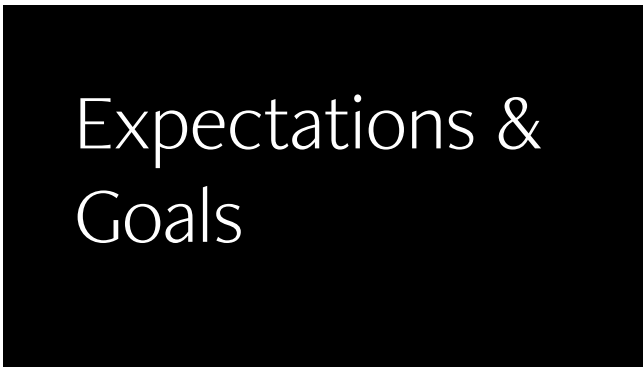
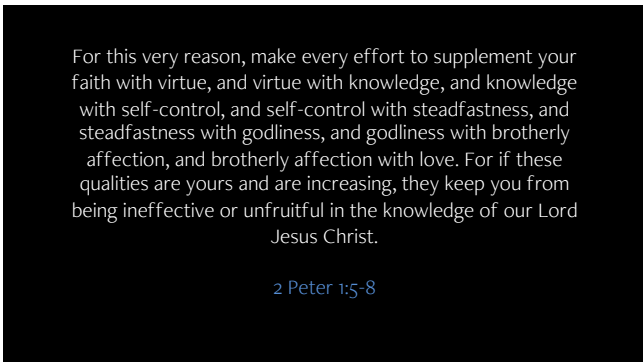




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2



3

But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

2 Peter 3:18

4

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

2 Corinthians 3:18

5

Change is a by-product of being known and loved 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.

Paul David Tripp

6

Why is change difficult?

1. We've misunderstood the biblical process of change.

7

Why is change difficult?

1. We've misunderstood the biblical process of change.
2. We typically want change in our circumstances or other people.

8

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10

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- 4. We underestimate how difficult change can be.
- 5. We overestimate our efforts and abilities.

11

BUILDING BLOCK #1

Change's destination: heaven

12

What is the storyline of the Bible?

- 1. Creation
- 2. Fall
- 3. Redemption
- 4. Consummation

13

The image of God is a “declaration that God intended to create human persons to be the physical means through which he would manifest his own divine presence in the world.”

Marc Cortez

14

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Marc Cortez

15

Adam wasn't lonely because he was imperfect; Adam was lonely because he was perfect. Every other problem in our lives arises out of our sin and imperfections. But loneliness is the one problem that we have because we are made in God's image. So if you're content being a loner, congratulations: you aren't very much like God.

J.D. Greear

16

What is the storyline of the Bible?

- 1. Creation
- 2. Fall
- 3. Redemption
- 4. Consummation

17

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—eternity with him.

Paul David Tripp

18

BUILDING BLOCK #2

Change's power: **union with Christ**

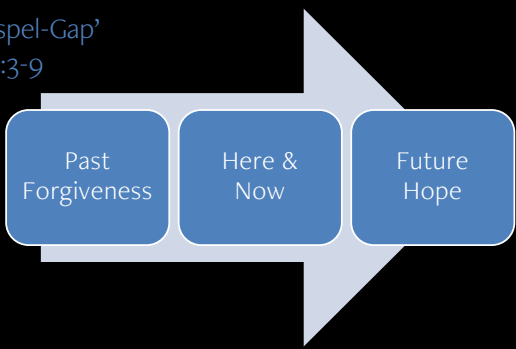
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The grace that identifies me as God's child is not based on my actions. He characterizes me based on my relationship with him, not on the basis of what I have done. My union with Christ (the indicative of who I am) precedes and motivates my obedience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

Bryan Chapell

20

The 'Gospel-Gap'
2 Peter 1:3-9



21

Many believers live a 'gospel gap' 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.

