



CHANGING HEARTS

applying the Bible to everyday relationships

SATURDAY 15 MARCH 2014
CENTRAL HALL WESTMINSTER

www.biblicalcounselling.org.uk



Session 1

The foundation for relating well

Steve Midgley

Session 1

What does it mean to **really care** for another person? — in a way that connects, that expresses deep care, that creates trust, that genuinely feels joy/welcome...: “My heart is open wide to you.”

Session 2

What does it mean to **really know** another person? — in a way that understands people the way Jesus Christ sees, knows, attends, notices, listens, takes in....

Session 3

What does it mean to **speak well** and wisely into another person's life? — in a way that illumines, “comforts the disturbed and disturbs the comfortable,” that clarifies, that re-frames and re-orientates....

Session 4

What does it mean to **help someone change?**—
in a way where the direction expresses the goals
of God's purposes, so the fruit lasts, so that
dependent faith and outgoing love are the
aim....

2 Corinthians 7:2-16

² Make room for us in your hearts. We have wronged no one, we have corrupted no one, we have exploited no one. ³ I do not say this to condemn you; I have said before that you have such a place in our hearts that we would live or die with you. ⁴ I have spoken to you with great frankness; I take great pride in you. I am greatly encouraged; in all our troubles my joy knows no bounds.

2 Corinthians 7:2-16

⁵ For when we came into Macedonia, we had no rest, but we were harassed at every turn—conflicts on the outside, fears within. ⁶ But God, who comforts the downcast, comforted us by the coming of Titus, ⁷ and not only by his coming but also by the comfort you had given him. He told us about your longing for me, your deep sorrow, your ardent concern for me, so that my joy was greater than ever.

⁸ Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while— ⁹ yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance.

2 Corinthians 7:2-16

For you became sorrowful as God intended and so were not harmed in any way by us. ¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. ¹¹ See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter. ¹² So even though I wrote to you, it was neither on account of the one who did the wrong nor on account of the injured party, but rather that before God you could see for yourselves how devoted to us you are. ¹³ By all this we are encouraged.

2 Corinthians 7:2-16

In addition to our own encouragement, we were especially delighted to see how happy Titus was, because his spirit has been refreshed by all of you. ¹⁴ I had boasted to him about you, and you have not embarrassed me. But just as everything we said to you was true, so our boasting about you to Titus has proved to be true as well. ¹⁵ And his affection for you is all the greater when he remembers that you were all obedient, receiving him with fear and trembling. ¹⁶ I am glad I can have complete confidence in you.

What does it mean to really care...?

1. A passion for people (2 Corinthians 7:2–7)

- Make room in your hearts
- You have such a place in our hearts that we would live or die with you
- I take great pride in you
- My joy was greater than ever

What does it mean to really care...?

- 1. A passion for people (2 Corinthians 7:2–7)**
 - No professional detachment
 - No self-serving love

What does it mean to really care...?

2. The courage to love well (2 Corinthians 7:8–11)

What does it mean to really care...?

2. The courage to love well (2 Corinthians 7:8–11)

Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it – I see that my letter hurt you, but only for a little while – yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance.

What does it mean to really care...?

2. The courage to love well (2 Corinthians 7:8–11)

- A love that hurts
- A love that leaves no regret

What does it mean to really care...?

2. The courage to love well (2 Corinthians 7:8–11)

I wrote to you out of great distress and anguish of heart and with many tears, not to grieve you but to let you know the depth of my love for you. **2 Corinthians 2:4**

What does it mean to really care...?

3. The joy of community (2 Corinthians 7:12–16)

- Growing in devotion
- Growing in confidence

Three criticisms

- 1. Making things far too professional**
...sort of but not really
- 2. Talking far too much about sin**
...sort of but not really
- 3. Being far too American!**
...sort of but not really

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Session 2

Understanding another person

David Powlison
CCEF

Understanding another person

What does it mean to **really know** another person? — in a way that understands people the way Jesus Christ sees, knows, attends, notices, listens, takes in....

1. You begin with a rich pre-understanding

The first service that one owes to others in the fellowship consists in listening to them. Just as love to God begins with listening to His Word, so the beginning of love for the brethren is learning to listen to them. It is God's love for us that He not only gives us His Word but also lends us His ear. So it is His work that we do for our brother when we learn to listen to him.

—Dietrich Bonhoeffer, *Life Together*

2. You come to know the good, the hard,
and the bad in a person's life

3. You come to know how the heart is
always purposeful

4. A case study: anxiety

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Session 3

Speaking in order to love

Winston Smith
CCEF

We speak because God speaks

1. Speaking Out

God invites us to speak

Our counsellee's speech, the process of putting their own thoughts and feelings into words is **itself** a part of the restoration process.

Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, **'Daughter, your faith** as healed you. Go in peace and be freed from your suffering.' **Mark 5:33-34**

1. Speaking Out

God invites us to speak

Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.

Psalm 63:8

Redemption is not a monologue

2. Speaking In

God speaks compassion and understanding

Love must be sincere . . . Rejoice with those who rejoice, weep with those who weep.

Romans 12:9,15

2. Speaking In God speaks compassion and understanding

Ask yourself:

- What was this like for them?
- How do I feel about it?

Then you respond

3. Speaking About Speaking that leads to Christ

¹⁵ For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. ¹⁶ Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. **Hebrews 4:15–16 (NIV 1984)**

3. Speaking About Speaking that leads to Christ

Able to sympathise

Without sin

Mercy and grace

Son of man, prophesy against the shepherds of Israel; prophesy and say to them: “This is what the Sovereign Lord says: Woe to you shepherds of Israel who only take care of yourselves! Should not shepherds take care of the flock? You eat the curds, clothe yourselves with the wool and slaughter the choice animals, but you do not take care of the flock. You have not strengthened the weak or healed the sick or bound up the injured. You have not brought back the strays or searched for the lost. You have ruled them harshly and brutally.

So they were scattered because there was no shepherd, and when they were scattered they became food for all the wild animals. My sheep wandered over all the mountains and on every high hill. They were scattered over the whole earth, and no one searched or looked for them.” **Ezekiel 34:2–6**

As a shepherd looks after his scattered flock when he is with them, so will I look after my sheep. I will rescue them from all the places where they were scattered on a day of clouds and darkness. **Ezekiel 34:12**

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. “I am the good shepherd. The good shepherd lays down his life for the sheep.” **John 10:10-11** (NIV 1984)

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Session 4

What does it look like
for a person to be changing?

David Powlison
CCEF

Session 4

What does it mean to **help someone change?**—
in a way where the direction expresses the goals
of God's purposes, so the fruit lasts, so that
dependent faith and outgoing love are the
aim....

1. Moving in the right direction—but no perfection

This life, therefore, is not righteousness
but growth in righteousness,
not health but healing,
not being but becoming,
not rest but exercise.

We are not yet what we shall be
but we are growing toward it.

The process is not yet finished but it is going on.

This is not the end but it is the road.

All does not yet gleam in glory but all is being purified.

—Martin Luther, *“A Defense and Explanation of
All the Articles,”* 1521

2. Sweet and surprising fruit

Man's love for God must always be very largely, and must often be entirely, a Need-love. This is obvious where we implore forgiveness for our sins or support in our tribulations. But in the long run it is perhaps even more apparent in our growing—for it ought to be growing—awareness that our whole being by its very nature is one vast need; incomplete, preparatory, empty yet cluttered, crying out for Him who can untie things that are now knotted together and tie up things that are still dangling loose.

— C. S. Lewis, *The Four Loves*

Excerpt from “Imitating the Incarnation”

3. Small steps

4. A case study: escapism

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