

# Supplemental Handouts

For

## Module (M.I.T.) 103

Lessons 1-6 (Practical Theology)

*Instructions:*

Write a Brief (one paragraph to one page) summary of each attached biblical counseling related article in preparation for Module 104 or mentorship.

### Timberlake Biblical Counseling & Training Center

- Supplemental articles for each lesson
- Use for enrichment of the Fundamentals Training
- Ignore the page numbers on attached articles

**Instructor: Dr. Mark Hager, Director of Counseling**  
**ACBC – FBC – IABC – TAC Certifications**

# Anger Inventory Homework

By Dr. Gary M. Gulan, ©1986

Answer the following questions from various passages in the book of Proverbs.

1. What does Proverbs 19:11 state about handling anger?
2. If you get angry, why do you get angry?
3. How would Proverbs 16:32 help in the above situations?
4. How do I respond when I am angry?
5. How do Proverbs 14:17 and 29 tell us to respond to anger?
6. What causes anger within an individual's life? (Proverbs 17:14)
7. How does an individual deal with anger? (Proverbs 17:14)
8. What is the result of anger? (Proverbs 29:22)
9. What stirs up anger and what calms anger? (Proverbs 15:1)
10. How profitable is anger? (Proverbs 11:4)
11. Because of this study, how will you handle anger?

## Anger Journal/Inventory

**What was happening around me when I got angry? What were the circumstances surrounding that period of time?**

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**When I noted my building anger, what was I thinking at the moment?**

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**What other feelings did I experience?**

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**What thoughts should I "put off" or confess?**

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**What biblical thoughts should I "put on" instead?**

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**What God-pleasing actions can I take or "put on"?**

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## **“Put Off” – “Put On” Dynamic** **by Martha Peace**

This Bible study is for the purpose of teaching Christians how to deal practically with their sin. Many times we are aware that changes need to be made in our lives and we confess the appropriate sins to God. However, we may find ourselves committing those same sins again and again. Habitual sin is especially difficult because we automatically respond wrongly, without thinking. Therefore, it is important to learn exactly what God has to teach us through His Word about establishing new habit patterns.

Before you begin this study, pray and ask God to show you the truth of His Word.

Begin by looking up the following Scriptures and write out the answers to the questions.

1. How do we become aware of sin?
  - a) Hebrews 4:12
  
  - b) John 16:7-8
  
2. Do we *have* to sin? Explain. (See Romans 6:6,7,14.)
  
3. Describe what the “old self” was like. (See Ephesians 4:22.)
  
4. Describe what the “new self” is like. (See Ephesians 4:24.)
  
5. What are we to “put off” and what are we to “put on”? (See Ephesians 4:22,24.)
  
6. What are we to “put off” (lay aside) according to Colossians 3:9?
  
7. What are we to “put on” according to Colossians 3:10?
  
8. This “new self” is to be renewed. How? (See Colossians 3:10.)

Thus, we see that we are to “put off” our old ways of thinking and acting and “put on” new ways which are like those of Jesus Christ. When sinful ways of thinking or responding have become habitual, just confessing that sin is not enough. The sinful habit pattern must be *replaced* with a righteous habit pattern. It is as if what we are to “put on” is the biblical antidote to what we are to “put off”. For example, it is not enough to just stop telling lies. A person must begin (work at) telling the truth, the whole truth. By God’s help (grace) he will become a truthful person instead of a liar.

Look up the following Scriptures and fill in the chart:

Scripture Reference	“Put Off” Character Deficiencies	“Put On” Character Qualities
1. Ephesians 4:25		
2. Ephesians 4:26,27		
3. Ephesians 4:28		
4. Ephesians 4:29		
5. Ephesians 4:31,32		
6. Ephesians 5:11		
7. Ephesians 5:4		
8. Ephesians 5:18		
9. Philippians 4:6		
10. Colossians 3:8,12,13,14		
11. Romans 13:12-14		

As we have seen earlier, God gives Christians the Holy Spirit to convict them of sin and to help them carry out God's desires. As a result, is there anything that God requires that a Christian cannot do? (See Philippians 4:13.) Hence, God will never ask us to do something that He will not give us the grace to carry out. Sometimes we may not feel like obeying God; however, if we do obey (in spite of our feeling), God will give us grace.

Write down the specific sins in your life you know need to be "put off".

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Take time now to confess these sins to God.

Write down what you are to "put on" (biblical antidote) in your life in the place of these sins:

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Write down some practical actions you can do to "put on" godly character:

- 1.
- 2.
- 3.
- 4.
- 5.

Based upon what you have learned in this study, write out your prayer:



## ANGER ANALYSIS AND SOLUTION

<b>What happened that triggered your anger?</b>	♥			
<b>What did you hope would happen instead?</b>	♥			
<b>What did you want so much that you were angered by not getting it?</b>	♥			
<b>What did you say to yourself when you started to sense the anger? Did you pray and ask God for help? If so, how quickly?</b>				
<b>How did you express your anger? Rate the expression of your anger according to the following measures from Ephesians 4:25-32.</b>	Did I speak with honesty? Or did I exaggerate? Or did I ignore a problem?	Did I deal with it quickly or let it fester?	Did I help the person do better? Did I tackle the problem, or did I attack the person?	Was I ready to forgive with a kind, tender heart?
<b>How can you learn from this? What did you want so much you were willing to sin to get it?</b>	Here is a record of confessing sinful expression of anger to God and those I sinned against:			



## ANGER THOUGHT CHART

Date/time/location	Names of people with you at occasion of anger	Circumstance at the time of anger	What was happening in the 2 hours previous to the anger	Describe the angry thoughts	How situation ended up



**I WANT  
SOMETHING  
TOO MUCH**

JAMES 4:1-2

1

**GOD HAS BEEN  
VERY GRACIOUS  
TO ME**

EPHESIANS 4:31-32  
MATTHEW 18:21-35

3

**GOD IS IN  
CONTROL**

GENESIS 50:20  
ROMANS 8:28  
1 CORINTHIANS 10:13

4



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**I AM NOT  
GOD / JUDGE**

GENESIS 50:19  
ROMANS 12:17-21

2

**REMEMBER  
WHO I AM  
IN CHRIST**

ROMANS 6:11  
2 CORINTHIANS 5:17

5

**I AM NOT  
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## COUNSELING DEPRESSION

### Quick guide:

#### I. Three stages of depression (depressed feelings)

- 1) Feeling low or sad (Emotions)
- 2) Living or reacting low – earthly minded (Behavior)
- 3) Stifled life; totally ignoring responsibilities – numbed emotions (Despair)

### Biblical mandate of God's grace to redirect sinful patterns:

#### 1 Peter 5:1-10 (NLT)

<sup>5</sup> To the elders among you, I appeal as a fellow elder and a witness of Christ's sufferings who also will share in the glory to be revealed; <sup>2</sup> Be shepherds of God's flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; <sup>3</sup> not lording it over those entrusted to you, but being examples to the flock. <sup>4</sup> And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away. <sup>5</sup> In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble."<sup>6</sup> <sup>6</sup> Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you. <sup>8</sup> Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup> Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. <sup>10</sup> And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. <sup>11</sup> To him be the power for ever and ever. Amen.

