

# The Family: God's Greenhouse for Transformation

Module 1 - Personal Discipleship and Marriage  
Class 4 - Living from the Heart

# Recap

For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. **For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.** For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God. Romans 8:3-8

And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. Colossians 2:13-14

# Table Discussion Questions

# Class Recording from Biblical Counseling 501

Now faith is the assurance of things hoped for, the conviction of things not seen.

Hebrews 11:1

What causes quarrels and what causes fights among you?

Is it not this, that your passions are at war within you?

You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.

James 4:1-2

# We live from our hearts

For out of the abundance of the heart, the mouth speaks. Matthew 12:34

The heart is deceitful above all things,  
and desperately sick;  
who can understand it? Jeremiah 17:9

Immature thinking: what happens outside me controls my responses.

A (EVENT)

Child or spouse speaks disrespectfully

My company faces an uncertain future

My body hurts from injury or illness

I have not found a spouse yet

My spouse is self-centered

B (RESPONSE)

So I yell at them to put them in their place

So I get anxious and fearful and can't sleep

So I withdraw and move into despair

So I hate myself or live in fantasy

I withdraw from/judge them and have contempt

Our responses are determined not by circumstance, but by our convictions:  
What does my heart really believe?

We do what we do because we want what we want.

We want what we want because we believe what we believe.

**Immature Thinking: what happens outside me controls my responses**

- 1. What is going on/what are the circumstances?**
- 2. What does the person do in response to what is going on?**
- 3. What does the person think about what is going on?**
- 4. What does the person want out of what is going on?**

Biblical example: Matthew 14:25–30

What did Peter believe when he first stepped out of the boat?

What did Peter believe a few seconds later?

Biblical example: Luke 22:54–62 & Acts 4:8–22

What did Peter believe when he denied the Lord?

What did Peter believe when he spoke with the Council?

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## **B (WHAT DO I BELIEVE?)**

I deserve respect

There is hardship coming  
that I cannot weather

I deserve to not hurt

Having a spouse makes me complete

I deserve to be loved

## **C (RESPONSE)**

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them in their place

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## **HEAT**

## **ROOT**

## **FRUIT**

# Three Questions

1. What does the Bible say about the information that has been gathered?
2. What are God's goals for change for this person in this situation?
3. What are some biblical methods for accomplishing God's goals of change?

# Case Study

[Bob Newhart - "Stop It"](#)