Paul Tripp & Tim Lane

22

Discussion Questions:

1. Why do you find change to be difficult or challenging in your life?
2. Identify areas of your life right now where you feel stuck? What would you like to see changed?
3. How do the two building blocks—change's destination and change's power—give you hope and help for your journey?

23

Foundations of Change



24

BUILDING BLOCK #3

Change's context:
community

25

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 mediated by a community of fallen people we frankly don't want getting in our way and meddling with our own hopes and dreams.

Tod Bolsinger

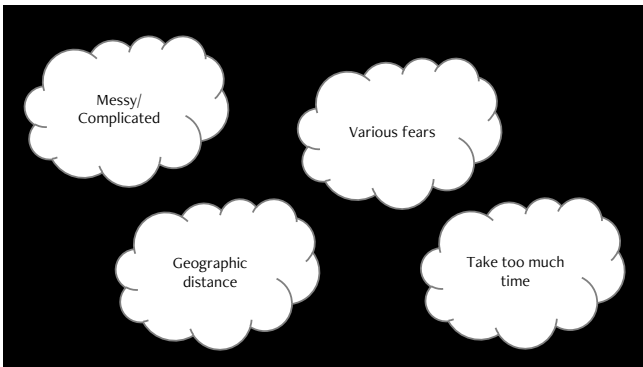
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God uses people in the process of change!

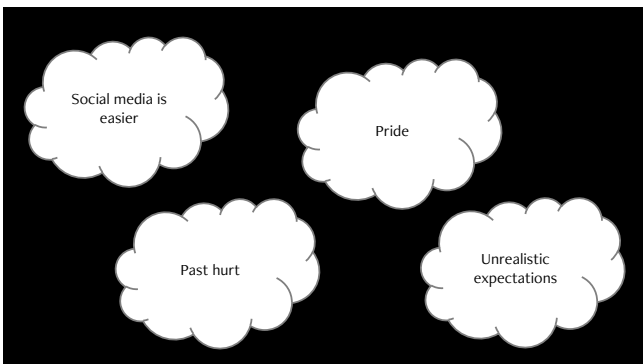
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What prevents Christian community?

28



29



30

I appeal to **you** therefore, **brothers**, by the mercies of God, to present **your bodies** as a living **sacrifice**, holy and acceptable to God, which is **your** spiritual worship. Do not be conformed to this world, but be transformed by the renewal of **your** mind, that by testing **you** may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:1-2

31

Therefore, my beloved, as **you** have always obeyed, so now, not only as in my presence but much more in my absence, work out **your** own salvation with fear and trembling, for it is God who works in **you**, both to will and to work for his good pleasure.

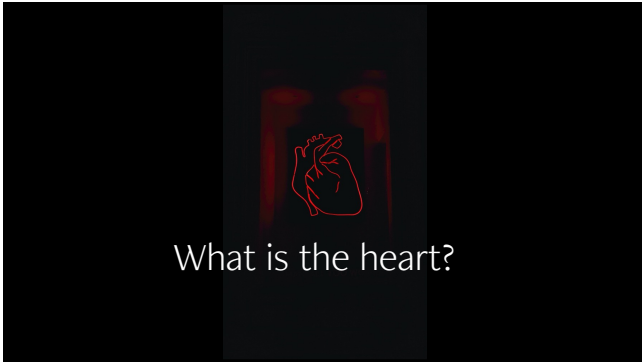
Philippians 2:12-13

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BUILDING BLOCK #4

Change's location: **the heart**

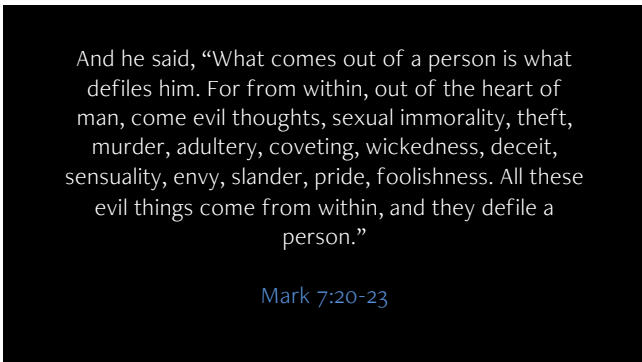
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34



