

# Real Change

Andrew Nicholls

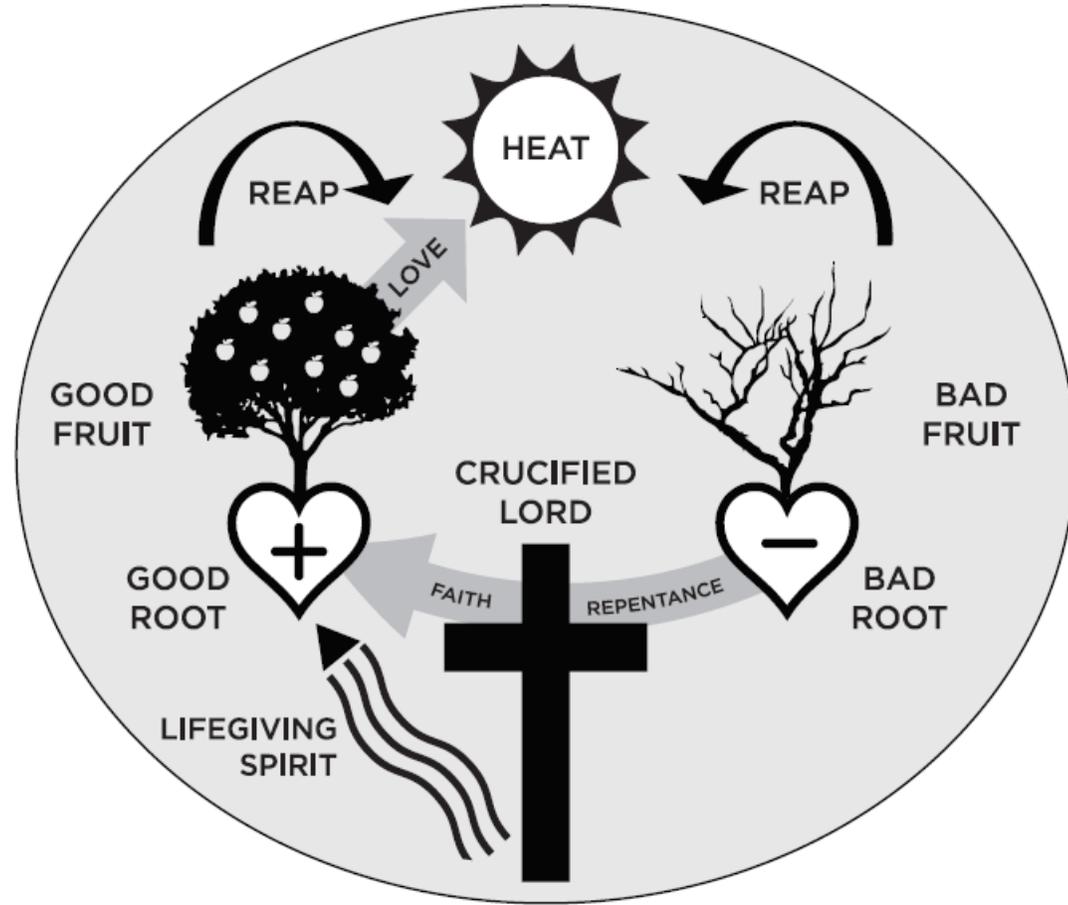
Images Copyright © 2018 by Biblical Counselling UK and the Christian Counseling and Educational Foundation

# Goal

- to leave seeing more clearly how Real Change might fit your context
- to feel either ready to start or knowing what you still need to know

