

The Heart of Change

I. Introduction

- A. The most important _____ in people – _____
- B. The most important _____ of people – _____

II. The Heart & Behavior

Target the heart as the _____ in need of change

- A. The heart is the _____ of life – the Mission Control Center (Prov. 4:23)
- B. The outside _____ the inside (Mark 7:21-23, Luke 6:43-45)
- C. For real change to occur, the _____ must be addressed (Matt. 23:26)

III. The Heart & Worship

Understand the worship of the heart as _____ to behavior

- A. God demands our exclusive _____ (Ex. 20:1-3)
- B. _____ of the heart are the problem (Ezek. 14:1-8)

"...Scripture permits us to broaden our definition of idolatry so that it includes anything on which we set our affections and indulge as an excessive and sinful attachment. Therefore, the idols that we can see... are certainly not the whole problem. Idolatry includes anything we worship: the lust for pleasure, respect, love, power, control, or freedom from pain. Furthermore, the problem is not outside of us, located in liquor store or on the Internet; the problem is within us. Alcohol and drugs are essentially satisfiers of deeper idols. The problem is not the idolatrous substance; it is the false worship of the heart." - Ed Welch, Addictions: A Banquet in the Grave.

C. Idols are really _____-replacements (Rom. 1:18-25)

1. Notice the key word, “_____”

2. Notice the progression:

THINK-WANT-WORSHIP-BEHAVIOR

“A god is that to which we look for all good and in which we find refuge in every time of need. To have a god is nothing else than to trust and believe him with our whole heart. As I have often said, the trust and faith of the heart alone make both God and an idol... That to which your heart clings and entrusts itself is, I say, really your God.” - Martin Luther on the “First Commandment” in Luther’s Large Catechism

D. Idols must be _____ of and replaced with the living God (1 Thes. 1:9)

IV. The Heart & Outward Symptoms

Recognize outward symptoms are _____ of inside heart problems

A. Guilt/shame (Rom. 2:15)

B. Unhappiness/depression (Gen. 4:5-7)

C. Worldly “syndromes”

1. Alcoholism (drunkenness – Gal. 5:21)

2. Sexual addiction (immorality – Gal. 5:19)

3. Sexual orientation (homosexuality – 1 Cor. 6:9)

4.Codependency (fear of man – Prov. 29:25)

5.Eating disorder (gluttony – Prov. 23:21)

D. Some _____ problems (Ps. 32:3)

Sin in the heart is the root of a person's problems –What is needed is a *biblical diagnosis*. Sin must be called "sin," not an illness, syndrome, or emotional problem (understanding that there are certainly legitimate medical problems in which proper medical help should be sought). Biblical counselors learn to see past the outward manifestation of the problem to the sin in the heart that is ultimately behind the problem.

V.The Heart & Change

Realize the need for heart _____

A. The heart needs to be changed through _____ (Jer. 17:9, Ezek. 36:26)

B. The heart needs to be changed through _____ (Rom. 12:1-2, Heb. 4:12)