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SESSION 2 | Instruments Who Know

Paul David Tripp's *Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change* presents a biblical counseling model summarized by four key words: **Love, Know, Speak, Do**. This "Love-Know-Speak-Do" framework outlines a process for entering people's lives with gospel-centered care.

I. INTRODUCTION – REVIEW FROM LAST WEEK: INSTRUMENTS WHO LOVE

A. Objective: Establish a relationship characterized by Christ-like acceptance, respect, and intentional care.

B. Key Concepts:

- Love as the foundation for influence
- Christ's example of pursuing people compassionately
- Teach people to see their story embedded in God's grand story of redemption

C. Practices:

- Enter the person's world (Phil. 2:5-8)
- Incarnate (embody) the love of Christ
- Model humility and honesty necessary for heart change

- Identify with suffering
- Share your own story
- Accept with agenda
- Never condemn . . . never condone
- Change is required . . . and empowered!

II. KNOW: UNDERSTANDING WHERE CHANGE IS NEEDED MOST (CH. 9-10)

“We tend to have permanently casual relationships that never grow into real intimacy. There are things we know about each other, but they fool us into thinking that we know the human beings who live within the borders of those details. So, we fail to pursue them with good questions. This sets the stage for all kinds of misunderstandings. Our effectiveness as ambassadors is blunted because we don’t know others well enough to know where change is needed or God is actively at work.” Paul Tripp, *Instruments in the Redeemers Hands*, 163

A. Objective: Gain a deeper understanding of the person’s experience, thoughts, and heart (Pr. 20:5) in order to organize the data, reinterpret their situation, and give them a biblical perspective of their heart/situation.

Proverbs 20:5 “The purpose in a man’s heart is like deep water, but a man of understanding will draw it out.”

B. Key Concepts:

1. The heart is the wellspring of life (Proverbs 4:23)

Proverbs 4:23 “Keep your heart with all vigilance, for from it flow the springs of life.”

Luke 6:45 “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.”

Often, the situation or circumstance about which you are talking isn't immediately, or even possibly, changeable. But what is possible is experiencing the appropriate truth of God's Word in our heart, that provides the grace to redemptively persevere and grow through the circumstance.

2. Good questions reveal motives, desires, fears, etc. that enables us to know better how to move from the person's presenting problem to an area of their heart the Lord wants to reveal more of Himself through

But, keep in mind that feelings are not merely emotions that come over us. Feelings are expressions of thoughts (accurate or inaccurate), expressions of desires (legitimate or not / desires met or disappointed), and expressions of beliefs (biblical or not).

3. Ultimately, our goal is to love our counselee the way Christ loves this person. Just as He would give them a bigger view of Himself, that is our goal also

Philippians 1:9 “And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent”

4. We follow Christ's example as data gatherer (Heb. 4:14-16)

Hebrews 4:15 “For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

5. Because we are born interpreters of our experience, our goal is to reorient our counselee toward a biblical interpretation of their life

John 17:17 “Sanctify them in the truth; your word is truth.”

John 8:31 “So Jesus said...“If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”

1 John 4:16 “So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.”

6. Therefore, biblical ministry is about helping gain a biblical understand of the perspective, identity, and calling (p. 185).

c. Practices: As you’re listening to a description of a situation or circumstance for which the person desires guidance or change, allow ample time for a detailed history, a description of the current situation, and their hope for a desired outcome.

- Ask People to (p.170-171):
 - **Define** their terms (what?)
 - **Clarify** their terms with concrete, real-life example (How?)
 - **Explain** why they responded the way they did (Why?)
- Never assume you’re understanding the situation
 - **Proverbs 18:13** “If one gives an answer before he hears, it is his folly and shame.”
 - Be ready to ask questions to gain an accurate and proper perspective of the situation
 - Use open-ended questions
 - Listen attentively for themes of belief, desire, worship, and response

- Often, the description we hear is not necessarily an accurate diagnosis of what really needs to change. What does the person truly:
 - **Believe:** about God, about hope, about grace
 - **Desire:** pleasing God, circumstances must change, a craving NOTE: A desire may not be wrong. But if the person becomes dependent upon it for contentment, obedience, peace and joy...then it has replaced the Lord
 - **Worship:** what do they adore? what are they passionate about? dependent upon? consider precious/ invaluable?
 - **What is their response:** to apparently “unanswered” prayer? an unmet desire, or an undesired experience? something “necessary” for their fulfillment, but unattained
- Collect information about the four “boxes” (p.188). In Instruments, Tripp pictures 4 tabs to create data lists, and in doing so, collect information that helps you to truly know the person you want to serve
 - Situation
 - Responses
 - Thoughts
 - Motives

D. Questions to ask:

1. What, Where, How and Why questions help you draw out accurate conclusions
2. Ask both survey and focused questions to go wide and deep
3. What do they fear, love or trust most? What are they worshipping?

4. How are they interpreting their situation?

If our desire and goal are to love others well, and to help them in their pursuit of Christlikeness, we have to resist the inclination and temptation to quickly think that we know them, the situation, and the solution.

Instead, if we come alongside them as fellow sinners and take the time to ask specific, probing, and genuinely caring questions, then we will have served them well, and helped them along a path to experiencing grace and restoring their souls.



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