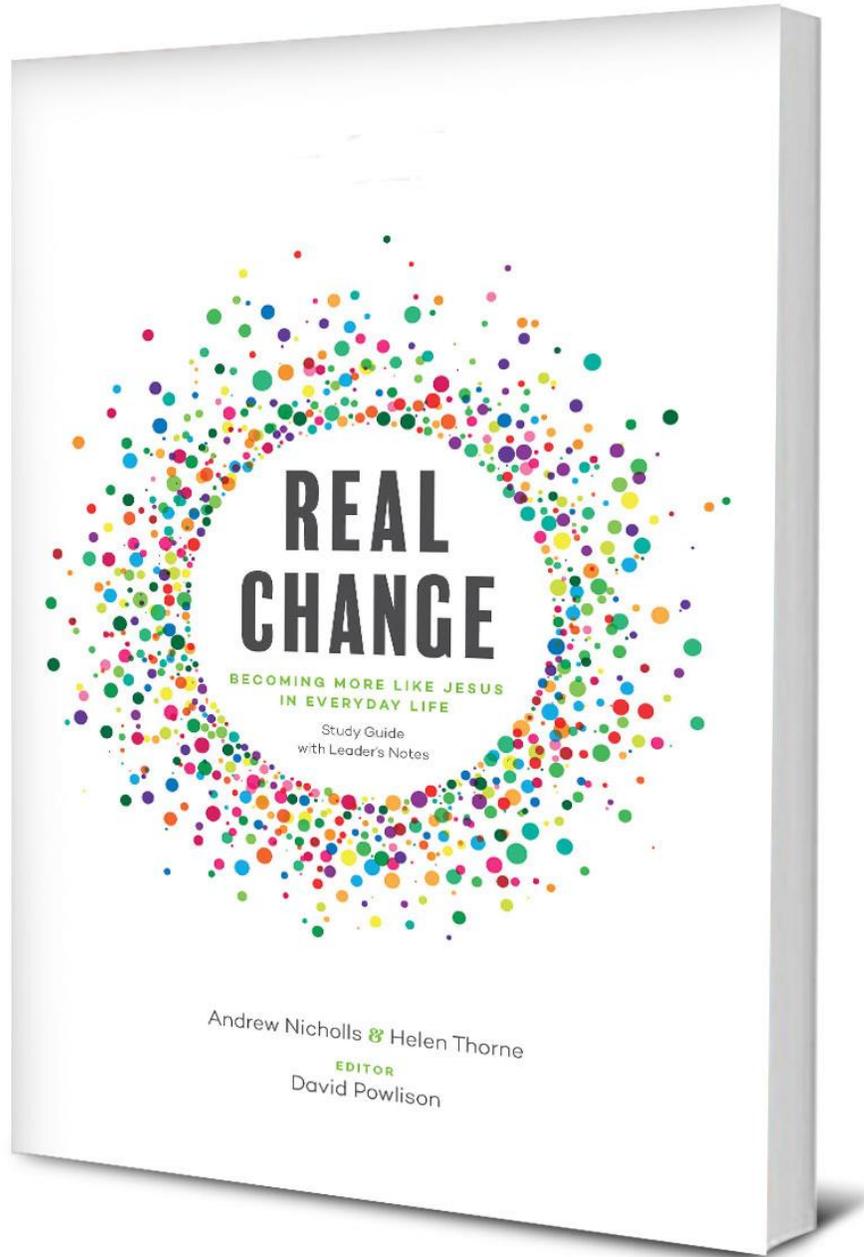
# The story so far

- Three trees



# The story so far

- The need for a shorter, small group resource
- The trial around churches in the UK
- The partnership with New Growth Press



# The opportunities

- To grow appreciation of the gospel
- To help people understand how the gospel changes us
- To help people experience growth
- To help people understand biblical counselling from the inside
- To grow small group leaders as disciplers of others by starting with themselves
- As a fresh way to approach old truths