#### Peter 5:1-11 (ESV)

So I exhort the elders among you, as a fellow elder and a witness of the sufferings of Christ, as well as a partaker in the glory that is going to be revealed; <sup>2</sup> shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you; not for shameful gain, but eagerly; <sup>3</sup> not domineering over those in your charge, but being examples to the flock. <sup>4</sup> And when the chief Shepherd appears, you will receive the unfading crown of glory. <sup>5</sup> Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble."<sup>6</sup> <sup>6</sup> Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you. <sup>8</sup> Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. <sup>9</sup> Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. <sup>10</sup> And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. <sup>11</sup> To him be the dominion forever and ever. Amen.

#### II. 6 counseling steps to biblically correcting depressed feelings and depressions issues:

- 1) **INVENTORY – Look for the INCIDENT that was responsible for the transition. Especially look for what has changed in their life (2 Cor. 13:5; Prov. 18:17)**
  - a. When did this begin, or when did you start feeling depressed?
  - b. What recent major change happened that precedes the depressed feelings (circumstances, announcements, challenges, etc.)?
  - c. Write down or journal your thoughts and feelings when you feel depressed. (keep a log)

**d. HEART QUESTIONS TO ASK TO FIND THE TRAUMA, PAINFUL INCIDENTS, OR OBSESSIONS THAT ARE TIED TO DEPRESSED FEELINGS:**

- i. What are the three most painful things that happened to you in your life?
- ii. If God would change anything you wanted Him to do, about your past, with no strings attached, what would you ask Him to change?
- iii. What are the three most regrettable things in your past that you wish never happened?
- iv. What do you want so bad that you would sacrifice almost anything to get it, but you know that God doesn't want you to have it or you know you can't get it?
- v. What is it that you would like to do or accomplish in your life, if you knew that money was no object and sin was never an issue?

**2) EXAMINE – Pray and examine your heart for sin, selfish motives and FAILED EXPECTATIONS that are self-serving (Col. 3:2; 1 John 1:9)**

- a. What is my relationship with the Lord *really like* (on His terms – biblically)? Do you *really* live a surrendered life to Christ?
- b. What heart sin specifically needs to be confessed or forsaken? (Look for heart desires)
- c. Isolate the main issues or the hearts troubled areas or incidents they may have *reacted sinfully* too. (Write them down!)

**3) SPEAK - Talk "Truth" to yourself when feeling low (2 Cor. 10:4-5; Ps. 42:9-11)**

- a. We listen to ourselves (feelings) way too much. What biblical Truth will I reflect upon for redirection in speaking truth to myself (self-talk)?

**4) SUMBIT - Trust yourself to the support of fellow believers and their godly counsel (Heb. 3:13; 10:23-24; Rom. 15:14)**

- a. Help them connect with a friend that will ask them the difficult questions. (Someone who believes that depression is sin and not a disease)

**5) PRACTICE - Just keep doing what is right in the process of change (1 Pet. 5:9 – Heb. 5:14)**

- a. Your feelings will follow your faith. When you keep doing what is right against your feelings, you stop the downward spiral (do the dishes, clean the house, do your chores, go to work, etc.).
- b. Trust God for the results. Focus on your faithful obedience daily in the process of restoration.
- c. Prayer and meditation on the promises of God for hope is the spiritual "Chemo Therapy" of depression
- d. Challenge what you believe about God and your entitlements to happiness.

**6) REPEAT – Keep repeating the process until you are restored and find Joy in Christ alone**

- a. Go back to the beginning of inventorying your heart
- b. Keep confessing your depression to God as the sin of not trusting in Him and His Word.

**III. Recommended Homework Resources:**

- Down but Not Out – Dr. Wayne Mack
- The Self-Confrontation Manual (Lesson 18) – Complete a devotion and homework a day.
- The Bible: Read Psalm 119 and 19 – Pray the Psalms (Don Whitney's book)
- Look for YouTube videos by John MacArthur, David Powlison, David Paul Tripp, and Lou Priolo on Depression

## Biblical Thinking

### Checklist

1. **Resist** temptation with biblical Truth (1 Cor.10:13; Matt.4:4)
2. **Redirect** your thinking to Truth. (Eph.4:20-24; 2 Cor.10:4-5)
3. **Remember** to trust God in the process and for the results (Josh.1:6-9)
4. **Repent** of sinful thinking and actions (James 4:7-8)
5. **Repeat** Scripture to yourself by memorizing targeted passages (Ps.119:11)
6. **Rehearse** what is true and what is right (Phil.4:8)
7. **Resolve** to protect your heart above all things (Prov.4:23)
8. **Restore** your thinking in the Spirit (Rom.8:5-8; Heb.5:14; John 17:17)

### *If it persists...*

- Pray: Ps. 139:21-23
- Call a Christian friend
- Start Self-talk (2 Cor.10:4-5)
- Practice the "R's" (1-8)
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Write out what "I should  
be thinking" (Phil.4:8)

What Scriptures will I  
memorize or read regularly  
that support biblical (right)  
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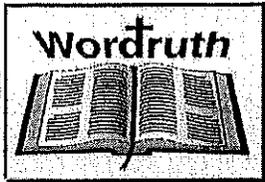
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## **RESPONDING TO GUILT... AND CHANGING ACCORDINGLY**

Do you struggle with the guilt of past sins even though you've confessed them to God and to the people you have wronged?

Perhaps you said unkind words to a friend. You asked your friend for forgiveness and it was granted; but you still cringe when you remember what you said.

Maybe you committed terribly devastating sins that created long-term difficulties for many people. To the best of your knowledge and ability, you asked forgiveness from the many who were affected by your sin. Yet even now, everyday conversations and routine events sometime create an unforeseen and unwanted bridge of remembrance to the pain and shame of your past.

One of life's realities is that unforeseen consequences can last for decades as a result of self-centered choices made long ago. For example, murder, adultery, drug involvement, sexual promiscuity, abortion, suicide, robbery, drunkenness, child molestation, slander, rape, rebellion against parents, pornographic involvement, family abandonment, divorce, embezzlement, or habitual lying can "cast a long shadow" over people's lives impacted by these actions.

When you, as a believer, realize that your past behavior indicated your disregard for the Lord and His Word, crippled your spiritual development, and created problems for others, how should you respond to current guilt feelings? Also, how is it possible for you and others to know that "who you once were" is not "who you are now"? Both of these questions will be examined separately, even though both answers are rooted in God's gracious forgiveness realized through Jesus Christ.

### **AS A BELIEVER, HOW DO YOU BIBLICALLY RESPOND TO GUILT FEELINGS ASSOCIATED WITH YOUR SINFUL BEHAVIOR?**

The personal intensity or outward expression of any emotion can vary from person to person and from situation to situation. Believers in Christ will eventually experience some level of guilt feelings as a result of committing sin. They know that willful sin indicates a lack of love for Jesus Christ, a disregard for God's Word, and a desire to live for self, often at the expense of others. Believers who respond biblically to guilt feelings recognize that the focus is neither the intensity of emotion nor any associated physical response.

Believers who respond to the truth of God's Word will experience "guilt feelings" associated with specific sin(s). Their response is actually "godly grief or sorrow." Godly grief leads to repentance (a change of mind), a necessity to return to a Christ-honoring life.

*2 Corinthians 7:10, For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.*

Godly sorrow alerts believers to cease living according to fleshly desires and, instead, return to Christ-centered obedience to God's Word. A believer's initial response to godly sorrow is to humbly and prayerfully confess personal sin(s) to the Lord.

Basically, to *confess* means to *agree with God* about one's shortcomings. Those who biblically confess do not rationalize, justify, or minimize personal sin(s) and do not blame others or circumstances for shortcomings. Instead, they take responsibility for personal waywardness. Believers who deal biblically with guilt feelings know that this is not simply a reaction to the self-centered concept of "I am caught!" or "What will happen to me now?" God-honoring confession of sin(s) gives expression to repentance and allows one to receive the Lord's merciful forgiveness and cleansing.

