

Life on Life 301 // Good Tools for Helping Others, Part 2
June 20, 2021 // Class Eight

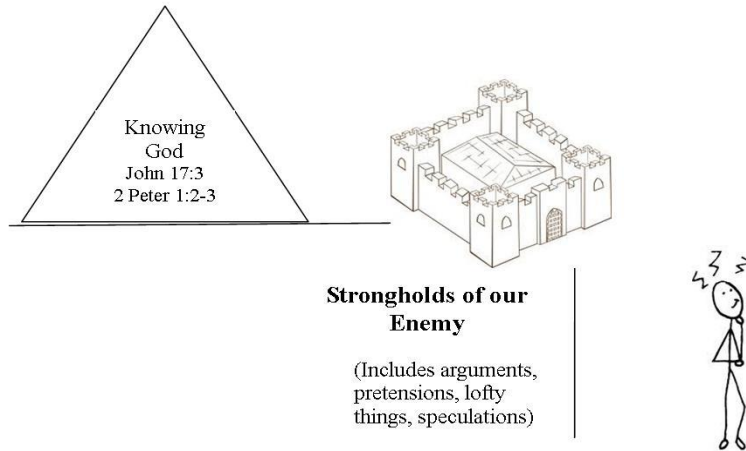
I. Introduction

- A. Today we are going to look at more “tools” that counselors should have in their “toolbox” to help counselees see and understand some important concepts.

