel is about a person's holiness, not their happiness.
- Confusion about God and life in general can result if someone's understanding of the Gospel is deficient.
- James 1:2-4 states: "Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing."
- God is for us because of what Jesus has done for us.
- It is only Jesus' work that makes us right with God.
- Success in God's economy is when we live for Jesus and are pleasing to the Lord.
- When we understand the Gospel correctly, no trial is insignificant.
- Happiness is the result of obedience to the Lord.
- Charles Spurgeon said that "... those who are 'beloved of the Lord' must be the most happy and joyful people to be found anywhere upon the face of the earth!"

Episode 12

Episode 12: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does the Gospel give someone?
- According to 2 Corinthians 5:15, who should a person live for?
- What reason should we do that?
- What is your plan for doing that?

Answers

- Some of the things the Gospel gives to someone mentioned in this segment include the following: purpose, hope, identity, and security.
- According to 2 Corinthians 5:15, a person should live for Christ.
- We should live for Christ because He died for us.
- We can live for Christ by literally applying 1 Corinthians 10:31, doing all things for the glory of God; by thinking about practical ways to serve others; and by prioritizing worship, including prayer and church involvement.

Main Ideas

- Biblical counseling is not about behavior modification but about growing in Christlikeness.
- We must be in Christ for biblical counseling to work.
- The Gospel is what gives us our purpose.
- Our hope, identity, and security all come from the work of Jesus.
- 2 Corinthians 5:15 states: “... and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.”

Episode 12

Episode 12: Additional Resources

Audio

- *And Now for the Good News* by John MacArthur at <https://www.gty.org/library/sermons-library/1269/and-now-for-the-good-news>
- *Examine Yourself* by John MacArthur at <https://www.gty.org/library/articles/45EXAM/examine-yourself>

Episode 13

Episode 13: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

“Is It Real? 11 Biblical Tests of Genuine Salvation” by John MacArthur at <https://www.gty.org/library/articles/45REAL/is-it-real>

Audio:

The Christian’s Assurance of Salvation by John MacArthur at <https://www.gty.org/library/sermons-library/48-20/the-christians-assurance-of-salvation>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

1. What is a presenting problem?
2. What is the root problem?
3. What would you avoid saying to a person who is struggling with assurance of salvation?

Answers

1. The presenting problem is what the individual believes their problem is.
2. The root problem is the heart issue that produces the presenting problem/fruit.
3. Providing false assurance; taking sin lightly.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Struggling with assurance of salvation is a common problem.
- Understanding the Gospel is crucial to dealing with struggles associated with assurance.
- Someone's presenting problem is "what [the individual] believes the problem to be."
- Someone's root problem is the heart issue that produces the presenting problem (fruit). The goal of the Counselor is to discern the root cause in order to fix the presenting problem (fruit).
- You would not want to provide a false assurance of salvation to someone struggling with lack of assurance of salvation.

Episode 13

Episode 13: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How does Dr. Gifford distinguish between committing a sin and a willful pattern of sinning?
- Is a besetting sin a disqualifying sin?
- What is a good way to put off sin?

Answers

- A willful pattern of sinning is a practice of sin or when someone keeps on sinning.
- A besetting sin is not necessarily a disqualifying sin.
- A good way to put off sin is to look at Jesus rather than your sin.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Sin is not an “if” but a “when” question.
- Habitual sin can be a root cause of lack of assurance of salvation.
- Hatred of sin is evidence that someone is a believer; it is a kindness of God to the person.
- Trying to put off sin is indicative of someone who is a believer.
- Looking to Jesus-rather than one’s sin is a good way to put off sin.
- Christians are to believe what God’s Word promises: “If we confess our sins, He is faithful and righteous, so that He will forgive us our sins and cleanse us from all unrighteousness” (1 John 1:9).

Episode 13

Episode 13: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How would you describe or characterize God? What comes to mind first?
- Can you still be a Christian if you regularly experience difficult times in your life?
- To what extent will God forgive a repentant person?

Answers

- Answers may include the following: holy, loving, merciful, wrathful, sovereign, good. Also see attachment “Attributes of God.”
- Yes; struggles in life are not an indicator of God’s love for His child.
- Answers may vary. However, God will forgive a repentant sinner completely. Also see attachment “Remembering God’s Forgiveness Journal.”

Main Ideas

- A misunderstanding of who God is may contribute to a lack of assurance of salvation.
- God is equally all of His attributes all of the time.
- God is a God of justice, wrath, mercy, compassion, love, kindness, and holiness.
- The Scriptures determine what God is like, not one’s circumstances or feelings.
- God will forgive any sin that is both confessed and repented of genuinely.
- It is in the Gospel where sin is taken most seriously.
- Romans 8:1 promises no condemnation for those who are in Christ.
- Romans 8:31-39 promises nothing can separate the believer from the love of God in Christ Jesus.