35



36

For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. 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 6:43-45

37

What happens in the heart can affect our bodies

38

What happens in the body can affect us spiritually

39

Christianity is almost the only one of the great religions which thoroughly approves of the body—which believes that matter is good, that God himself once took on a human body, that some kind of body is going to be given to us even in Heaven and is going to be an essential part of our happiness, our beauty, and our energy.

C.S. Lewis

40

The body mediates the thoughts, feelings, and actions of our hearts

41

The unique contribution of the body to the whole person is that it is the mediator of moral action rather than the initiator. In a sense, it is the equipment of the heart. It does what the heart tells it to do; it is the heart's vehicle for concrete ministry and service in the material world.

Ed Welch

42

The body plays a significant role in our faith

43

Ultimately our bodies do not have “the final say” when it comes to whether or not we live in faith or idolatry.

Mike Emlet

44

The body is broken and in need of restoration.

45

The body has a glorious future.

46

To be sanctified is to have your faith simplified, clarified, and deepened. You need God. You know God. You love God. You see life, God, yourself, others more truly. And to grow as a saint is to grow in actually loving people. How other people are doing matters increasingly to you. You care. You help. Becoming more holy does not mean that you become ethereal, ghostly, and detached from the storms of life. It means you are becoming a wiser human being. You are learning how to deal well with your money, your sexuality, your job. You are becoming a better friend and family member. When you talk, your words communicate more good sense, more gravitas, more joy, more reality. You are learning to pray honestly, bringing who God really is to the reality of human need. And to grow in holiness does not mean you now talk in hushed tones and every third sentence quotes the Bible. It means you live in more clear-minded hope. You know the purpose of your life, roll up your sleeves, and get about doing what needs doing. You are honestly thankful for good things. You honestly face disappointment and pain, illness and dying.

47

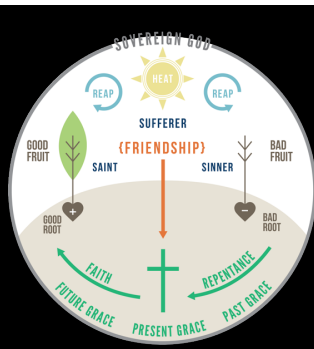


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Review:

- Change's destination: **heaven**
- Change's power: **union with Christ**
- Change's method: **community**
- Change's location: **the heart**

49



50

What is the HEAT in your life?

- What is your situation?
- What are your circumstances?
- What are your blessings?
- What pressures are you facing?
- What's in your world? Suffering, death, sickness?
- Who is opposing you? Who is supporting you?
- Where might Satan, the Evil One be at work?

51

Psalm 88: Man's View of the Heat

52

Seven horizontal lines for writing.

Psalm 88: Man's View of the Heat
• Vs. 1-2: crying day and night
• Vs. 3: deep inner despair; feels as if he has been to hell
• Vs. 4: feels like he is in a pit; no strength
• Vs. 5: walking dead; does not feel remembered by the Lord, cut off from the Lord
• Vs. 6: God has put him in this predicament
• Vs. 7: God's wrath weighs on him; feels overwhelmed
• Vs. 8a: his friends have deserted him
• Vs. 8b: feels trapped
• Vs. 9: eyes are growing dim through sorrow; crying out to the Lord

53

Seven horizontal lines for writing.