# The opportunities

Helping the hurting in the congregation

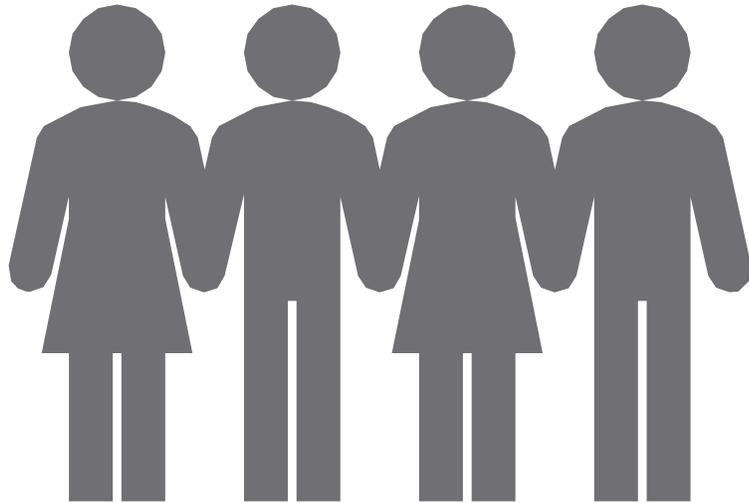
- Individually
- In groups

Creating a culture of care

- In small groups
- In the wider congregation

Training up the leaders of the future

- Discipleship strategy
- Pastoral care strategy



# Using the material with small groups

- Church of 30 – HPC – no opt in – “homework” variable
- Church of 500
  - Changing Hearts → summer camp with 18-19 yo
  - then Real Change – more man-friendly
    - Open invitation – great buy in, great participation, great discussion, visible change
- Keep it optional
- Make homework explicit
- Organise the discussion pairs – lightly or less lightly – and stress regularity

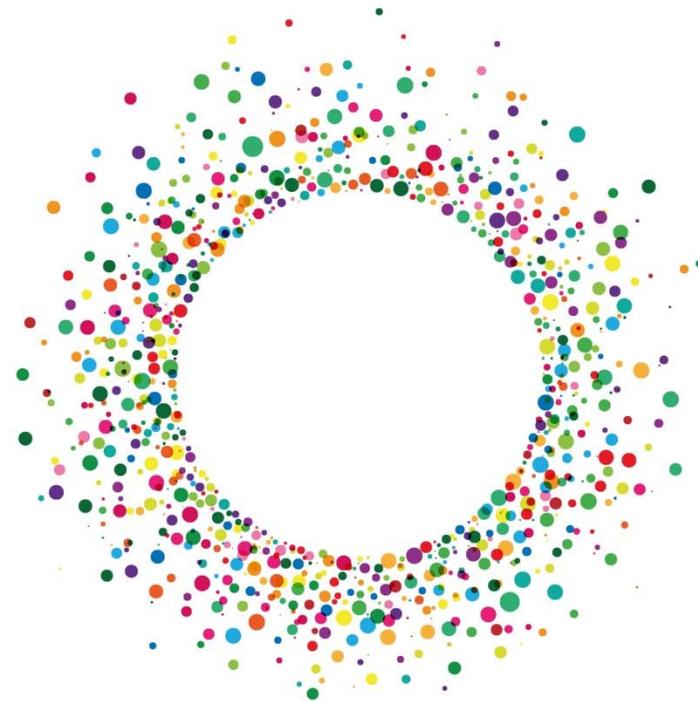
# Using the material with small groups

## The Leader

- Needs to “get” the three trees through personal experience
- If they need to know how God is changing them, and how the model captures that experience
- The centre: Change really happens in relationship with God through the gospel, repentance and faith. Need examples they can share in a few sentences.
- Planning helps brevity and blesses the group with more interaction time
- Finish on time

# Using the material 1-to-1

- Within a biblical counselling / discipleship setting
- One person leads but both need to participate
- Wise approach to confidentiality
- Benefits:
  - intentional, intimate, tailored
- Challenges:
  - intense, dependency or isolation from wider community