Episode 13

Episode 13: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What would a plan include to be transformed into the image of Jesus?
- How can you create and maintain a consistent habit of reading the Bible regularly?
- Now that you have a biblical understanding of how two roots contribute to a lack of assurance of salvation, are you going to believe your feelings or what God says about you in His Word?

Answers

- Answers may vary. Also include church attendance and involvement, Bible reading, fellowship with other believers, and regular prayer.
- Answers may vary. Also include setting aside a time and place to read, choosing a Bible reading plan, and being accountable to someone.
- Answers may vary. Also remember the promise of 1 Corinthians 10:13.

Main Ideas

- Believers are being progressively transformed into the image of Christ.
- Consistently reading the Bible helps someone grow as a Christian.
- Being involved in a local Bible based church helps someone grow as a Christian.
- We need to believe what Scripture says about us rather than what our feelings tell us.
- We need to remember the promises of 1 *Corinthians* 10:13: “No temptation has overtaken you except something common to mankind; and God is faithful, so He will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.”

Episode 13

Episode 13: Additional Resources

Articles

- “*Between the Lines: Law, Gospel, and the Doubt of Salvation*” by: Joshua Waulk at <https://www.biblicalcounselingcoalition.org/2021/04/19/between-the-lines-law-gospel-and-the-doubt-of-salvation/>
- “*Stewarding Our Doubts*” by Dave Dunham at <https://www.biblicalcounselingcoalition.org/2021/04/21/stewarding-our-doubts/>
- “*Attributes of God*” handout available in our Resource section at www.transformed.org
- “*God’s Forgiveness Journal*” handout available in our Resource section at www.transformed.org

Episode 1: OCD

Segment 1: Class Questions

- How is OCD viewed or labeled by psychologists? By the Bible?
- Why is it important to view OCD from the biblical perspective?
- True or False: Someone who struggles with OCD is doomed to live this way forever.

Segment 2: Class Questions

- What is the idol of certainty?
- Even though we can and should use our senses, why are our senses not the final authority of reality?
- When our senses control us, what should we do?

Episode 1: OCD

Segment 3: Class Questions

- What is your view of your ability to control your circumstances?
- What does Colossians 1:15-18 teach us about Jesus?
- While people are to be wise in their actions, can we ultimately do anything to preserve our own lives?
- Rather than trusting in a sovereign God, what specific areas are you trying to control by relying on yourself?
- How do OCD tendencies demonstrate that a person is overly focused on themselves instead of God and others?

Episode 1: OCD

Segment 4: Class Questions

- According to Dale, OCD is rooted in what?
- Who is the ultimate ruler of everything?
- How should the knowledge that God is always reigning in good and just ways help us with intrusive thoughts?
- What are some God honoring thoughts to consider during a tempting time of obsessive compulsive behavior?

Episode 2: Substance Abuse

Segment 1: Class Questions

- What does the Bible call excessive drinking?
- How does labeling excessive drinking as a sin provide hope to struggling people?
- According to James 4:6, what are we manifesting when we conceal our sin?

Segment 2: Class Questions

- How can an insufficient view of God lead to substance abuse?
- While sobriety in a person's life should not be minimized, what is the ultimate goal of sobriety?
- What does Hebrews 5:13-14 teach us about how we grow?
- What is your plan to grow in this way?

Episode 2: Substance Abuse

Segment 3: Class Questions

- Explain why substance abuse is actually a worship disorder.
- Are you worshipping anything in addition to God?
- How does Hebrews 11:6 help us overcome our sin?

Segment 4: Class Questions

- Define radical amputation.
- How can you create a plan to radically amputate something in your life that is a temptation to you?
- While biblical counseling is beneficial to people, where does God intend long term care of people to occur?
- Is there a legitimate reason you are not a member of a local church?

Episode 3: Grief

Segment 1: Class Questions

- How would the culture or secular psychologists console a grieving person?
- How would a biblical counselor console a grieving person?
- What is one difficulty we may face if we do not have a biblical understanding of ourselves?

Segment 2: Class Questions

- What is one root of excessive grief?
- While the world or culture tells us to love ourselves, what do the Scriptures say self-love results in?
- What happens when we depend upon ourselves less and less?
- What is your plan to decrease love for yourself and increase your love for the Lord?

Episode 3: Grief

Segment 3: Class Questions

- What is another root of excessive grief?
- According to the Bible, why can setting boundaries be sinful?
- Are there any sinful boundaries you have set? If so, what is your plan to become involved in biblical relationships?
- What should seeing ourselves as sinners, yet saved by the love, mercy, and grace of God produce in us?
- What does Romans 11:36 teach us about Jesus Christ?

Episode 3: Grief

Segment 4: Class Questions

- What does 1 Peter 5:5 teach us about pride? About humility?
- Why is it important to be involved in a local Bible believing church?
- While we don't want to be foolish or reckless, where is our true safety found?