*1 John 1:9, If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

*Proverbs 28:13, Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.*

Confession of sin(s) reminds a believer of his failure to wholeheartedly follow the Lord. Biblical confession fosters

humility and increases a believer's dependency on the Lord.

*James 4:6-10, But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble." Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.*

*Matthew 23:12, "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted."*

*Please note that "forgiving yourself" is an illusory, ineffective, and unbiblical response to guilt feelings. Refer to The Futility of Forgiving Yourself for a more complete study on this subject.*

What if a professing believer continues, for a time, to purposefully sin with no acknowledgment of guilt, either intellectually or emotionally? There are only two answers to that question: 1) The professing believer *is* an authentic believer but is spiritually deluded (deceived) as a result of not dealing biblically with sins that have been committed (James 1:22-24); or 2) The professing believer *is not* an authentic believer, demonstrated by unceasing efforts to fulfill fleshly desires instead of obeying Scripture (1 John 2:3-5, 15-17).

*James 1:22-24, But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like.*

*1 John 2:3-5, And by this we know that we have come to know him, if we keep his commandments. Whoever says "I know him" but does not keep his commandments is a liar, and the truth is not in him, but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him:*

*1 John 2:15-17, Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.*

Sadly, some believers live with inappropriate guilt feelings due to a belief that God's acceptance of them is dependent on their obedience to God's Word. These believers are very aware of their shortcomings and readily confess them to the Lord and, often, to others. They remain spiritually crippled, however, due to a lack of understanding and acceptance of God's grace and forgiveness demonstrated through the finished work of Jesus Christ.

*Romans 8:1, There is therefore now no condemnation for those who are in Christ Jesus.*

*Ephesians 2:8-9, For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.*

Other believers are stymied by persistent guilt feelings because they do not take biblical steps of change. This situation can be overcome through an on-going study of God's Word that leads to godly living.

*Psalms 119:11, I have stored up your word in my heart, that I might not sin against you.*

There are numerous passages in Scripture that list specific examples of "putting off" sinful behavior and "putting on" Christ-honoring alternatives. For example, see Colossians Chapter 3, Romans Chapter 12, and Ephesians Chapters 4 and 5.

#### **HOW IS IT POSSIBLE FOR YOU AND OTHERS TO KNOW THAT "WHO YOU ONCE WERE" IS NOT "WHO YOU ARE NOW"?**

Confession of sin(s) to the Lord is part of the process of "dying to self" in order to live for Christ in accordance with God's Word. Growing in Christ (biblical change) involves an on-going renewal of the mind that is accomplished by studying Scripture and applying God's truth for every aspect of life and relationships.

*2 Timothy 3:16-17, All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.*

*2 Timothy 2:15, Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.*

*Romans 12:1-2, I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Another aspect of “dying to self” and living for Christ is to confess your sins to those against whom you have sinned. This is especially appropriate among believers (James 5:16) and helps to foster relationships both inside and outside the Body of Christ (Romans 12:18). Confessing sins to those sinned against provides opportunity for others to see the difference Jesus has made in your life, which can bring glory to God (Matthew 5:15-16).

*James 5:16, Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

*Romans 12:18, If possible, so far as it depends on you, live peaceably with all.*

*Matthew 5:15-16, Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.*

Similar to one’s confession to God for personal sins, a confession to others involves taking responsibility for wrongdoing and not making excuses or blaming others for your own sinful behavior. While difficult circumstances or another’s actions are sometimes blamed as the reason behind your personal sins, your “heart” (the “real you”) is the actual source of all your actions or reactions (Luke 6:43-45).

*Luke 6:43-45, For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.*

Ideally, in confessing your sins to another, you can also ask for forgiveness. Asking for forgiveness means you are asking another not to hold your wrongdoing against you. In asking for forgiveness, you are not asking to be relieved of any consequences resulting from your sinfulness, which might include making restitution. Even though forgiveness may not be granted to you in the manner you might hope or expect, you are not responsible for another’s choices or actions. You are only responsible to the Lord (Jeremiah 17:10; Colossians 3:23-25).

*Jeremiah 17:10, I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.*

*Colossians 3:23-25, Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. For the wrongdoer will be paid back for the wrong he has done, and there is no partiality.*

Even when you confess to others, your words do not sufficiently prove to others that you have changed. Undeniable proof of change is demonstrated by a new manner of life, marked by your growth in Christ (Romans 8:29). Spiritual growth lasts throughout your lifetime (1 Corinthians 3:18) and will be sovereignly completed (Philippians 1:6).

*Romans 8:29, For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.*

*2 Corinthians 3:18, And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*

*Philippians 1:6, And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.*

As you mature in Christ, biblical love (1 Corinthians 13:4-8a) should be more and more evident in your life. Other Christ-like traits should also characterize your daily life and relationships (Galatians 5:22-24). Words alone do not prove you have changed. The development of Christ-like characteristics that become evidenced in every area of life provide proof that “who you once were” is not “who you are now” (2 Corinthians 5:17).

*1 Corinthians 13:4-8a, Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth.*

*Love bears all things, believes all things, hopes all things, endures all things. Love never ends.*

*Galatians 5:22-24, But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.*

*2 Corinthians 5:17, Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*

After confessing your sin(s), leaving your path of self-centeredness, and keeping your focus on Jesus, you once again can live as one who is forgiven and eager to follow God's will. Sometimes, your Christ-oriented way of life may be perceived by others to seem you no longer remember your previous sinfulness. While you are not to dwell on past sins, some sins cannot be completely forgotten (blotted out of memory). Refer to *Forgetting Your Sins . . . What Does the Bible Say?* for further study on this subject.

What do you do when you are overcome with remorse and regrets and tempted to dwell on past sin that has already been forgiven by our Lord? As in every situation, fix your eyes on Jesus (Hebrews 12:1-2), and go to His Word!

*Hebrews 12:1-2, Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*

The following verses remind every believer that it is not because of personal "goodness" that He saved any of us, nor is there a qualification or quantification of sin that He forgives.

*1 John 1:9, If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

(Notice the *amount*—*all unrighteousness*.)

*Romans 5:6-8, For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows his love for us in that while we were still sinners, Christ died for us.*

(Notice the *timing*—*while we were still weak, at the right time, while we were still sinners*—not after we had somehow been good enough or "proved" ourselves, neither of which is possible.)

Ponder His greatness and the miracle of His love toward us. His grace and mercy are indescribable gifts that our minds cannot fully grasp. When we focus on Jesus and what His love provides, we cannot help but long to honor Him by the way we live our daily lives. In Philippians 4:8-9, the Apostle Paul tells us where to keep our thoughts.

*Philippians 4:8-9, Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

The Apostle Paul could remember his previous sins, but these were overshadowed by the matchless mercy and grace of God (see 1 Timothy 1:12-17). Paul focused on the majesty of "The Forgiver" instead of the former mire of "the forgiven." For Paul, his prior sins were the backdrop for his ceaseless praise and thankfulness to Jesus, as stated in 1 Timothy 1:15-17.

*1 Timothy 1:15-17, The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life. To the King of ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen.*

Our lives are blips on earth's timeline, infinitesimally less than that of immeasurable eternity; but He has chosen to redeem us and make us His own, forgiving and cleansing us, making us new creatures. To live our lives in defeat over what God no longer counts against us seems to diminish—although it never could diminish!—the perfect work Jesus accomplished on our behalf. He did this throughout His life that culminated with His death on the cross and resurrection from the grave. Thank Him for the priceless gift of forgiveness!

