
FOUNDATIONS OF CHANGE

Introduction

Paul Tripp: Change is a by-product of being _____ and _____ by Jesus, our Redeemer. Change is not accomplished by mastering a technique or following a system; it takes place as we are in relationship with Christ.

Change's Destination: _____

Change's Power: _____

Storyline of Change:

Creation

Fall

Paul Tripp: Sin renders us _____ of doing what God has ordained us to do. This inability colors every situation and relationship of our lives. It is not just that I don't want to do God's will, or that I think my way is better, it's that even when I have the right intentions, I can't pull it off. I always fall short of God's standard.

Redemption

Consummation

Paul Tripp: Living with God's ultimate destination in view gives _____ and _____ in our daily situations and relationships

Paul Tripp: Positive personal change begins to take place when my dreams of change begin to line up with God's purposes for change. Leaving behind goals of personal comfort and self-fulfillment, I begin to reach out for Christ, desiring to be more and more like him each day. As I do this, I become more and more prepared for my ultimate destination—_____ with him.

Bryan Chapell: The grace that identifies me as God's child is not based on my _____. He characterizes me based on my _____ with him, not on the basis of what I have done. My union with Christ (the indicative of who I am) precedes and motivates my obedience (the imperative).

The Gospel Gap

Paul Tripp & Tim Lane: Many believers live a ' _____ in their lives: They have some sense of the past forgiveness of our sins and the future promise of heaven but without understanding or experiencing the power of the gospel in the present. The monotony of life lulls us to sleep, and we miss the miraculous presence of Christ.

Discussion Questions

- What are 1-2 things you are taking away from this session?
- Do you find biblical change to be a difficult process? Why or why not?
- Where does the gospel gap show up in your life?

FOUNDATIONS OF CHANGE

Review

Change's Destination: _____

Change's Power: _____

Change's Method: _____

Change's Location: _____

Tod Bolsinger: More than any before us, an American today believes 'I must write the script of my own life.' The thought that such a script must be subordinated to the grand narrative of the Bible is a foreign one. Still more alarming is the idea that this surrender of our personal story to God's story must be _____ by a community of fallen people we frankly don't want getting in our way and meddling with our own hopes and dreams.

What prevents Christian community?

Discussion of Romans 12:1-2 & Philippians 2:12-13

What is the heart?

Tim Keller: Sin isn't only doing bad things, it is more fundamentally making good things into ultimate things. Sin is building your life and meaning on anything, even a very good thing, more than on God. Whatever we build our life on will drive us and enslave us. Sin is primarily idolatry.

Paul Tripp: A _____ thing becomes a _____ thing when it becomes a _____ thing.

What promises do idols make to us?

The Progression of an Idol

- a. _____: "I want"
- b. _____: "I must"
- c. _____: "I will"
- d. _____: "You should"
- e. _____: "You didn't"

Questions to uncover heart idols

- what things, people or environments make me most happy or joyful
- what happens when those items are taken away, removed or changed
- do I feel threatened when I lose something in particular, i.e. approval, affirmation, happiness, etc.
- when times get tough I typically turn to _____
- when times are good I typically attribute it to _____
- I am most known for...
- What things do I celebrate as objects of worship in my life
- What things/people have my affections
- What things do I find pleasure in
- What/who do I trust in regularly