Episode 4: Poor Time Management

Segment 1: Class Questions

- If time is a gift, are you using this gift more for yourself or others?
- What are some ways that you do not steward your time well?
- True or False: It is enough to stop engaging in sinful or unwise activities.
- What should we do in addition to stopping sinful, unwise activities?

Segment 2: Class Questions

- What does 1 Corinthians 7:32-35 teach us about singleness?
- What must we be willing to do if a hobby is dominating our life?
- Fill in the blank: We put off time wasters that please _____ and put on productivity that is pleasing to the _____.
- What adjustments might you need to make?

Episode 4: Poor Time Management

Segment 3: Class Questions

- What is the biblical text that discusses the put off - put on principle?
- Biblical change is about working hard not in our own strength but through what?
- Where does the confidence for biblical change lie?
- To eliminate sin, how can you cultivate godly behaviors?

Segment 4: Class Questions

- What do our need for rest, food, and relaxation remind us of?
- How should we work at biblical change?
- Where is the best place we can grow and change?

Episode 5: Poor Decision-Making

Segment 1: Class Questions

- What does trauma reveal?
- Is poor decision making a root or a fruit?
- How can you trust God even if He ordains trauma?
- What might God be doing when He ordains for His children to experience trauma?

Segment 2: Class Questions

- What is more authoritative than our emotions?
- Are Christians to stuff their emotions and respond to trauma stoically?
- What is one way to have appropriate feelings in the midst of an emotional or traumatic situation?

Episode 5: Poor Decision-Making

Segment 3: Class Questions

- What does Psalm 18:1-3 teach you about the Lord?
- What are some common ways people try to escape uncomfortable or difficult situations?
- What must you do if you want to stop making poor decisions?

Segment 4: Class Questions

- According to Proverbs 18:1, how does isolation hurt someone?
- Does the Word of God adequately address, either implicitly or explicitly, your difficulties?
- What are some things people should tell themselves in order to live out their faith in Christ during a traumatic or difficult situation?

Episode 6: Self-Harm

Segment 1: Class Questions

- What does Proverbs 18:13 teach us about the importance of asking good questions?
- What might happen if we put our hope in a false refuge?
- How can we have true hope in difficult circumstances?
- What was Cheryl hoping to achieve or experience by harming herself?

Segment 2: Class Questions

- What is an open-ended question? Why are open ended questions so helpful?
- What are some of the things that hard questions are not intended to do?
- According to Paul D. Tripp, what does asking good questions do for the counselee?

Episode 6: Self-Harm

Segment 3: Class Questions

- Define inspiration.
- According to 1 Corinthians 4:3-4, should we believe God's judgment of us or our own opinion of ourselves?
- To what extent does God love the believer?
- Is it possible for people to stop bad habits and replace them with God honoring behaviors?

Segment 4: Class Questions

- What do we not want to put our hope in?
- What purpose does homework serve in the process of counseling?
- How could homework be beneficial to someone who is not in counseling?
- How could you begin to practice God honoring behaviors and thoughts in the midst of difficult circumstances?

Episode 7: Irritability

Segment 1: Class Questions

- What are some other names for irritability?
- What may result when we have a correct view of ourselves?
- What may result when we have a correct view of God?

Segment 2: Class Questions

- True or False: God needs your praise.
- What attributes of God work together with His sovereignty?
- Why are these attributes good news?
- What does having a biblical view of God free us to do?

Episode 7: Irritability

Segment 3: Class Questions

- While we each have gifts, how are we to exercise those gifts? Who is responsible for outcomes?
- Are God's outcomes ever wrong?
- What are some results of unrealistic expectations of ourselves?
- What does the Bible call a low view of God and an elevated view of ourselves?
- What are your gifts? Are you using them faithfully?

Episode 7: Irritability

Segment 4: Class Questions

- What do we learn about God from Psalm 127?
- What do we learn about ourselves from Psalm 127?
- How do we apply the knowledge about God and ourselves from Psalm 127?

Episode 8: Anxiety

Segment 1: Class Questions

- What should we not respond when someone tells us about their health concerns? What should we do instead?
- What is one emotion that God uses to teach us we are not in charge?
- How can knowing you are not in charge help you control anxiety?
- Why will behavior modification techniques ultimately not help us overcome

Segment 2: Class Questions

- What is the idol of control?
- What are some fruit or common manifestations of an idol of control?
- According to 1 Peter 5:7, why should we cast our burdens or anxieties on the Lord?
- What might it sound like in prayer when we cast our burdens or anxieties on the Lord?

Episode 8: Anxiety

Segment 3: Class Questions

- What is another root of anxiety?
- How can we exercise our faith into action?
- Explain how anxiety is a kindness of God to His children.
- How might you use your anxiety to draw you closer to God and experience His peace?