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

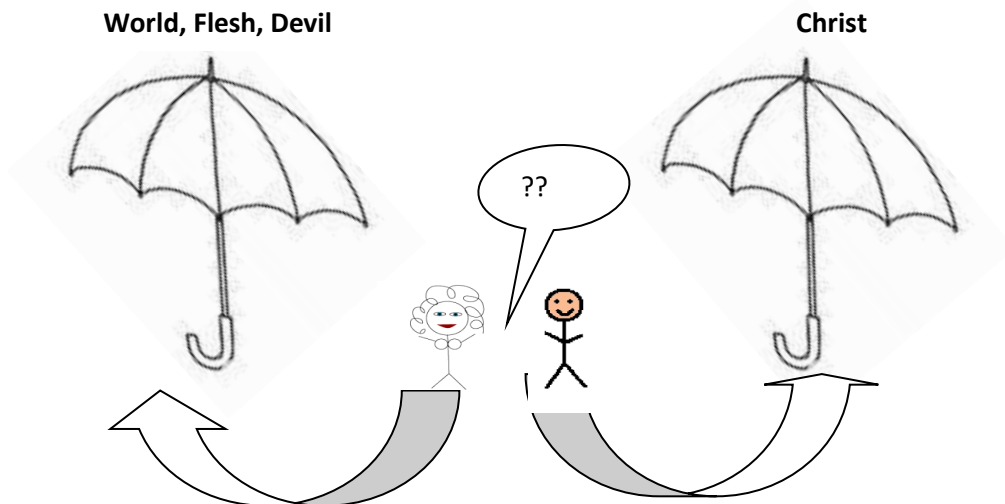
The Spiritual Battle

2 Corinthians 10:3-5



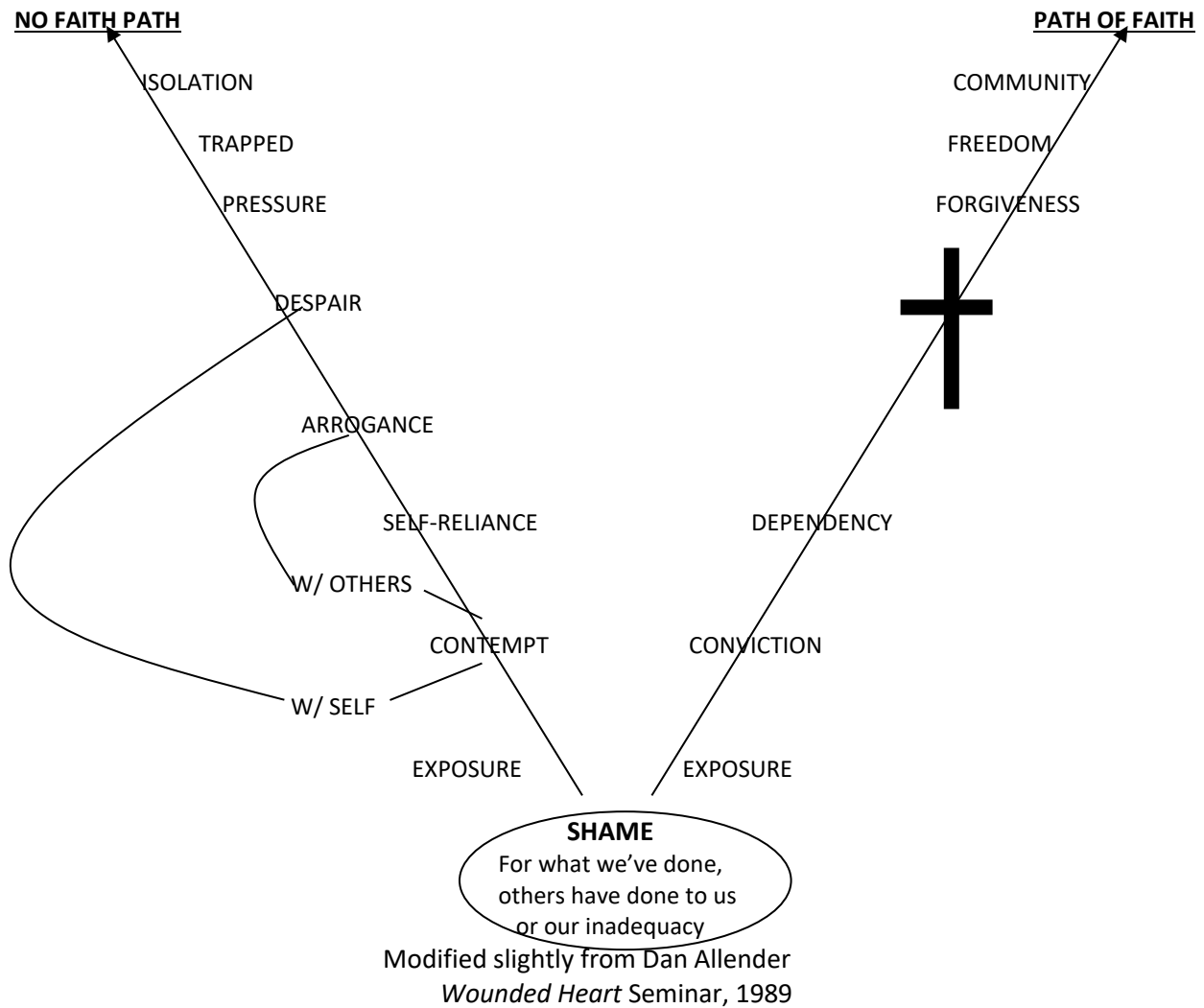
Holding Thoughts Captive

2 Corinthians 10:3-5



1. We are in a battle (v. 3)
2. Our weapons are not natural, but are spiritual (v. 4)
3. The war is about keeping us from knowing God (see John 17:3, 2 Peter 1:2-3 and 3:18 as to why) (v. 5)
4. The war is won by holding all thoughts captive to Christ's obedience (v. 5)

Shame Chart



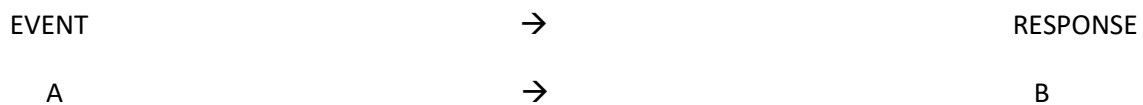
Explanation

- Shame results in a sense of **exposure** – like “eyes are on me.” That is true whether we feel inadequate, sin or are sinned against. It’s true whether we respond in faith or in hardness of heart.
- Exposure results in **conviction** or **contempt**. Conviction means a sense that I see have sinned, that I’ve been hurt or that I am inadequate for the situation. Contempt means a sense of resentment and anger.
- Contempt ends up being directed at **one’s self** which eventually leads to **despair** or directed at **others** which results in **arrogance**. (It is possible to have both self-contempt and other-centered contempt.)
- Contempt leads to **Self-reliance** and conviction leads to **dependency**.
- Dependency leads to the **cross of Christ** – there alone can I find forgiveness, healing or deliverance.
- Self-reliance leads to one’s self – a limited resource at best. That results in **pressure**.
- The cross results in **forgiveness** and God’s sufficiency in all things.
- Forgiveness and His sufficiency results in **freedom** – freedom to love God and others (Galatians 5:13-14).
- Pressure results in being **trapped** behind our own inadequacy and sin – that which will again bring shame.
- Trapped people **isolate** themselves, and free people are able to find, create and enjoy **community**.
- The road on the left is the **road of no faith**. Not limited to non-Christians. Includes Christians not responding to shame appropriately. The road on the right is the road of responding to shame **in faith**.
- Good news – most of us start on left, but we can **turn at any time to the road** on the right.

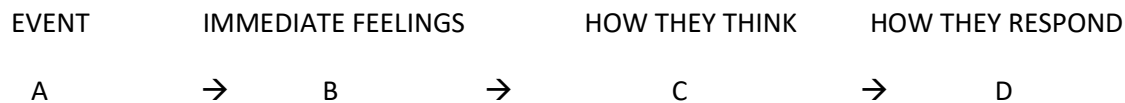
Modified A-B-C Theory

One of the primary psychological theorists of the 40's, 50's and 60's (Albert Ellis) developed a school of psychological thought called *Rational Emotive Therapy*. One of the hallmarks of rational emotive therapy was his ABC theory in which A stood for an event and B stood for how you thought about the event and C stood for your response to the event. I modify it slightly and would like to show you how I use it. In the previous example from page 1 (the lady calling her sinful reactions to life's events "normal"), this is a very helpful picture which can help them learn to "hold all thoughts captive to Christ" (2 Corinthians 10:5a).

First, the way it feels to them:



Then, the way it really is:



In this diagram, A can't be controlled or changed. And, for the time being, B can't be controlled or changed. C can be controlled and changed. If C is controlled and changed, D will change (and habits will change). If C and D change repeatedly over time leading to new habits, B will eventually change to a significant degree (though not likely 100%). Interestingly, when C changes, D changes, habits change, and B begins to change, A itself actually often changes. Not that bad things don't happen, but they often happen with less frequency than they did when we had less wisdom.

Finally, the mentor helps the mentee practice changing C by teaching them to repent of false beliefs and by teaching them to believe truth (remember here that "faith comes by hearing and hearing by the word of God") and practice coming up with new "D." That exercise of a new C and new imagined D will help the mentee see a new future with other response to life events. They begin to develop confidence, hope and direction.

Examples we can practice as a class: