

Life on Life 301 – Good Tools for Helping Others
May 23, 2021 // Class Four

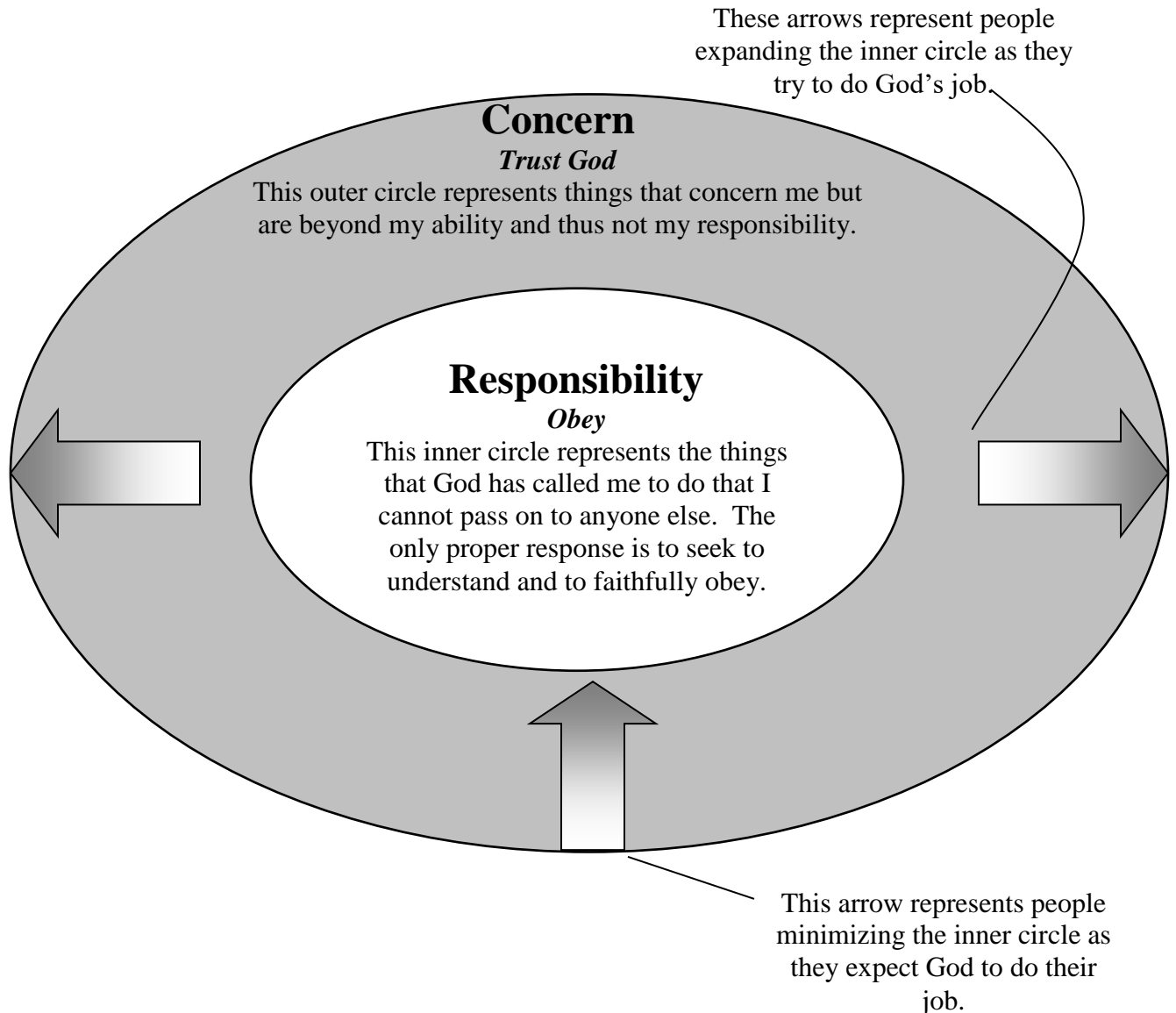
I. Introduction

- A. Today we are going to look at some of the “tools” that counselors should have in their “toolbox” to help counselees see and understand some important concepts. Most of these are helpful in a broad cross-section of counseling situations you will encounter. Our hope is to eventually get these and others on the website so any biblical counselor/mentor can get to them easily.