*Romans 4:7-8, Blessed are those whose lawless deeds are forgiven, and whose sins are covered; blessed is the man against whom the Lord will not count his sin.*

Not only does God forgive us, but when we mourn (which includes godly sorrow as a result of committing sin), He promises to comfort us (Matthew 5:4).

*Matthew 5:4, "Blessed are those who mourn, for they shall be comforted."*

People around the world abuse their bodies to try to pay for their sins (often on Good Friday) instead of rejoicing in the completed work of Jesus on the Cross. Trying to atone for one's own sins in any measure is hopeless. In fact, to focus on personal sin that has been forgiven by God causes one to try to carry a load Christ has already carried. It is futile to try to somehow pay a debt when we were (and are) so hopelessly in debt to God that we never can repay it. Jesus paid it all. He did the work. IT IS FINISHED.

Ramifications of past sin can still roll in. Consequences of self-centered choices can last a lifetime. Often, others can still be affected deeply by our past sinfulness. Satan, the accuser, is always ready to remind us of the horror of our sin and try to tempt us to dwell on it. But in Colossians Chapter 2, we are told the following:

*Colossians 2:13-14, 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.*

In *Man, The Dwelling Place of God*, A.W. Tozer wrote:

*"The victorious Christian neither exalts nor downgrades himself. His interests have shifted from self to Christ. What he is or is not no longer concerns him. He believes that he has been crucified with Christ and he is not willing either to praise or deprecate such a man.*

*"Yet the knowledge that he has been crucified is only half the victory. 'Nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.' Christ is now where the man's ego was formerly. The man is now Christ-centered instead of self-centered, and he forgets himself in his delighted preoccupation with Christ."*<sup>1</sup>

Now that we have been forgiven, we should live like the forgiven! Each day we are to be full of gratitude and humility to our Lord. We are to live in such a way that pleases Him, and in doing so, people will see His work in us and praise Him. Only God can change a heart! Since He has changed ours, our very lives should be testimonies of His grace, pointing others to Him.

*Psalms 40:2-3, He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.*

*2 Corinthians 5:14-15, For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.*

*Philippians 2:12-13, Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.*

*1 John 1:7, But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.*

Darlene Zschech has written "Worthy is the Lamb," a beautiful song that expresses deep gratitude for Christ's work on the cross on our behalf:

*"Thank you for the cross, Lord; Thank you for the price you paid. Bearing all my sin and shame, in love you came, and gave amazing grace."*

But the song does not stop with what Jesus did for us. She goes on to proclaim in the chorus:

*"Worthy is the Lamb, seated on your throne. Crown you now with many crowns, you reign victorious. High and lifted up, Jesus on your throne. The Darling of Heaven crucified. Worthy is the Lamb!"*<sup>2</sup>

The guilt is real, but the punishment was taken on the cross by Jesus, the spotless Lamb, the Darling of Heaven. The record of debt against us was canceled, thanks to His work. And, it was not "just" so we can be forgiven, but it was for His Name's sake. Recognizing that, we exalt His worth, not ours! We live so that others will see His work in us and put their trust in Him! Living now, we join with the saints of all ages proclaiming His matchless grace!

Because of His grace, mercy, and love that led Him to the Cross to be the perfect sacrifice, we can sing the hymn, "It Is Well with My Soul," with passionate enthusiasm . . . particularly the verse that says,

*"My sin, oh the bliss of this glorious thought, my sin not in part but the whole, was nailed to the cross, and I bear it no more! Praise the Lord! Praise the Lord, oh my soul!"<sup>3</sup>*

If any of our sins come to mind, we can use the thought to give praise to the Lord for His loving forgiveness and the changes He has made in our lives. Relying solely on the work of Christ, we can echo the words of former slave-trader John Newton (author of the well-known hymn, "Amazing Grace") who said, "I am a great sinner, and Christ is a great Savior."

When we see even a small portion of the magnitude of our sin, it should not cause us to dwell on it in defeat. Instead, we should remind ourselves of His great work and "forget ourselves" in our "delighted preoccupation with Christ."

*Colossians 3:2-4, Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory.*

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<sup>1</sup> *Man, The Dwelling Place of God*, A. W. Tozer, Wingspread Publishers

<sup>2</sup> "Worthy is the Lamb," copyright Darlene Zschech/Hillsong

<sup>3</sup> "It is Well with My Soul," Public Domain

## Directions for Using the Anxiety Journal

An Anxiety Journal is a worksheet on which you can work out your anxieties in written form according to Philippians 4:6-9.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds whatever things are true, whatever things are pure, whatever things are right, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is any praise, if you have learned and received the things which you learned and receive, the things which you have learned and receive, the things which you have learned and receive will be with you.

1. Photocopy as many journals as you need. If you go well, the frequency of use may increase in subsequent weeks.
2. At the top of each sheet, describe the exact nature of your concern. (e.g., "I'll have a shopping mall, I'll have a shopping mall, I'll have a shopping mall.")
3. Underneath the words, write down the words possible with your requests. Write down the things as you can—especially thank in terms of past, present, and future.
4. Underneath the words "worried about," write about your concern so as not to worry. Reconstruct your thought patterns to reflect biblical hope and theological accuracy—especially when it comes to trusting in God's sovereignty and goodness—and His other fatherly attributes. Use Philippians 4:8 as a guideline. Your reconstructed thoughts do not have to be a verbatim quotation from Scripture. A personalized application of a biblical principle or directive will do nicely. Write down the appropriate Scripture references next to each thought for future study, meditation, and/or memorization.
5. Underneath the words "biblical actions," write out the specific action you can take that will either address each concern on a day-by-day basis, or focus your mind on more noble matters. The two questions to ask yourself are, "What can I *do* (what actions can I take today) to keep what I'm worried about from happening tomorrow?" and "What can I *do* (what actions can I take at this moment) that will engage my mind with more profitable thoughts than worry?"

Print 25  
- SIDE HOLES  
- STAPLED  
- Front + Back  
(2-sided)

# Anxiety Journal

## My Anxiety (what I am concerned about)

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## Biblical Prayer

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## Biblical Thoughts

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## Biblical Actions

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- 
-

## Biblical Thinking

### Checklist

1. **Resist** temptation with biblical Truth (1 Cor.10:13; Matt.4:4)
2. **Redirect** your thinking to Truth. (Eph.4:20-24; 2 Cor.10:4-5)
3. **Remember** to trust God in the process and for the results (Josh.1:6-9)
4. **Repent** of sinful thinking and actions (James 4:7-8)
5. **Repeat** Scripture to yourself by memorizing targeted passages (Ps.119:11)
6. **Rehearse** what is true and what is right (Phil.4:8)
7. **Resolve** to protect your heart above all things (Prov.4:23)
8. **Restore** your thinking in the Spirit (Rom.8:5-8; Heb.5:14; John 17:17)

### If it persists...

- Pray: Ps. 139:21-23
- Call a Christian friend
- Start Self-talk (2 Cor.10:4-5)
- Practice the "R's" (1-8)
- Talk to your Pastor/Elder/Counselor

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Write down the "wrong thinking or sinful thoughts" (be specific)

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Write out what "I should be thinking" (Phil.4:8)

What Scriptures will I memorize or read regularly that support biblical (right) thinking: (*Repeat often*)

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# Audio/Reading Homework Form

Timberlake Biblical Counseling and Training Center

Counselee's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Book or Audio Title: \_\_\_\_\_

MP3/CD/Book # \_\_\_\_\_

**Teaching Points & Notes:**

**Points of Interests:**

Point #1)  
Biblical Ref:

Point #2)  
Biblical Ref:

Point # 3)  
Biblical Ref:

Point #4)  
Biblical Ref:

Point #5)  
Biblical Ref:

*The Main Idea or Truth Presented:*

*What Truths that God wants you to personally understand & obey?*

*By God's grace, what is your plan of action to make that happen?*

Did you honestly complete this assignment?  Yes  No Signature: \_\_\_\_\_



## HOW TO "SET YOUR MIND ON THINGS ABOVE"

Colossians 3:2-3 teaches: "*set your minds on things above, where Christ is seated at the right hand of the throne of God.*"

But, how? What are we to think about God on His throne? The Bible gives at least seven descriptions of God's Throne in Revelation 4-5. Picture these in your mind's eye, and meditate on them to "set your mind on things above."

