**Basics of Biblical Counseling Pt. 2**

**People in Need of Change Helping Others in Need of Change**

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**Faulty Processes of Change**

1. Worldly processes
2. Spiritual processes

 **Biblical Change Starts With Recognizing Your Sin**

1. Behavior – e.g. impatience, unkindness, revenge, sexual impurity
2. Speech – e.g. lying, gossip, slander, speech that tears people down
3. Thoughts & Feelings – e.g. fear, anxiety, coveting, jealousy
4. Desire (heart idols) – e.g. control, respect, honor, ease, comfort, pleasure, security

**Biblical change continues with repenting from your sin**

1. Definition of repentance (Jer 3:22-4:2; 2 Cor 7:10-11)
2. Evidence of repentance

**Biblical Change Continues With Replacing Your Sin**

1. Remember these great truths:
2. Put off the old self (Eph 4:22)
3. Renew your mind (Eph 4:23)
4. Put on the new self (Eph 4:26)
5. Continue this process to create a habit of obedience

**Important Definitions**

1. Sanctification – to set apart, to be holy, or to consecrate to God
2. Progressive sanctification – the process of a believer growing and changing to be more like Jesus Christ in both the inner and outer man

**Progressive Sanctification in its Proper Theological Context**

1. Progressive sanctification is preceded by justification (Positional sanctification)
2. Progressive sanctification is dependent on our union with Christ and the indwelling Holy Spirit
3. Progressive sanctification is followed by glorification (Prospective or Ultimate sanctification)

**Sanctification Begins at Conversion**

1. You are sanctified at conversion (1 Cor 1:2; Acts 26:18)
2. You are rooted, built up and established in Christ
3. You are no longer to be conformed to the world (Rom 12:1-2)
4. You can grow because you have a different relationship with God (John 3:36; Rom 3:21-22; 5:1, 9, 11; 8:1, 32; Phil 3:9; Heb 2:18, 4:15-16)
5. You are to establish a biblical pattern of life (Eph 5:15-17)

**Sanctification is God’s Purpose For You**

1. You are to worship and serve God (Luke 4:8; John 4:23-24)
2. You are to die to self (Luke 9:23-24)
3. You are to please Him in all you do (2 Cor 5:9; Col 1:10)
4. You are to conform to the image of Christ (Rom 8:29; 2 Cor 3:18)
5. You are to be an ambassador for Christ (2 Cor 5:20)
6. You are to glorify God (1 Cor 10:31)

**Sanctification is a Normal and Expected Part of a Christian’s Life**

1. God has given you sufficient resources for spiritual growth (2 Pet 1:3-4)
2. God has given you a clear prescription for spiritual growth (2 Pet 1:5-7)
3. God has given you the value for spiritual growth (2 Pet 1:8-11)

**Sanctification Occurs When You Cooperate, Confront & Commit**

1. Spiritual growth is a cooperative effort Phil 1:6; 2:12-13; Heb 5:14; James 1:13-15, 22-25; 1 Pet 3:8-17; 4:2)
2. Spiritual growth requires self-confrontation (Ps 139:23-24; Matt 7:1-5; Rom 12:2; 1 Cor 4:4; 1 Tim 3:16-17; also see 1 Cor 13; Gal 5-6; Eph 4-6; Phil 2-3; Col 2-3 for lists for assessing our walk)
3. Spiritual growth requires you committing to the practice of God’s Word (Matt 7:24-27; 2 Tim 3:16-17; Heb 5:12-14; James 1:22-25; 2 Pet 1:4-11)

**Sanctification is a Lifelong Commitment**

1. Spiritual growth is a process that enables you to “grow up” in Christ
2. You must constantly examine yourself in accordance with God’s Word (2 Tim 3:16-17)
3. Spiritual growth entails learning to accurately handle the Word of God (2 Tim 2:15)
4. Spiritual growth requires continual hearing of God’s Word and practicing it
5. Spiritual growth equips you to overcome joyfully the trials of this present life (James 1:2-4)
6. You must deny yourself by putting off your natural self-centeredness to follow Christ (Matt 10:38-39; Luke 9:23-24)
7. You must seek to please God in all things (2 Cor 5:9; Eph 6:6-7; Col 1:10; 1 Thess 4:1; Heb 13:21)
8. Spiritual growth requires continual prayer with thanksgiving (Phil 4:6-7; 1 Thess 5:17-18)
9. You are to regularly worship the Lord, remaining in fellowship and in ministry with other believers (Ps 29:1-2, 122:1; John 4:23-24; Heb 10:24-25; 1 Pet 2:5; 1 John 1:7)
10. Spiritual growth entails placing the welfare of others ahead of your own, following the example of Christ (Phil 2:3-8)
11. You must love others in biblical ways (1 Cor 13:4-8a)
12. You must faithfully use your spiritual gift(s) for God’s glory and for the benefit of others (Rom 12:3-8; Eph 4:1-16; 1 Pet 4:10-11)
13. Spiritual growth entails being ready at all times to give testimony for the hope that is within you (2 Pet 3:15)
14. Spiritual growth entails seeking to reconcile others to God, and discipling them to walk in His way (Matt 28:19-20; 2 Cor 5:18-20)
15. Spiritual growth can always be improved upon until the day we are ushered into the real and eternal presence of God (John 15:2; 1 Cor 15:58; Phil 1:9; 2 Thess 1:3; 2 Pet 1:8, 3:18); 2 Pet 1:8, 3:18)