Psalm 88: Man's View of the Heat
• Vs. 10-12: questioning God, but not hearing anything
• Vs. 13-14: believes God has cast him away and has hidden his face from him
• Vs. 15: feels afflicted, close to death...this has been going on for a long time, feels terrorized and helpless
• Vs. 16-17: experiencing God's anger; dreadful assaults that encompass his whole world
• Vs. 18: his closest friend has deserted him; his closest companion is darkness

54

Seven horizontal lines for writing.

James 1:2-5: God's View of the Heat

- Vs. 2: trials come in various forms
- Vs. 2: trials are certain
- Vs. 2: joy is something that we are actively called to
- Vs. 3: we know that testing is beneficial
- Vs. 3: trials ultimately test our faith producing steadfastness
- Vs. 4: the ultimate goal is that we would be perfect and complete
- vs. 5: we need wisdom from God (that wisdom is given generously, to all, without reproach/finding fault)

55

Psalm 88 and James 1 both remind us that the Bible speaks of a real God who meets and comforts real people in the midst of difficulty in the real world. Psalm 88 emphasizes that God knows and understands 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.

Paul Tripp & Tim Lane

56

Satan is ultimately behind our cosmic struggle

57

Satan desires the believer's total destruction

58

Satan can affect us through our bodies

59

Satan is the accuser of the believer

60

When we talk about the HEAT in our lives, Scripture is clear and descriptive about the things that trouble us, tempt us, and entangle us.

61

Our situations are often hard and difficult.

62

The Bible is honest about those hardships and circumstances in a way that doesn't over-emphasize them nor underestimate them.

63

God's honesty about these experiences invites me to be honest about the things I face.

64

While our situations are hard, they do not get the final say in how we respond.

65

In fact, God uses our situations and circumstances (both good and bad) for his purposes in sanctification.

66

From the greatest joys to the most crushing sorrows, God understands the full range of human experience.

67

Going to God with my despair, doubt, and fear is an act of faith.

68

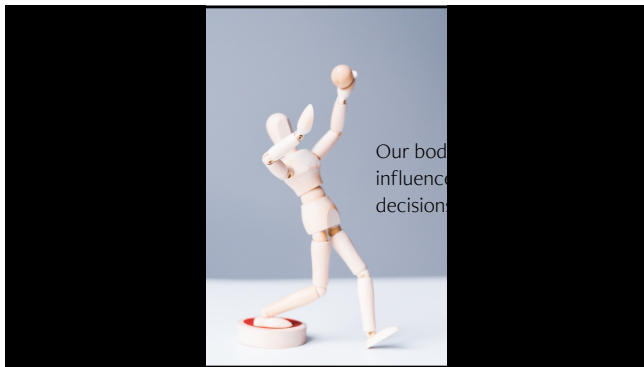


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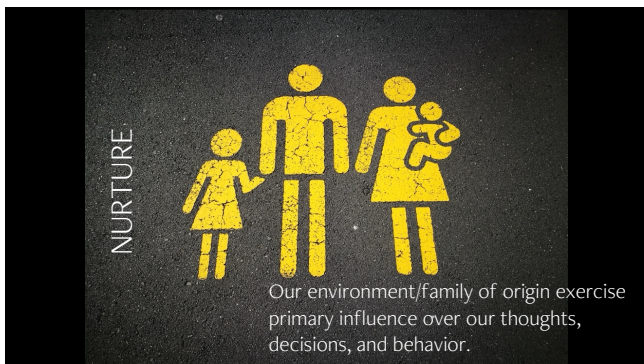
You and I are never really passive. We are always acting, reacting, and responding to the heat in our lives.