1. **Beauty** – You know how sometimes light catches in a diamond, and you stare at it to see the kaleidoscope of light? The largest diamond on earth is less than a chip. Because God's Throne is like a gem, and it is surrounded with an emerald rainbow. Certainly, the sparkling, dazzling beauty will draw your eyes to the Throne and you won't be able to look away. **See the beauty.**

Identify how you have been deceived to think there is greater beauty in some other pleasure, relief, or security.

2. **Authority** – Around the throne are 24 elders, imitated on earth with 12 tribes of Israel and 12 apostles of Christ. The Ten Commandments and the Church are earthly shadows of this ultimate, perfect, make-you-tremble-because-you-are-a-rebel-and-you-know-it authority. **Bow before the authority.**

Identify specific ways you have been rebellious to God's ordering of the world and His authorities in your life.

3. **Power** – Even people who love thunder and lightning cringe when it strikes near. When you see the throne, you are looking at the source of all lightning and thunder. It's not just the occasional lightning strike. God's throne is the electrifying, power emitting source. You'll never look elsewhere for power again. **Embrace the power.**

How have you sought victory or freedom from sin on your own power? What will it mean to seek God's power for self-control?

4. **Total wisdom** – The lightning fires up the light of complete spiritual wisdom. Isaiah 11:2 makes it clear that this throne is where you find the Lord, wisdom, understanding, counsel, strength, knowledge, and the fear of God. **Walk in the wisdom.**

Identify three decisions you could make that would reflect God's wisdom.

5. ***Captured and calmed evil*** – The raging sea is calmed once and for all at the throne of God. Whatever evil rages in your life, here before this throne it's like a big Swarovski crystal sea, reflecting all that is beauty and power. ***Rest in calmed evil.***

Name three evil choices you have previously made, that are calmed when God rules your life.

6. ***Wonderful worship*** – Seven creatures dance in wild, zany, indescribable worship - the lion with its power, the strong eagle with its renewed youth, the dear calf with its hope and promise, the man with all his wonder. What metaphor describes you? ***Worship the Holy God.***

What acts of obedience would evidence that you are worshipping the God who is holy?

The story breaks here. All heaven and earth pauses. There is no one to take up the rolled scroll and let the rest of the story be told. The elders weep. The story teller weeps.

This is where the door opens and we walk in. That scroll holds the story of our redemption, of our salvation from hell, of our freedom from bondage to addictions, of our healing from pettiness. Who will open the scroll? I weep. You weep.

7. ***The Lamb, slaughtered and standing*** – Jesus Christ, victorious, ruling, conqueror over sin, over addiction. Everywhere else we read about Him seated at the right hand of the throne, but now He stands. When it comes to unrolling the scroll of your story, He stands and watches. He died for you. You do not need to ever respond in guilt or shame again. What you confess He covers with the blood of His slaughter. He rose for you. You can live in His victory. You can extend His mercy in every situation. In His resurrection, you have freedom from slavery to bondage or bitterness. He stands watching, to see you love Him, to see you say no to sin and yes to love. Love the Lamb.

What's the next thing to do? Think and meditate about God on His throne. See the beauty. Bow before the authority. Embrace the power. Walk in the wisdom. Rest in calmed evil. Worship the Holy God. Love the Lamb.

Once your mind is changed, your actions will change. Renew your mind so that you see God on His Throne. The natural progression will then be that, instead of reaching for a crutch, responding in bitterness, or walking in sinful relationships, you will love God by loving others. You will bless others. You will pray for others. You will be kind to others. You will live pursue peace and the holiness without which no one will see the Lord.

Hallelujah, you are a new creation, with your mind set on things above, where Christ is, at the right hand of the Throne of God.

## TEMPTATIONS TO FEAR AND WORRY

When you live to please yourself, circumstances that God designs to teach you to trust and obey Him instead become temptations for you to fear and worry (based on Psalm 31:1-5, 13-15; 56:4, 11; Isaiah 12:2; Lamentations 3:22-24; Luke 12:29-31; Philippians 4:6-9; James 1:2-4; 1 Peter 5:5-7).

### ***I. Situations that tempt you to fear and worry (sample lists - to be read downward)***

#### **Circumstances of life**

Impending death  
Unexpected bills  
Reduction or loss of income  
Crippling injury, prolonged illness  
Imminent surgery  
Perceived loss of a relationship  
Searching for a new church job, home, etc.  
Persecution, threats  
Children leaving home  
Difficult job or home situation

#### **Mental/Spiritual**

Refusing salvation in Christ Jesus  
Planning to sin or hiding past sins  
Procrastination, indecision  
Lack of prayer  
Not knowing the future  
Focusing on changing others  
Failing to deal with another's sin in a biblical manner  
Refusing to forgive another  
Always wanting your own way  
Expecting perfection in others

### ***II. Your biblical response to situations that tempt you to fear and worry***

**A. You are to fear (reverence) God (Psalm 33:8; Proverbs 23:17; Ecclesiastes 12:13; Matthew 10:28), which will result in (a sample list):**

***1. Salvation (Psalm 85:9);***

***2. Wisdom and knowledge (Psalm 111:10; Proverbs 1:7,2:5; Isaiah 33:6);***

***3. Steadfastness (Psalm 112:7);***

***4. Improved health (Proverbs 3:7-8);***

***5. Prolonged life (Proverbs 10:27);***

***6. Vitality (fountain of life) (Proverbs 14:27);***

***7. God's goodness and lovingkindness toward you (Psalm 31:19; 103:11,13,17);***

***8. Eternal reward (Revelation 11:18);***

***9. God's watchfulness and protection over your life (Psalm 33:18-22; 34:7,9);***

***10. Blessing from the Lord (Psalm 115:13);***

11. *Obedience and a motivation to serve Him* (Deuteronomy 10:12; II Corinthians 7:1);

12. *Satisfied sleep* (Proverbs 19:23); and

13. *Strong confidence* (Proverbs 14:26).

**B. You are not to fear what man might do to you** (*Numbers 14:9; Deuteronomy 1:16-17; Psalm 46:1-3; Proverbs 3:25-26; Matthew 10:24-28*). Instead, you are to trust God (*Psalm 23:4, 56:11, 118:6*) and respond with actions motivated by loving concern (*for example: I Samuel 17:11, 24, 32; Esther 4:11-5:2; Acts 16:19-32; II Corinthians 11:23-29, esp. verses 28-29*).

**C. You are not to worry (be anxious) since this reveals a lack of trust in God and will prohibit you from being spiritually fruitful** (*based on Matthew 6:25-34; Luke 8:14*).