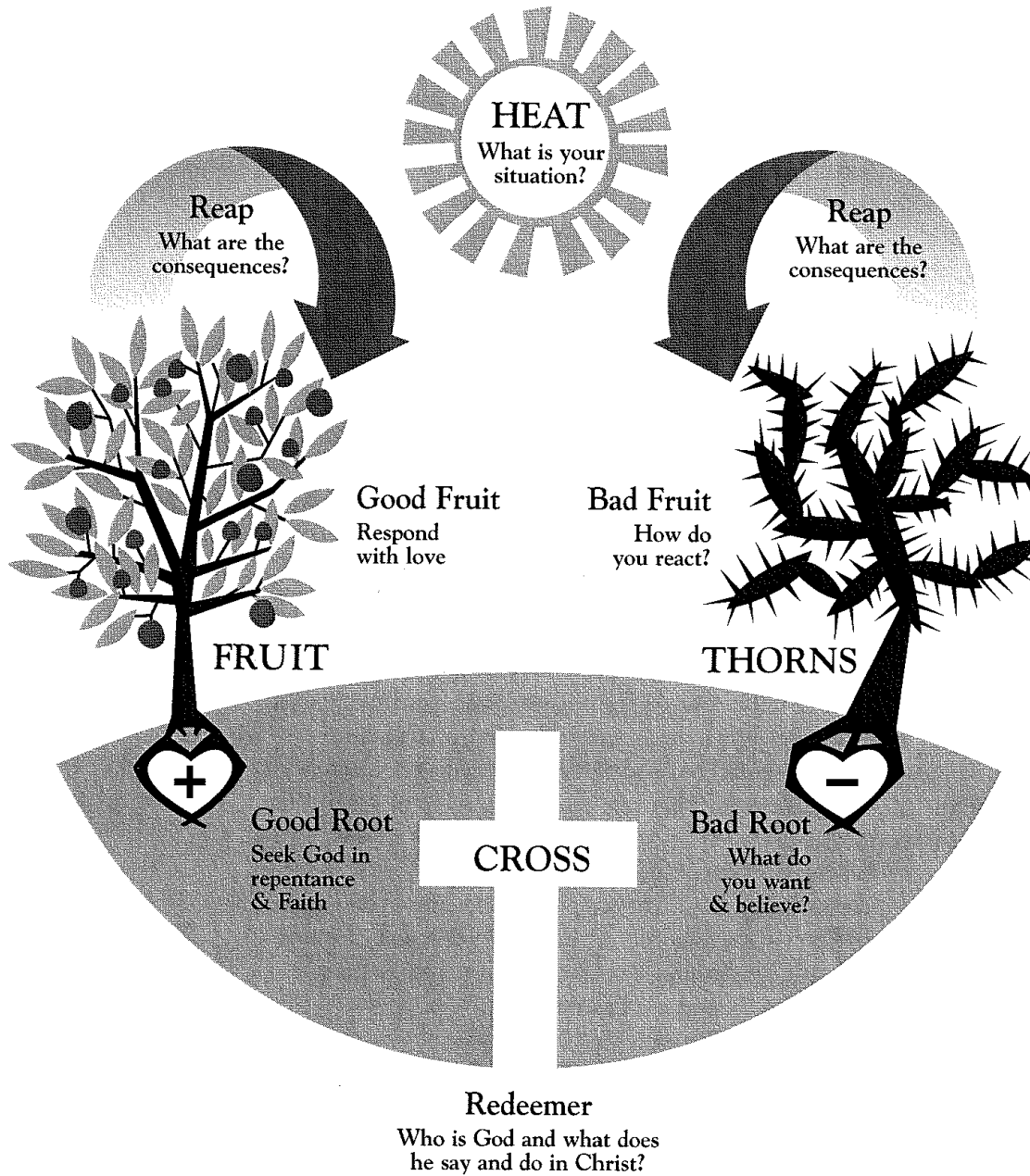
Discussion Questions

- What are 1-2 things you are taking away from this session?
- Is biblical community an important part of your life? Why or why not?
- Do you seek change at the expense of ignoring the heart? If so, how?

HEAT

Review

HEAT, THORNS, CROSS, FRUIT



Common examples of HEAT

Man's view of the HEAT: Psalm 88

God's view of the HEAT: James 1

Tripp & Lane: Psalm 88 and James 1 both remind us that the Bible speaks of a real God who _____ and _____ real people in the midst of difficulty in the real world. Psalm 88 emphasizes that God knows and understand what we are going through. James 1 provides an example of a pastor applying this truth to the lives of people he dearly loves. In both passages, the reality of the HEAT is acknowledged and responded to in ways that are truly liberating. We are not alone.

God does understand. So what can we learn from these 2 passages (Psalm 88 and James 1)?

- From the greatest joys to the most crushing _____, God understands the full _____ of human experience.
- The _____ and _____ of the Redeemer address people like us who live in a world where such things take place.
- God's _____ about these experiences invites me to be honest about the things I face. Biblical Christianity is never _____, indifferent or stoic in its reaction to life.
- Going to God with my _____, doubt, and fear is an act of _____. Psalm 88 reminds me to run to God in these desperate moments and not away from Him.
- The Bible is not about an _____ world inhabited by noble people who always made the right choice.

Discussion Questions

- What are 1-2 things you are taking away from this session?
- Take a current situation (HEAT) in your life. How might you be misinterpreting it? What could God be up to in your life?

THORNS

Paul Tripp: You and I are never really _____. We are always acting, reacting, and responding to the *heat* in our lives.

Common excuses to explain THORN-bush responses

Tripp & Lane: While external conditions can be very _____ in our lives and should not be ignored, the Bible says that they are only the occasion for sin, not the cause. Difficulties in life do not cause sin. Our background, relationships, situation, and physical condition only provide the opportunity for our thoughts, words, and actions to reveal whatever is already in our hearts.

