How Do People Change?

Redemptive Relations in Discipleship

Nowadays there are many techniques of changing behavior, but how does genuine Biblical change take place in everyday life? What is the process of forming and breaking harmful habits that lead us astray from a loving shepherd? In this session, we will seek to analyze besetting sinful patterns and then define and address the heart of these problems. Moreover, we will discuss the framework and key principles of building redemptive relations with both younger and more mature people that will enable us to become a living part of this transformation process.

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1. **Defining the Heart of Problems**
	1. Biblical Change: Focus on Root, not Fruit (Luke 6:43-45)
		1. Heat: What is your situation?
		2. Fruit: How do you react?
		3. Root: What do you want and believe?
		4. Gospel: Who is God and what does He say and do in Christ?[[1]](#footnote-1)
	2. Self-evaluation: Why do I do what I do? (Prov. 20:5, Jer. 17:9)
	3. Growing in knowledge of God’s holiness and my depravity (2 Tim. 3:16)
2. **Forming and Breaking the Habits**
	1. How the Brain works
	2. Transformation by renewing the mind (Rom. 12:2)
	3. The principle of “Put on/Put off” (Eph. 4:22-25)
3. **Key Principles of Redemptive Relations**
	1. Loving relationships in church context (John 13:35, 1 John 4:7, Eph. 4:15)
	2. Gather facts, ask questions (pursue the heart) (Prov. 18:13, 20:5)
		1. What is the situation?
		2. What are the responses?
		3. What are the thoughts or interpretations?
		4. What are the motives?
	3. Share biblical truth (Confront and comfort with the gospel, and call for renewed worship in Jesus) (Col. 3:14; Hebr. 3:13, 10:24-25; Gal. 6:1)
		1. Consider: What do they need to see (about self, God, life, gospel, change) and how can I help?
		2. Confess: What sins of the heart, what unbelief, or what idolatry needs to be owned up to?
		3. Commit: To what new ways of living is God calling this person?
		4. Change: How should these new commitments be applied to daily living?
	4. Provide Accountability (if possible) (Jam. 5:16-20, Eccl. 4:9-12)
	5. Stay available even after saying “Good-bye”

***Suggested Readings:***

Caroline Leaf, *Switch on your brain.*

Timothy S. Lane and Paul David Tripp, *How People Change.*

Paul David Tripp, *Instruments in the Redeemer’s Hands: People in Need of Change Helping People in Need of Change.*

Edward T. Welch, *When People are big and God is small.*

Jay E. Adams, *Competent to Counsel.*

David Powlison, *Seeing with New Eyes.*

1. Taken from Instruments in the Redeemer’s Hands by Paul Tripp [↑](#footnote-ref-1)