- B. If you want an electronic version of these so that you can reproduce them more easily for counselees, please ask the Counseling Ministry secretary, Sherri Libby, at sherril@fbcva.org.

Am I Doing Too Much?

Taken from Instruments in the Redeemers Hands by Paul David Tripp ISBN 9789-0-87552-607-2
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Is It Your Responsibility or Not?

Things that are **concerns** in my life but are not my responsibility.

These things I must trust God with.

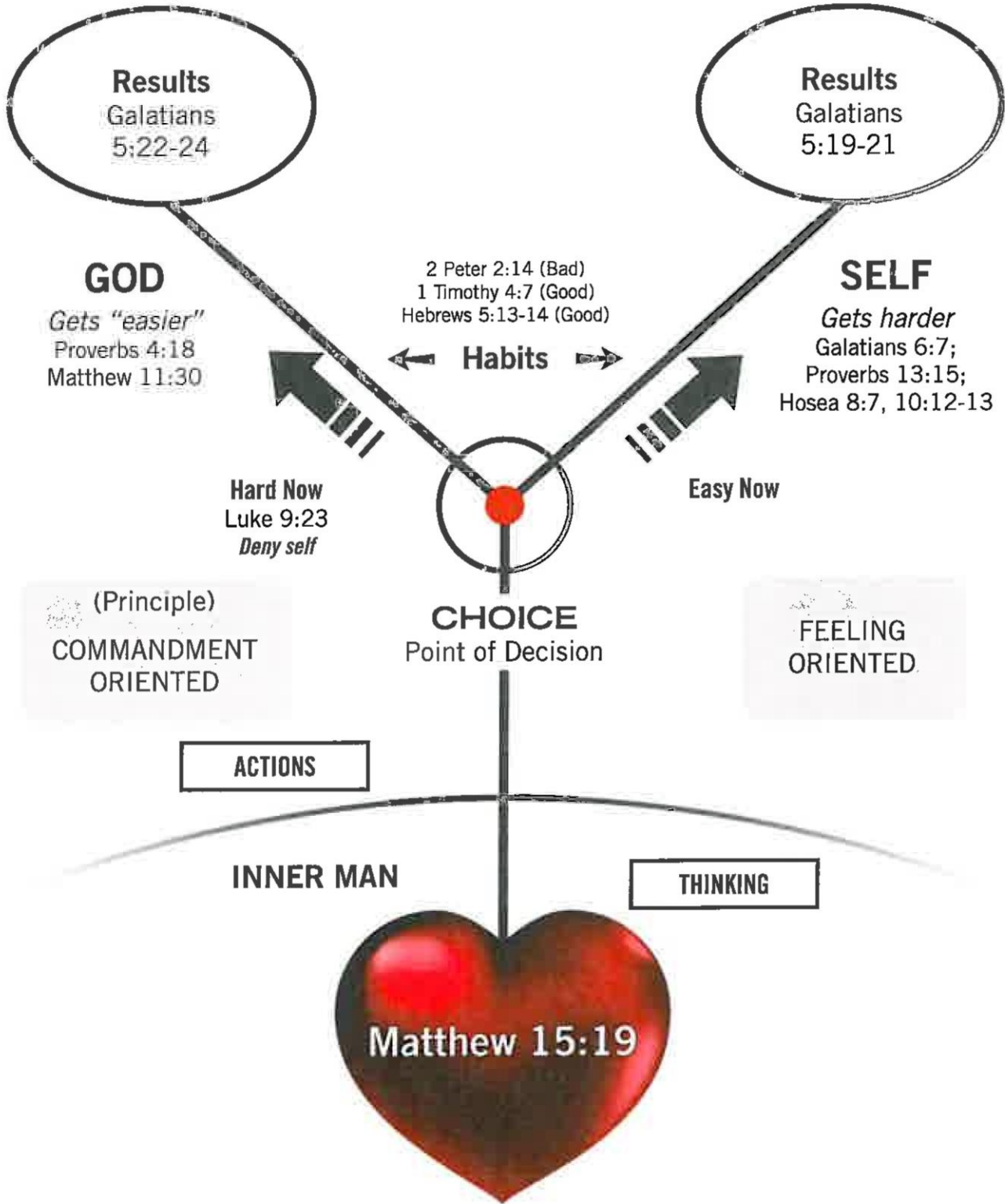
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Things that are my God-ordained **responsibility** and, therefore, cannot be given to anyone else... I must obey.