*Refer to PLEASING SELF OR PLEASING GOD (Lesson 9, Pages 10-11) to be reminded that it is not the intensity of an emotion that determines its correctness. Instead, the key issue is whether your response reveals that you are living for self or living for the Lord.*

# Ten Critical Questions for Marriages

by Jeremy Lelek (CCEF ministries)

10 critical questions to ponder on for a strong marriage relationship. Rate your marriage 1 to 10 (1 poor and 10 great) for further discuss and possible solutions. Seek the help or assistance of your pastor/elder in reconciliation where needed, or a specific action plan of putting off and putting on is required.

## I. Does the couple read the Bible together on a regular basis?

*"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart" (Hebrews 4:12, ESV).*

## II. Does the couple place their marriage as a priority?

*"Wives, submit to your own husbands, as to the Lord.... Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word (Ephesians 5:22, 25, ESV).*

## III. Does each seek to put the interests of their spouse above their own?

*"Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others" (Philippians 2:3-4, ESV).*

## IV. Do they use their speech to build up one another?

*"Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person" (Colossians 4:6, ESV).*

## V. Are they honest in their communication?

*"Truthful lips endure forever, but a lying tongue is but for a moment" (Proverbs 12:19, ESV).*

## VI. Do they have a mutually satisfying sexual relationship?

*"For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer, but then come together again, so that Satan may not tempt you because of your lack of self-control" (1 Cor. 7:4-5, ESV).*

## VII. Is the couple faithful to the "Leave & Cleave" relationship with parents and in-laws (Disrespects spouse if parents usurp spousal authority)?

*"and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'" (Matt. 19:5; Gen. 2:24).*

## VIII. Do either of them use or view pornography?

*"But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart" (Matthew 5:28, ESV).*

## IX. Does either the husband or the wife abuse alcohol or drugs (illegal or prescription)?

*"Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads righteousness" (Romans 6:16, ESV).*

## X. Is the couple dealing with any significant financial debt?

*"One who is wise is cautious and turns away from evil, but a fool is reckless and careless" (Proverbs 14:16, ESV).*

## Developing a Biblical Parenting Model - *Nouthetically*

### Pre-counseling emphasis:

- Secure a thorough redemptive assessment of both parents & children
- Collect enough data to determine *the scope of the problem* (Child-centered home?)
- Secure at least an 8-week commitment to frame in a biblical parenting model

### STEP 1:

#### Establish biblical presuppositions for parenting success:

- 1) Parents should understand the three (3) main models that influence the home
  - a. The "Worldly" model of Management (Illustrate: no spiritual influence at all - *happiness*)
  - b. The "Christian" model of Influence (Illustrate: The church will take care of it attitude)
  - c. The "Training" model of the Bible (Illustrate: Use the Word and every situation to train)
  - d. Other:
- 2) 1. What are the Family roles? (Illustrate with Scripture – Eph. 5:22 – 6:3)
  - a. Husband (Head & Leader)
  - b. Wife (Support & Manager)
  - c. Children (Disciples and Respectful)
  - d. Resource for roles: *Strengthening Your Marriage by Wayne Mack*
  - e. Resource for roles: *The Self-Confrontation Manual, Lessons 14-15*
  - f. Other:
- 3) Parents should complete a thorough search of the Scriptures and other biblical resources concerning raising children, roles of children, discipline methodologies, parenting methods and responsibilities, and biblical structure of the family before proceeding. (Heart conditioning)
  - a. Proverbs 1:8-9, 13:24, 19:17-19, 22:6, 23:13-14, 29:15-17; Psalm 119:1, 127:3-5, 139:13-16
  - b. Duet. 6:6-9; Eph. 6:1-4; Col.3:21; Titus 2:7; 1Pet.5:3; Luke 1:17; Heb.12:7-11
  - c. **Old Testament** – The Hebrew word "*muwcar*" (originates from "*yacar*")
  - d. **New Testament** – The Greek word "*paldefa*"
  - e. Other resources: *The Self-Confrontation Manual* (bcfministries.org), Lessons 16-17
  - e. Other resources: *Teach Them Diligently* (Lou Priolo); *What the Bible Says about Parenting* (John MacArthur; *Self-Confrontation Manual*, Broger).
- 4) Parents should commit to parenting the same way and in cooperation with the other
  - a. Explain the "splitting staff" principle and manipulation of children when parents are divided.
  - b. Explain the scope of manipulation of children when parents are divided (Illustrate).
  - c. Other: (Christ-centered home must be established over a Child-centered home)
- 5) Parent should commit to model Christ-likeness in the home
  - a. How do the parents resolve conflict (*Listen to specific examples from parents*)
  - b. What kind of spirituality is modeled (*What is the spiritual temperature of the home?*)
  - c. Is it a loving environment (*Review Eph.4:32 and elicit their understanding of biblical love*)
  - d. Other: Rules without relationship equals rebellion (Higbee, soul-care - 2007)
- 6) Parent should commit to consistent teaching of the Bible in the home
  - a. Set a time for family devotions, Bible readings and worship daily
  - b. Pick topics or passages to study that directly address the major problems in the home.
  - c. Assign the book "*Teach Them Diligently*" as a guide for training with Scripture.
  - d. Other: (Teach about the Word of God before enforcing the ritual of reading the

**STEP 2:**

**Systematically establish the biblical expectations and rules of the home**

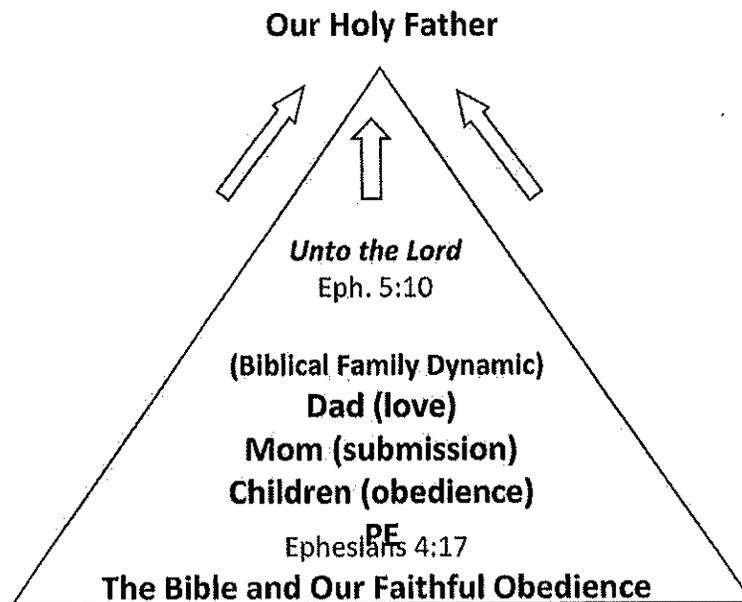
1. What are the Family rules? (Ephesians 5:10 is the goal)

- A. House rules & individual duties
  - \* What is acceptable in this home as a rule of conduct and principle?
  - \* The parents should develop a list of house rules that they agree upon that will bring God glory. (*Assign parents homework in developing these rules for your review and discussion*)
  - \* What kind of movies and music are allowed?
  - \* Giving to the Lord/Church. (*What is currently given and what do they think about that?*)
  - \* Present these new rules to the children and family at the "Round Table" discussion so expectations are clarified
- B. Manners/respect/attitudes (Ephesians 5:10)
  - \* How are the kids expected to address parents and other adults respectfully?
  - \* What is the plan for training the Children? (Behaviors are motive driven)
  - \* Other: (address attitudes consistently and correct behaviors when possible)

**Other examples to solidify biblically:**

- C. Bedtime & bedtime rituals & habits
- D. Chores for Children (clear and regular duties to teach responsibility)
- E. Diet or approved foods for children and family (*much bad behavior is attributed to sugar fix*)
- F. Spending guidelines and savings habits.
- G. Service to the church and community. (What does that look like in the home to build "other-centeredness")
- H. Relationship building rather than task driven family life (Illustrate and discuss)
- I. Other:

**Visual Illustration of Family Dynamic: (We relationally represent Christ and the Church to the world)**





## DISCIPLESHIP STRATEGY FOR PARENTING TEENS



### 1. Assess the status of your relationship with your teen.

a. How would your teen complete this sentence: "I know my parents love me because \_\_\_\_\_"

- What evidence is there of a growing relationship?
- If there is none, find out where it stopped and what was going on in the life of the household.

b. The way we show love to our teen is \_\_\_\_\_.

