

Tyson Ziegler

SESSION 4 | Instruments Who Provoke Action

I. INTRODUCTION

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 framework outlines a process for entering people's lives with gospel-centered care.

- “And let us consider how to **stir up** one another to love and good works...encouraging one another, and all the more as you see the Day drawing near.” (Heb. 10:24-25)
- “And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the great and first commandment. 39 And a second is like it: You shall love your neighbor as yourself. 40 On these two commandments depend all the Law and the Prophets.” (Mt. 22:37-40)

“Fear increasingly controlled Sue’s life. When she sought counseling, she told me...she was so afraid... She constantly worried that she had contracted some fatal disease. Sue irrationally distrusted her husband. She fretted that she had said or done something to hurt, anger, or alienate her few friends. She was afraid of counseling because “no one would understand what I’m going through”...How could homework...help Sue learn to trust both God and her counselor?

Psalms 37 gives the frightful and fearful someone to trust, someone whose care runs deeper than their problems. Psalm 37 openly discusses frightening life situations. And Psalm 37 challenges fearful people to examine their own lives. At the end of our first session, I asked Sue to read the psalm several times during the next week and to ask herself, “What is God saying

to me?" Over subsequent weeks Psalm 37 provided a vehicle for me to enter Sue's world of fear and build a counseling relationship with her. Further assignments from the psalms drew out Sue's experiences of fear and set these next to the Lord's promises. She faced the cause of her destructive fears: her reactions to the sins of others revealed her own sins and unbelief." Paul David Trip, *Instruments in the Redeemers Hands*, 329.

Objective: Establish a methodology for how we best care for one another when someone we know is struggling.

Goals

1. We want to give our counselees guidance that is both biblical and practical.
2. We want to help our counselees grow in obedience to God.
3. We want to help our counselees gain/maintain an historical/eschatological perspective on life.
 - It means we're helping each other live today in light of what Christ has already done, with hearts and affections set on where Christ is now (on His throne in heaven), anticipating the day when we'll be with him in glory!

"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, 4 to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, 5 who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. 6 In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, 7 so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. 8 Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, 9 obtaining the outcome of your faith, the salvation of your souls.

10 Concerning this salvation, the prophets who prophesied about the grace that was to be yours searched and inquired carefully, 11 inquiring what person or time the Spirit of Christ in them was indicating when he predicted the sufferings of Christ and the subsequent glories. 12 It was revealed to them that they were serving not themselves but you, in the things that have

now been announced to you through those who preached the good news to you by the Holy Spirit sent from heaven, things into which angels long to look.

13 Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. 14 As obedient children, do not be conformed to the passions of your former ignorance, 15 but as he who called you is holy, you also be holy in all your conduct, 16 since it is written, “You shall be holy, for I am holy.” (1 Peter 1:3-16)

Rom. 5->8

Titus 3

II. KEY CONCEPTS

“Teaching others how to solve “now” problems with “then” in view is one of the most important things we can do, because it is not something we sinners do well on our own. We tend to be shortsighted and self-absorbed. We forget that God’s primary goal is not changing our situations and relationships so that we can be happy, but changing us through our situations and relationships so that we will be holy. We need people who love God and us enough to come alongside and help us deal with our spiritual myopia.” Paul David Tripp, *Instruments of the Redeemers Hands*, 241.

1. We want to help people solve “now” problems with “then” in view.
2. We want to guard one another against spiritual myopia.
3. We want to guard against confusing growth in knowledge and insight with genuine life change.
 - a. Knowledge puffs up . . . 1 Cor. 8:1

“The final aspect of our model, Do, teaches us how to apply truths we have learned, personal insights we have gained, and commitments we have made, to our daily lives. Here we teach people to be dissatisfied with the gap between their confessional and functional theology. We lead them to live out their identity as children of God, claiming

the rights and privileges of the gospel. “Do” trains people in the decisions, actions, relationships, and skills of Christ-centered, biblically-informed living.” Paul David Tripp, *Instruments in the Redeemers Hands*, 243.

4. We teach people to be dissatisfied with a gap between their confessional and functional theology.
5. We lead them to live out their identity as children of God, claiming the rights and privileges of the gospel!
6. Faith must express itself in action (James 2:17).
7. Change involves both putting off and putting on (Ephesians 4:22-24; Col 3).
8. We’re practicing Gal. 6:1-2 with the goal of fulfilling the law of Christ.

“There is a measure of grace that we experience only as we walk in the truth. The Apostle John said, “I have no greater joy than to know my children are walking in the truth.” Obedience protects us from mere knowledge. We gain clarity as we obey. The truth is meant to be “walked in”, “lived out”, obeyed.” Brian Chesemore

III. KEY PRACTICES:

1. Establish your personal ministry agenda – provide a sense of direction
2. Clarify responsibility
3. Instill identity in Christ – remind people of the resources that are theirs as children of God (treasure chest)
4. Provide accountability – patiently/perseveringly provide a structure of oversight that emphasizes encouragement, follow-up, prayer partners, and provides insight and includes warning when needed.
5. Set small, achievable goals rooted in faith.
6. Provide accountability structures.

7. Celebrate growth, however small.

IV. KEY DISCIPLINES:

1. Scripture reading/study
2. Prayer
3. Serving
4. Resources
5. Journaling

Tom came to CG lacking his normal bounce/joy. He seemed glum. You've interacted with him through the night trying to gauge how he's doing. You decide to leave at the same time, and he mentions that he's struggling but is too tired to get into it tonight. You ask if you can get together Sat. morning. Tom agrees. And you begin to pray for Tom. When you arrive at Beckley Park for a walk together, you weren't prepared for what he shares. How you care for Tom is going to look like something. Will your care lead to encouragement or just a shared experience? Will what you share sound like something from a weekday talk show filled with pop psychology? Or will your care for him be filled with substantive, gospel-centered, gaze-lifting, heaven-yearning counsel?



**To access our Sunday Class recordings and outlines download our app by
scanning the QR code above.**