

What's the Problem?

Biblical Counseling 101

Week 3 – Feb 1st, 2026



Why do we do the things we do?

Three common explanations

- Nature
- Nurture
- Super-natural

The Biblical Heart of the Matter

The heart is at work in three inner movements

1. **Cognition** - The heart believes, observes, interprets
 - Luke 5:22
 - Luke 9:47
 - Why the orange juice?

2. **Affection** - The heart values, desires, feels
 - John 14:1, 27
 - John 16:6, 22
 - Matthew 6:21

3. **Volition** - The heart wills, chooses, responds
 - Matthew 12:33-35
 - James 4:1-3

"We do what we do because we want what we want because we think what we think."

The Heart is *the* Problem: Romans 1:18-32

Three Practical Steps forward

1. Pay attention to your over-simplifying tendencies!
2. Pay attention to how your heart works!
3. Pray for wisdom!