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Changes that I need to make:

2 Corinthians 5:9
 Only two choices on the shelf. pleasing GOD or pleasing self



DISCIPLESHIP "Y" DIAGRAM
 (Biblical Counseling)

Y CHART HOMEWORK

1. Meditate on 2 Cor 5:9 – So we make it our goal to please Him, whether we are at home in the body or away from it.
2. Review Y-Chart & verses
3. Is your GOAL/AMBITION to please Him? Why or why not? Y-Chart: point of decision awareness
4. Application
 - a. Describe examples of “points of decision” during the week.
 - b. In what areas are you strong? In what areas are you weak?
 - c. What verses have helped shift “points of decision” from self-focus to God-focus?

Identifying Personal 'Idols'

"Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting." **Psalm 139:23-24**

Questions to ask yourself *as you search your own heart*

- What do you want, desire, seek, aim for, pursue, hope for?
- What are your goals, expectations, intentions?
- What do you feel like doing? Do you want what you want, or do you want Christ's lordship over your life?
- Where do you look for security, meaning, happiness, fulfillment, joy, or comfort? Where do you put your 'basic trust'?
- What would make you happy?
- What do you fear? What do you tend to worry about?
- What do you love and hate most of all?
- How do you define success or failure in a particular situation?
- What image do you have of who you are? Ought to be or want to be?
- At your deathbed what would you sum up your life as worthwhile?
- What do you see as your 'rights'?
- When you are pressured or tense, where do you turn? What do you think about?
- What do you pray for?

Place a next to the items / issues that you think might be current or potential 'idols' in your life

- Performance** – especially for **significant others** – you try to please to get or to keep acceptance or approval. When you fear man or live to please man rather than God, this is idolatry.
- Performance for Self** (Perfectionism/pride) – trying to perform up to our own standards that we have set. When I meet the standard, I feel good; when I don't I feel bad.
- Performance of Others** – I make a list of what others should do. E.g., For my spouse to be a good wife husband / s/he **must** ... (1,2,3, etc.). If he/she doesn't do these things, I become judgmental and unloving.

- Good Health** – My goal shouldn't be this, but to glorify God. It's OK to pray for healing but don't let getting healed become an idol. God may want you to be sick in order to glorify Himself (**see John 9**).

- Love of Money** – I take a promotion just to get more money or resent my spouse for blocking me from it

- Success** – What's a good day to you? Answering this question helps to reveal idols of the heart. What made it a good day in your mind? Usually it's "I got a lot accomplished / done." Or "I pleased significant others." Or "I got my way... Others did for me what I want them to do."