Episode 8: Anxiety

Segment 4: Class Questions

- True or False: trust is a passive feeling.
- What does trust look like?
- What brings about true transformation?
- What does true transformation look like?
- What are we to trust more than our circumstances?
- What does that kind of trust look like?

Episode 9: Self-Image

Segment 1: Class Questions

- Who is the authority on defining true beauty?
- What are the benefits of thinking about beauty from God's perspective?
- Are you letting God be the judge of your beauty?

Segment 2: Class Questions

- What example does Dr. Johnson use to highlight the importance of correctly interpreting a problem?
- What are two roots for the fruit of eating disorders?
- Have you struggled to see yourself the same way God views His children?
- What are some of the problems with pursuing beauty according to the world's standard of beauty?

Episode 9: Self-Image

Segment 3: Class Questions

- Does 1 Peter 3:3–4, say that Christians should not care at all about their physical appearance?
- Why can't a Christian love both God and the world?
- How does worldliness threaten the fellowship between a Christian and the Lord?

Segment 4: Class Questions

- How can a Christian become less worldly and more Christlike?
- Are you like Tori, needing to grow out of love with the world and more in love with Jesus?
- What do we learn about physical beauty from Proverbs 31:30?

Episode 10: Porn

Segment 1: Class Questions

- What are some reasons a person views pornography?
- Who or what is the true source of one's affirmation?
- While beneficial, what ways do practical strategies fall short of helping people put off pornography?

Segment 2: Class Questions

- What is one root of pornography?
- According to 2 Corinthians 5:6-9, what should the goal of our lives be?
- What are the two types of repentance mentioned in this segment?

Episode 10: Porn

Segment 3: Class Questions

- What is a second common root of pornography?
- What are common desires and thoughts when we fear man?
- How does a person overcome the fear of man with fear of the Lord?

Segment 4: Class Questions

- Is the struggle with pornography primarily a physical or spiritual struggle?
- What is the ultimate way to put off pornography?
- What is the only way to combat unbiblical thinking?

Episode 11: Fear

Segment 1: Class Questions

- Is fear a good thing or a bad thing?
- When does fear become a bad thing?
- What does fear tell someone about themselves?
- What is the one fear that drives out all other fears?

Segment 2: Class Questions

- What is a big contributor to sinful fear?
- As a person learns to value Jesus more than their idol, what happens to their sinful fears?
- How does sinful fear impact your relationship with others?
- What are some common side effects of sinful fear?

Episode 11: Fear

Segment 3: Class Questions

- What is another root of sinful fear?
- According to Proverbs 29:25, what does the fear of man bring?
- According to Matthew 10:26-28, what should we fear more than physical death?
- What is involved in a reverential fear of the Lord?

Segment 4: Class Questions

- What is your plan to grow in your love for Jesus?
- What is the solution when someone realizes they love someone more than they love the Lord?
- What would someone have to do to renew their mind?
- How do you determine if you desire the approval of man more than the approval of God?

Episode 12: Lack of Peace

Segment 1: Class Questions

- How does the Bible define happiness?
- What is crucial in order for a person to have true happiness?
- Where does a person's peace come from?
- What is the ultimate goal of biblical counseling?

Segment 2: Class Questions

- What is a possible root for a lack of peace in a person's life?
- What three aspects of the Gospel are given in 1 Corinthians 15:3-5?
- Is it okay to question someone's salvation?
- What is the result of biblical happiness?

Episode 12: Lack of Peace

Segment 3: Class Questions

- What is the only thing that makes a person right with God?
- True or False: Having a problem free life is true success.
- Do your circumstances dictate whether you have a happy life or not?
- What does James 1:2-4 tell us about trials?

Segment 4: Class Questions

- What does the Gospel give someone?
- According to 2 Corinthians 5:15, who should a person live for?
- What reason should we do that?
- What is your plan for doing that?

Episode 13: Lack of Assurance

Segment 1: Class Questions

1. What is a presenting problem?
2. What is the root problem?
3. What would you avoid saying to a person who is struggling with assurance of salvation?

Segment 2: Class Questions

1. How does Dr. Gifford distinguish between committing a sin and a willful pattern of sinning?
2. Is a besetting sin a disqualifying sin?
3. What is a good way to put off sin?

Episode 13: Lack of Assurance

Segment 3: Class Questions

1. How would you describe or characterize God? What comes to mind first?
2. Can you still be a Christian if you regularly experience difficult times in your life?
3. To what extent will God forgive a repentant person?

Segment 4: Class Questions

1. What would a plan include to be transformed into the image of Jesus?
2. How can you create and maintain a consistent habit of reading the Bible regularly?
3. Now that you have a biblical understanding of how two roots contribute to a lack of assurance of salvation, are you going to believe your feelings or what God says about you in His Word?