# Using the material to train leaders

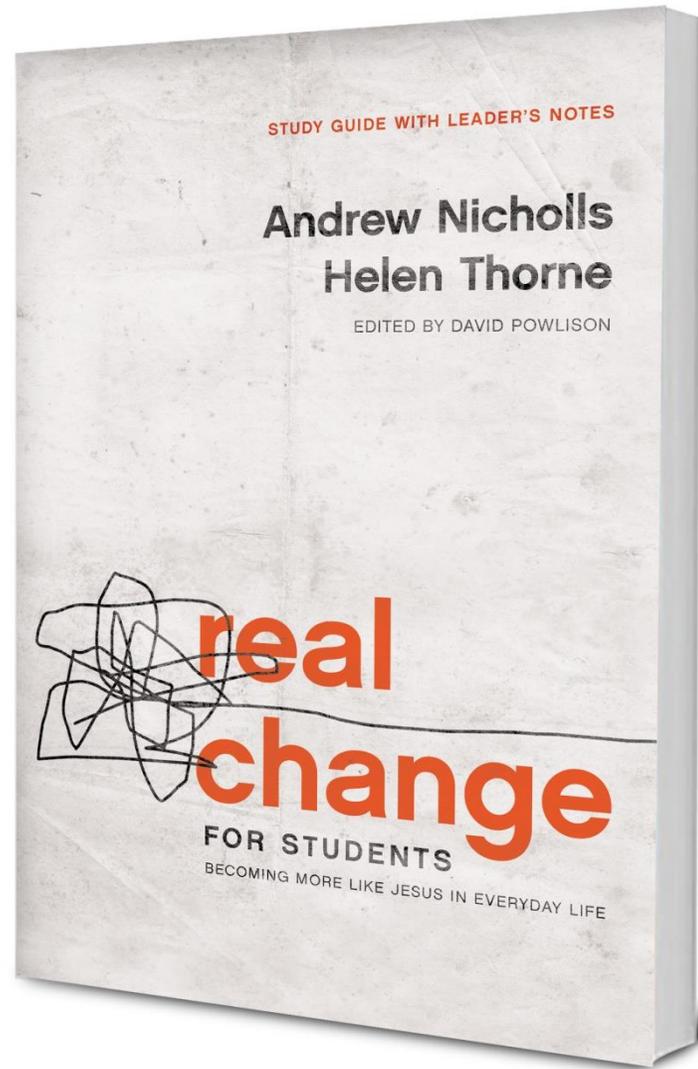
- “Growth Groups” – ie not for Bible Study
- I wrote “personally” to all leaders to offer them training in their main task
- Those that came changed
  - Led more humbly
  - Examples to share
  - Understanding of how difficulties “work”
  - Understanding their role

# Common pitfalls

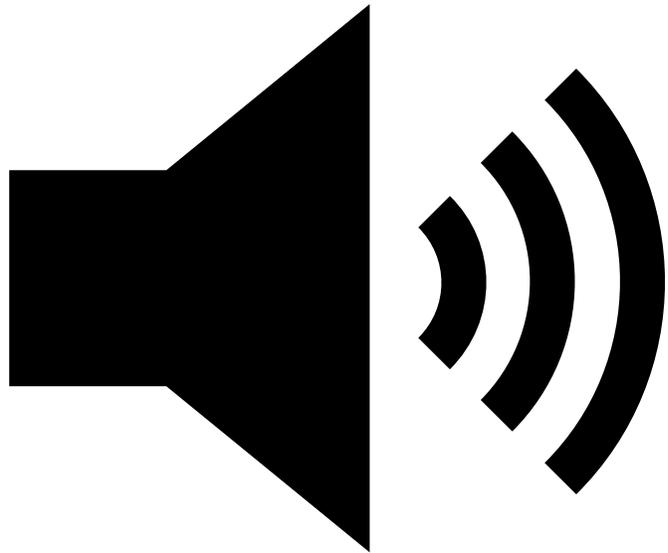
- Never starting – perfectionism ?!
- Slavish sticking to the material
- Flexing too much, especially adding too much
- Over-running – timings in margins. Trim from the beginning
- Deep doctrinal questions – very important, very hard to handle well.
  - Deliberately defer or direct to others

# Common fruit

- People buzz
- People get how the gospel and life connect
- People experience a different kind of conversation
- People change – marriages change, families change
  - Slowly, but significantly



Coming  
soon ...



Q&A