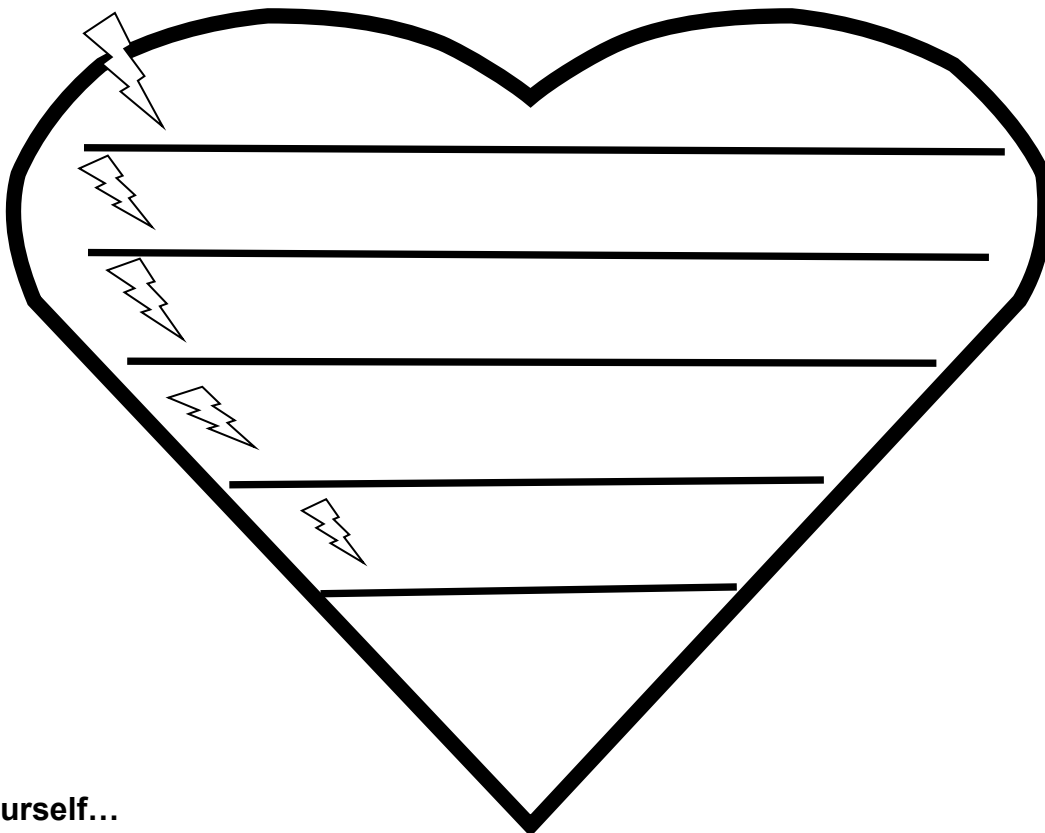
- Fairness** - Life should be fair! (Ps. 73) "I've been trying to please God; these others aren't even trying and they prosper." This can cause you to almost forsake the faith (**Ps. 73:2**).

- Pain-Free Life** – I don't want to deal with problems. There shouldn't be any difficulties. I shouldn't have to go through anything unsettling... because I want peace.

- Physical Appearance**
- Being respected / admired**
- A material thing – car, house, jewelry, etc.**
- Athletic abilities / achievements**
- Hobbies**

- Pleasures (food, sex, comfort, etc.)
- Being in Control
- Getting married or having a child or children or having them turn out a certain way

Now write the top 5 present or potential 'idols' from your check-list onto this heart



Ask Yourself...

1. Am I willing to sin to get this or keep from losing it?
2. Do I turn to this as a 'Refuge' and comfort instead of going to God?

"Those who cling to worthless idols forfeit the grace that could be theirs." **Jonah 2:8 (NIV)**

Idolatry Repentance Plan of Action

Specific Plan to “Put Off” and “Put On” new attitudes and behavior so that genuine repentance and change takes place

1. Be specific and not abstract or vague. We don’t change and grow in ‘fuzzy land.’ (“I want to be nice, or more loving” is too vague. State specifically the ways you are going to be more loving – what are you going to do? How & what are you going to think now?)
2. Make the goals attainable – be realistic
3. Be positive and not merely negative – not merely, “I won’t be critical,” but “I will express appreciation for a least two things every day.” The Bible talks about replacing sinful behavior, not just stopping wrong behavior. The joy and peace comes in doing righteousness, not just in avoiding sinfulness.

**Idols that
Need to Be
stop Thrown Down**

**Write out specific steps to changing in this area.
How does Your thinking need to change? What will you
doing? What will you begin to do?**

Idol #1	<p style="text-align: center;">New Ways of Thinking about this area / issue:</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>New Ways of Acting in this area:</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>
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Why Do We Fight So Much?

Taken from Paul Tripp's book *Instruments in the Redeemer's Hands*

Starts to Affect my relationship
to other people

Desire → Demand → Need → Expectation → Disappointment

"I Wish"

"I Will"

"I Must!"

"You Should"

"You Didn't"



Punishment

"Because you didn't, now I won't..."
Or... "Because you didn't, now I will..."

"Where do wars and fights come from among you?
Do they not come from your *desires* for pleasure that war
in your members?"

James 4:1