

Foundations Lesson 6

The Biblical Basis for Change

Introduction

Outline

- A Biblical View of the Heart
- Three Levels of Problems
- Biblical Case Studies

BIBLICAL CHANGE TAKES PLACE IN THE HEART

1. A biblical view of the heart

“The heart refers to one’s character or inner life with its desires and purpose for living”

- The heart in scripture is a reference to the _____ part of man distinguished from his outer part that is physical **1 Sam 16:7**
- The heart is naturally _____, and we cannot know it apart from God’s help. **Jer 17:5-10**
- The heart is the essence of man and is the place where all our issues are _____. **Luke 6:45, James 1:13-15**
- The heart is the fountain or _____ of all evil in the world. It is not a “blank slate.” **Mk 7:21**
- We are responsible for what takes place in our hearts and commanded to _____ the heart. **Prov 4:23**
- The heart is the area that God searches and tries in man to give to everyman according to fruit of his _____. **Heb 4:12, Jer 17:10**

2. The Faculties of the Heart

- **The Mind:** intellect, ability to reason, understand, imagine **Heb 4:12, Luke 9:47**
- **The Will:** Volition, ability to make choices, purpose, resolve or decide. **Luke 21:14**

- **The Conscience:** ability to make judgments, discern between right and wrong, good, and evil. The alarm of the soul. **Rom 2:14-15**,
- **Emotions or “Feelings”:** ability to emote, affected, to feel emotionally. **Rom 9:2**
- **Desire:** is the primary motivation of the heart. To long for, want, intentions, treasure, beliefs, and values **Matt 6:19-21, Heb 3:12**

3. The Three Levels of any problem

a. According to the manual there are three levels to any problem we face. They are Feelings, Doing and Heart levels.

- Feelings and doing are primary indicators of what may be taking place in our hearts.
- They, like the signals on your car dashboard may indicate to us what is taking place at a deeper level.
- Although feelings and doing are indicators of the heart, they are not to be trusted as an ultimate authority for what is true about our hearts.
- They are indicators of what we value, worship, or live for.

b. Heart Level

Your heart is revealed by your deeds, which include your:

1. Thoughts (Matt 15:19; Mark 7:20)
2. Speech (Matt 12:34; Luke 6:45)
3. Actions (Matt 15:18-20; Mark 7:20-23)
4. What we value or worship (Matt 6:19-21)

Biblical Case Studies

- **Gen 4: 1-15 1 John 3:12** God counsels Cain through his problem
- **Gal 2:11- 21** Paul confronts Peter and the problem of hypocrisy. What was the emotion? What did Peter do? What did Peter value? Who was Peter serving?
- **Acts 5: 33-42** Apostles confronted by the High Priest about the problem of spreading the Gospel. They were beaten but rejoiced.
- **Heb 12: 1-3** The Apostle confronts the problem of despair, quitting.