Paul David Tripp

70



71



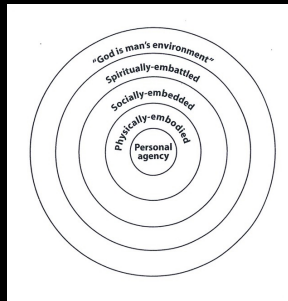
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While external conditions can be very influential in our lives and should not be ignored, the Bible says that they are only the occasion for sin, not the cause. Difficulties in life do not cause sin. Our background, relationships, situation, and physical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

Paul Tripp & Tim Lane

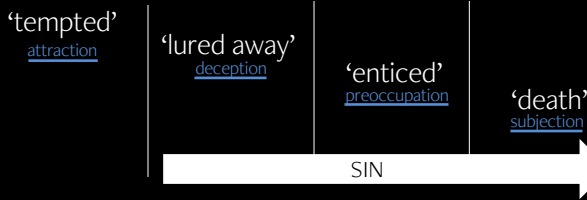
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- We are active worshippers
- We are physically embodied
- We are socially embedded
- We are spiritually embattled
- We live in God's world



74

James 1:13-15: *The Progression of Sin*



75

DENY-AVOID-ESCAPE

- Example:
 - Pornography
 - Sexual addiction
 - Self-injury
 - Suicide

76

MAGNIFY-EXPAND-CATASTROPHIZE

- Anger and rage
- Abuse
- Various personality disorders

77

BECOME PRICKLY-HYPER SENSITIVE

- Bitterness and resentment
- Defensiveness and insecurity
- Jealousy and envy

78

RETURN EVIL FOR EVIL

- Vengeance
- Manipulation
- Silent treatment
- Unforgiveness

79

BOGGED DOWN-PARALYZED-CAPTURED

- Anxiety
- Fear
- OCD

80

SELF-EXCUSING-SELF RIGHTEOUSNESS

- Judgmentalism
- Legalism
- Comparison
- Blameshifting

81

THORN BUSH PASSAGES

- Mark 7:21-23
- Romans 1:29-32
- 1 Corinthians 6:9-11
- Galatians 5:19-20
- Colossians 3:8-10
- 1 Timothy 1:9-10
- 2 Timothy 3:1-6
- 1 John 2:15-17

82

Looking at heart idolatry without looking at the promises of the gospel can easily produce hopelessness.

Paul Tripp & Tim Lane

83

This life of self-examination and joyful discontent should not be confused with a life of paralyzing self-condemnation. God does not call us to self-loathing, but to a willingness to examine our lives in light of our hope as new creatures in Christ. That hope is not only based on the promise of forgiveness, but on his promise of personal deliverance and restoration as well. The same grace that has forgiven me is now in the process of radically changing me. I should not be satisfied until that transformation is complete.

Paul Tripp & Tim Lane

84

Face reality
 Respond with appropriate intensity
 Be alert
 Engage in constructive activity
 Remember

85



86

Galatians 2:20

1. The Redemptive Fact
2. The Present Reality
3. The Results for Everyday Living

87

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.

Paul Tripp & Tim Lane

88

The entire life of believers is to be one of repentance.

Martin Luther

89

All-of-life repentance is the best sign that we are growing deeply and rapidly into the character of Jesus.

Timothy Keller

90

Common misconceptions about repentance:

- Repentance is about me
- Repentance is a one-time thing
- Being sorry is the same thing as repentance
- Repentance can be selective
- Confession is repentance
- Repentance eliminates consequences
- Sorrow equals repentance

91

7 Principles of True Repentance

1. True repentance is a gift from God

- Psalm 51:10
- Jeremiah 24:6-7
- Psalm 14:7; 60:1; 80:3; 85:4
- Ezekiel 36:22-27
- Lamentations 5:21
- Acts 5:31; 11:17-18
- 2 Timothy 2:25-26
- Hebrews 12:15-17

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93

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95

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96

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97

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- 5. True repentance is not merely of the fruits of sin but of the very roots
- 6. True repentance is not secret but open
- 7. True repentance is both negative and positive

98

How do we repent? We repent through faith...turning to God in faith and from sin in repentance are the same movement.

Tim Chester

99

Putting it all together

- Moses and the Wilderness Generation

100


And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, *that he might humble you, testing you to know what was in your heart*, whether you would keep his commandments or not. And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.


Deuteronomy 8:2-3

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