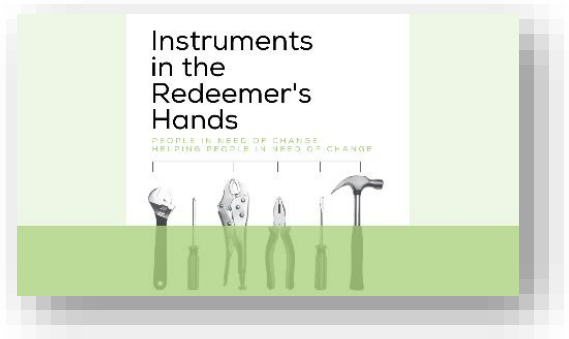


UNDERSTANDING THE HEART STRUGGLE

INTRODUCTION

- Discuss p. 24 "Write your best definition of what it means to function as one of God's instruments of change..."
- Welcome and Prayer



THE HEART IS THE INNER PERSON

- Notice what the heart does:
- Luke 2:19 _____
- Proverbs 16:1 _____
- Numbers 15:37-39 _____
- Proverbs 15:13 _____
- 2 Chronicles 29:31 _____
- As we have seen, this inner person is what drives behavior (Lk. 6:43-46; Mt. 6:19-24; Prov. 4:23)

WHAT CAUSES QUARRELS AMONG YOU?

- See James 4:1-10
- "Passions" (ἡδονή) refer to things that delight, bring pleasure, have an agreeable taste or sensation
- These desires wage war when wants lead to needs, and expectations become demands.
- As counselors, we can sympathize with those who experience disappointment. But this does not give them an excuse to sin (anger, worry, exasperation, disrespect, harshness, arguments, violence)
- Change begins as we humble ourselves, pray, and submit to God.

KEEP IN STEP WITH THE SPIRIT

- See Galatians 5:13-26
- We are to be in lock-step and keep rhythm with the Holy Spirit
- There is an ongoing battle between our flesh (indwelling sin) and the Holy Spirit
- We are a work in progress. We struggle because God has not completed his work in us yet.
- P. 31 "Because the power of sin has been broken and the Holy Spirit has been given, we can say no to powerful emotions and powerful desires and be free to serve one another in love."

WEEK THREE CONCEPTS AND OBJECTIVES

- **C**oncept: The cause of my struggle is not the people or the situations in my life, but the 'heart' that I bring to those relationships and circumstances.
- **P**ersonalized: I must live with a willingness to examine the true ruling desires of my heart and to learn how those desires shape my responses to people and circumstances.
- **R**elated to Others: My effectiveness as one of God's instruments of change involves helping others to recognize and confess what really rules them.

WEEK 3 VIDEO: "UNDERSTANDING YOUR HEART STRUGGLE" BY PAUL DAVID TRIPP

DISCUSSION

- What are some expectations in your life, that when unmet, have led you to sin?
- Look up a few passages on page 33 and discuss.

HOMEWORK

- Complete the remaining questions in the "Make It Real" Section (pp. 33-35)
- Read Lesson 4 of the Study Guide (pp. 37-44) to prepare for next week's lesson.