Tim Chester: Our struggles and temptations often _____ sin, but they never cause it. The root cause is always the heart and its sinful desires.

What are some typical ways we as sinful humans deal with the HEAT in our life?

- a. Deny, avoid, escape
- b. Magnify, expand, catastrophize
- c. Become prickly and hypersensitive
- d. Return evil for evil
- e. Bugged down, paralyzed, captured
- f. Self-excusing, self-righteousness

James 1:13-15 Progression of Sin

- Tempted
- Lured
- Enticed
- Conceived

Cornelius Plantinga: Human sin is _____, but not as stubborn as the grace of God and not half so _____, not half so ready to suffer to win its way.

Gordon Dalbey: To let God meet us where we are, we must know where we are, and such an exercise in _____ can often be painful.

Discussion Questions

- What are 1-2 things you are taking away from this session?
- In response to the HEAT, what are your default THORN-bush responses?
- Using the progression of sin diagram, analyze underlying desires which feed external sinful (THORNY) responses.

CROSS

Galatians 2:20

- The _____ Fact: “I have been crucified with Christ and I no longer live.”
- The _____ Reality: “...but Christ lives in me.”
- The Results for _____ Living: “...the life I live in the body, I live by faith in the Son of God, who loved me and gave Himself for me.”

Dietrich Bonhoeffer: _____ grace is the deadly enemy of our church. The essence of grace, we suppose, is that the account has been paid in advance; and, because it has been paid, everything can be had for nothing. Since the cost was infinite, the possibilities of using and spending it are infinite. What would grace be if it were not cheap?

Repentance

Tripp & Lane: Yet so many believers only think of faith and repentance as they way to enter the Christian life. They fail to realize that faith and repentance link us to Christ on a daily basis.

Tim Keller: All-of-life repentance is the best sign that we are growing _____ and rapidly into the character of Jesus.

What are some common misconceptions regarding repentance?

Seven Principles of Repentance¹

1. True repentance is a _____ from God
2. True repentance is not a _____ act but an ongoing and continual attitude
3. True repentance is not a mechanism to escape the _____ of sin.
4. True repentance is not what you do for _____ but what you do for God
5. True repentance is not merely of the _____ of sin but of the very roots
6. True repentance is not _____ but _____
7. True repentance is both _____ and _____

¹ Richard Owen Roberts, *Repentance: The First Word of the Gospel*

² Timothy S. Lane and Paul David Tripp, *How People Change* (Winston-Salem, NC: Punch Press, 2006), 189.

The Prodigal Son

1. Wake-Up
2. Own Up
3. Go Up

The Older Brother

- _____ anger: 'was angry and refused to go in...'
- _____ duty: 'all these years I've been slaving for you...'
- _____ performance: 'I never disobeyed your command...'
- _____ comparison: 'This son of yours...has devoured your property with prostitutes...'

Discussion Questions

- What are 1-2 things you are taking away from this session?
- In what areas of repentance do you need to see grace-empowered growth?

FRUIT: REAL HEART CHANGE

David Powlison: The process of redemption is painfully _____ this side of eternity.

Tim Chester: Many people change their behavior, but their _____ and desires are still wrong; so their new behavior is no more pleasing to God than their old behavior.

Ephesians 4:22-24

What are some characteristics of true biblical change?

- My _____ on life changes
- I understand the dynamics of my _____ relationship with God and my _____ relationships with others
- The way I _____ with other people changes
- How I deal with sin: the response, the speed, the intensity, the humility, etc.
- My _____ for change becomes less and less me-centered, and more and more God-centered
- My desires, hopes, dreams and goals become _____ with Scripture
- My _____, talent and treasure become increasingly aligned with biblical principles
- My _____ awareness of Christ increases
- I _____ to Christ first instead of other substitutes
- I become more attuned to the dynamics of heart _____ and my own sinful propensities
- Momentary _____ no longer hold your attention
- The Bible gets _____, it's not just talking about them- it's talking about you

- You begin to see that God is a God of _____ and _____, and He becomes increasingly attractive²

Discussion questions

- What are 1-2 things you are taking away from this session?
- Write down 1-2 areas from our discussion today that you will return to in thoughtful meditation in the coming months.
- Discuss 1-2 areas of encouragement you've received today.

² Timothy S. Lane and Paul David Tripp, *How People Change* (Winston-Salem, NC: Punch Press, 2006), 189.