- What is the basis on which they have chosen this approach?
- What verbal feedback re their love have they received from the teen?

c. What is your view of how parents should relate to teens?

### 2. Present a godly model to your teen

a. The impact of "imitation" in human growth and development is significant.

b. God reacts severely to hypocrisy.

c. Do you respect authority? Do you make sure your teen sees that you do this? Do you talk with your teen about why you respond as you do (obedience to God and His Word)

d. Discuss as a couple the example you give to your teen.

### 3. Understand your own hearts

a. What do you each personally value most? Do you value God's wisdom and righteousness more than anything else?

- Do you value comfort in life more?
- Do you value respect from your teen more?
- Do you value appreciation or approval from your teen more?
- Do you value success (in business, in a hobby, in the eyes of others) more?
- Do you value control of your lives more?

b. Are you willing to accept that your hearts are "deceitful above all things" (Jeremiah 17:9) and that you need God's Word to be sure you are pursuing His goals for you?

### 4. Understand the heart of your teen

a. What does your teen value most? Does your teen value God's wisdom and righteousness more than anything else?

- Does your teen value pleasure / comfort more?
- Does your teen value peer's acceptance more?
- Does your teen value money and material possessions more?
- Does your teen value control more?

### 5. Teach the right way: Communicate God's expectations appropriately

a. Do you understand the necessity of applying many ways to communicate wisdom to your teen? It is inadequate to use only one method!

- Questions, examples, stories, lecture

- b. Do you understand the value of drawing out and understanding your teen's point of view?
- c. Implement the "put off/put on" dynamic in dealing with your teen's thought patterns, behavior patterns, emotional reactions, and values (Eph. 4:22-24).
  - Eg. Eph. 4:25-32 – lying, anger, stealing, unkind words
- d. Do you orchestrate "teachable moments", using vocabulary your teen understands?
  - Use humor, repetition, get their attention

## **6. Consequences**

- a. Are you unified in your resolve to deal with the issue at hand?
- b. Are you unified in your assessment of its seriousness?
- c. Is there sufficient reason for the teen not to sin / be foolish? Note the difference between folly (sin) and childishness (inexperience).
- d. Do you understand what motivates (directs, energizes) the teen's typical daily choices (friends, hobbies, approach to school)?
- e. Are you willing to find consequences that motivate your teen, and be consistent in implementing them even when it is inconvenient to do so?

## **7. Incentives**

- a. A bribe is a form of manipulation. An incentive or reward/reinforcement is a learning tool.
- b. Tangible incentives include any prizes or rewards that can be seen. Intangible incentives include praise and positive publicity.
- c. Do you see any role for incentives in parenting teens?
- d. Is there sufficient reason for your teen to pursue wisdom / righteousness?
- e. What kinds of incentives or reinforcements might be meaningful for your teen?
- f. Would you be willing to offer incentives that motivate your teen, and be consistent in offering them even when it is inconvenient to do so?

## **Eli and Passive Parenting**

**by Cameron Buettel**

Parenting is never easy. Nobody in this fallen world has mastered it.

And when it comes to raising children in the fear of the Lord, fathers shoulder the greatest biblical responsibility—being accountable to God as the heads of their homes (Ephesians 6:4; 1 Timothy 3:4–5).

The need to learn and grow in the role of fatherhood never ceases, and Scripture is our richest source of parental wisdom. It offers clear instruction and furnishes us with powerful role models.

And it's not just the good dads that we can learn from. In fact, the *bad* dads of the Bible may well teach the most profound lessons of all.

Eli is certainly a prime example. He was a priest and judge over Israel during one of the lowest points in its history—at the end of the era of judges, when “everyone did what was right in his own eyes” (Judges 21:25). Eli's life is a great lesson for us because his key failure was a relatively obscure sin that runs rampant in the church today—a passive approach to parenting.

Eli was no reprobate. He had good desires for the people of Israel (1 Samuel 1:17), reverence for God (1 Samuel 3:18), and a hatred of evil (1 Samuel 2:22–24). But his hatred of evil didn't produce any active response—at least as far as his sons were concerned. His passive approach brought disastrous results for his family and the nation of Israel. Along the way he displayed a severe deficiency in three critical qualities that all fathers need.

### **Failure to Discern**

John MacArthur was once asked “what is the greatest need in the church today?” He responded directly and succinctly: “It's simple for me to answer that. The biggest problem in the church today is the absence of discernment.” And Eli's life is proof that the lack of discernment is not an exclusively modern problem.

Eli accused a pious woman (Hannah) of drunken behavior because she prayed silently in the tabernacle (1 Samuel 1:12–14). But he was seemingly oblivious to his own sons who were abusing their priestly office by fornicating (1 Samuel 2:22) and stealing sacrifices (1 Samuel 2:12–17) right under his nose!

Eli eventually did confront his sons. But it was only after their wicked conduct became common knowledge among the Israelites:

Now Eli was very old; and he heard all that his sons were doing to all Israel, and how they lay with the women who served at the doorway of the tent of meeting. He said to them, "Why do you do such things, the evil things that I hear from all these people? No, my sons; for the report is not good which I hear the Lord's people circulating. If one man sins against another, God will mediate for him; but if a man sins against the Lord, who can intercede for him?" But they would not listen to the voice of their father, for the Lord desired to put them to death. (1 Samuel 2:22-25)

**Fathers need discernment.** An aversion to conflict and the concealing of sin can temporarily hide the truth, but eventually the sin will bear undeniable consequences.

However, discernment only identifies the issue. Once sin is identified it must also provoke swift and decisive action.

### **Failure to Discipline**

Eli may have confronted his sons (though under duress) but he never took any disciplinary action against them. He may have thought he had a loving attitude towards his sons, but Scripture says it was a practical hatred: "He who withholds his rod hates his son, but he who loves him disciplines him diligently" (Proverbs 13:24).

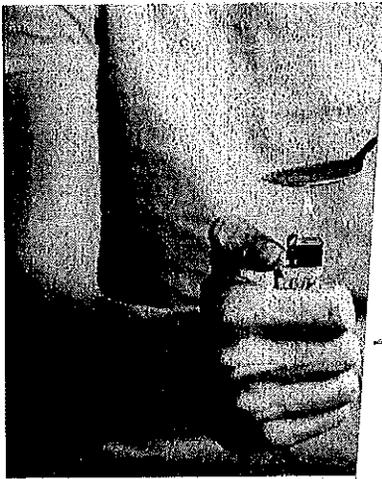
Remember Solomon's counsel: "Discipline your son while there is hope, and do not desire his death" (Proverbs 19:18). "While there is hope" suggests that there comes a time when it is too late for the disciplinary process to do any good. In the case of Eli, he was very old by the time he confronted his sons. And he only did so because of the grievous testimonies he heard among the Israelites. Moreover, the concluding warning of the proverb—"do not desire his death"—is not some empty divine threat. Consider the concluding and soon to be fulfilled words of 1 Samuel 2:25: "The Lord desired to put them to death."

