

# Imitating Christ

Christian discipleship seeks to lead and to shape the whole heart. We are more than ‘brains on sticks,’ and true discipleship seeks the formation of the whole person. But what is the biblical understanding of the heart? And how does it accord with what we learn from modern psychology and the neurosciences? In this seminar we explore how we may harness these insights to help each other to grow more fully in Christ.

**Ed Welch** holds a PhD in counselling psychology with a neuro-psychology specialty from the University of Utah, as well as an MDiv from Biblical Theological Seminary. Ed has been counselling and teaching at the [Christian Counseling & Educational Foundation](#) for over thirty years and has written many books and articles on biblical counselling including, *When People Are Big and God Is Small*, *Addictions: A Banquet in the Grave*, *Depression*, *Running Scared*, *Shame*, *Interrupted*, and *Side by Side: Walking with Others in Wisdom and Love*. He and his wife, Sheri, have two married daughters and eight grandchildren. In his spare time Ed enjoys hanging out with his wife and extended family, and playing his guitar.

## I. The heart, psychology, and neurosciences

### A. Psychology – Cognitive behavioral theories and mindfulness

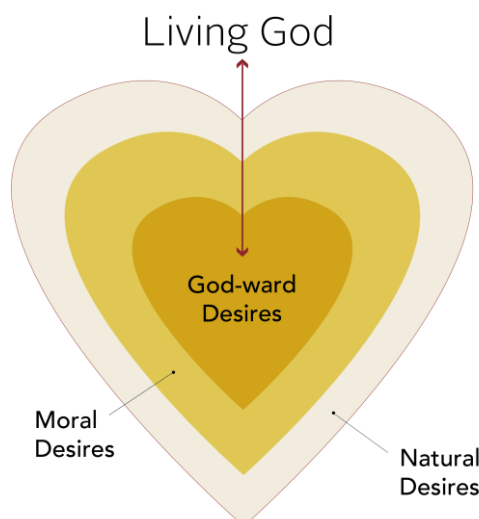
### B. Neurosciences

1. The brain affects our behavior
2. Our behavior affects the brain

## II. The heart

### A. Pour your heart out to the Lord (Psalm 62:8)

### B. What is the heart?



1. The heart is organised around desire, treasures, affections

- a. Natural desires – this is typically your entrance into a person’s life

*O LORD, you hear the desire of the afflicted.* (Psalm 10:17)

- b. Moral desires – this is where you identify the path of wisdom and flourishing.

*The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.* (Luke 6:45)

- c. Godward desire – this is the very depths of the heart. It is where we want to know the Lord accurately and respond to him with faithful love.

*Whom have I in heaven but you? And there is nothing on earth that I **desire** besides you.* (Psalm 73:25)

- 2. Growth and change comes out of a simple process: know the person, know Jesus