Furthermore, the behavior of Eli's sons is exactly what the Bible warns will happen if fathers don't discipline their children: "The rod and reproof give wisdom, but a child who sets his own way brings shame to his mother" (Proverbs 29:15). "Foolishness is bound up in the heart of a child; the rod of discipline will remove it far from him" (Proverbs 22:15).

Eli's disapproval of his son's behavior was meaningless because he didn't back it up with discipline. In fact, his passive attitude toward their sin revealed a lack of passion for his God. And God sent a prophet to confront Eli about his passive

# Addiction is not a disease: A neuroscientist argues that it's time to change our minds on the roots of substance abuse

A psychologist and former addict insists that the illness model for addiction is wrong, and dangerously so



Print 25

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via Shutterstock)

The mystery of addiction through most of our lives. Experts estimate that one in 10 is dependent on alcohol and other drugs, and if we concede that behaviors like gambling, overeating and playing video games can be addictive in similar ways, it's likely that everyone has a relative or friend who's hooked on some form of fun to a destructive degree. But what exactly is wrong with them? For several decades now, it's been a commonplace to say that addicts have a disease. However, the very same scientists who once seemed to back up that claim have begun tearing it down.

It — threads

is dependent on

Once, addictions were viewed as failures of character and morals, and society responded to drunks and junkies with shaming, scolding and calls for more "will power." This proved spectacularly ineffective, although, truth be told, most addicts do quit without any form of treatment. Nevertheless, many do not, and in the mid-20th century, the recovery movement, centered around the 12-Step method developed by the founders of Alcoholics Anonymous, became a godsend for those unable to quit drinking

or drugging on their own. The approach spread to so-called "behavioral addictions," like gambling or sex, activities that don't even involve the ingestion of any kind of mind-altering substance.

#### ADVERTISING

Much of the potency of AA comes from its acknowledgement that willpower isn't enough to beat this devil and that blame, rather than whipping the blamed person into shape, is counterproductive. The first Step requires admitting one's helplessness in the face of addiction, taking recovery out of the arena of simple self-control and into a realm of transcendence. We're powerless over the addictive substance, and trust in a Higher Power, and the program itself, to provide us with the strength and strategy to quit. But an important principle of the 12 Steps is that addiction is chronic and likely congenital; you can be sober indefinitely, but you will never be cured. You will always remain an addict, even if you never use again.

The flourishing of the 12-Step movement is one of the reasons why we now routinely describe addiction as a "disease." To have a disease — instead of, say, a dangerous habit — is to be powerless to do anything except apply the prescribed cure. A person with a disease is unfortunate, rather than foolish or weak or degenerate. Something innate in your body, particularly in your brain, has made you exceptionally susceptible to getting hooked. You always have and always will contain a bomb, the important question is how to avoid setting a match to it. Another factor promoting the disease model is that it has ushered addiction under the aegis of the healthcare industry, whether in the form of an illness whose treatment can be charged to an insurance company or as the focus of profit-making rehab centers.

This conception of addiction as a biological phenomenon seemed to be endorsed over the past 20 years as new technologies have allowed neuroscientists to measure the human brain and its activities in ever more telling detail. Sure enough, the brains of addicts are physically different — sometimes strikingly so — from the brains of average people. But neuroscience giveth and now neuroscience taketh away. The recovery movement and rehab industry (two separate things, although the latter often employs the techniques of the former) have always had their critics, but lately some of the most vocal have been the neuroscientists whose findings once lent them credibility.

One of those neuroscientists is Marc Lewis, a psychologist and former addict himself, also the author of a new book "The Biology of Desire: Why Addiction is Not a Disease." Lewis's argument is actually fairly simple: The disease theory, and the science sometimes used to support it, fail to take into account the plasticity of the human brain. Of course, "the brain changes with addiction," he writes. "But the way it changes has to do with learning and development — not disease." All significant and repeated experiences change the brain; adaptability and habit are the brain's secret weapons. The changes wrought by addiction are not, however, permanent, and while they are dangerous, they're not abnormal. Through a combination of a difficult emotional history, bad luck and the ordinary operations of the brain itself, an addict is someone whose brain has been transformed, but also someone who can be pushed further along the road toward healthy development. (Lewis doesn't like the term "recovery" because it implies a return to the addict's state before the addiction took hold.)

"The Biology of Desire" is grouped around several case studies, each one illustrating a unique path to dependency. A striving Australian entrepreneur becomes caught up in the "clarity, power and potential" he feels after smoking meth, along with his ability to work long hours while on the drug. A social worker who behaves selflessly in her job and marriage constructs a defiant, selfish, secret life around stealing and swallowing prescription opiates. A shy Irishman who started drinking as a way to relax in social situations slowly comes to see social situations as an occasion to drink and then drinking as a reason to hole up in his apartment for days on end.

Each of these people, Lewis argues, had a particular "emotional wound" the substance helped them handle, but once they started using it, the habit itself eventually became self-perpetuating and in most cases ultimately served to deepen the wound. Each case study focuses on a different part of the brain involved in addiction and illustrates how the function of each part — desire, emotion, impulse, automatic behavior — becomes shackled to a single goal: consuming the addictive substance. The brain is built to learn and change, Lewis points out, but it's also built to form pathways for repetitive behavior, everything from brushing your teeth to stomping on the brake pedal, so that you don't have to think about everything you do consciously. The brain is self-organizing. Those are all good properties, but addiction shanghai's them for a bad cause.

As Lewis sees it, addiction really is habit; we just don't appreciate how deeply habit can be engraved on the brain itself. "Repeated (motivating) experience" — i.e., the

sensation of having one's worries wafted away by the bliss of heroin — "produce brain changes that define future experiences... So getting drunk a lot will sculpt the synapses that determine future drinking patterns." More and more experiences and activities get looped into the addiction experience and trigger cravings and expectations like the bells that made Pavlov's dogs salivate, from the walk home past a favorite bar to the rituals of shooting up. The world becomes a host of signs all pointing you in the same direction and activating powerful unconscious urges to follow them. At a certain point, the addictive behavior becomes compulsive, seemingly as irresistibly automatic as a reflex. You may not even want the drug anymore, but you've forgotten how to do anything else besides seek it out and take it.

#### ADVERTISEMENT

Yet all of the addicts Lewis interviewed for "The Biology of Desire" are sober now, some through tried-and-true 12-Step programs, others through self-designed regimens, like the heroin addict who taught herself how to meditate in prison. Perhaps it's no surprise that a psychologist would argue for some form of talk therapy addressing the underlying emotional motivations for turning to drugs. But Lewis is far from the only expert to voice this opinion, or to recommend cognitive behavioral therapy as a way to reshape the brain and redirect its systems into less self-destructive patterns.

Without a doubt, AA and similar programs have helped a lot of people. But they've also failed others. One size does not fit all, and there's a growing body of evidence that empowering addicts, rather than insisting that they embrace their powerlessness and the impossibility of ever fully shedding their addiction, can be a road to health as well. If addiction is a form of learning gone tragically wrong, it is also possible that it can be unlearned, that the brain's native changeability can be set back on track. "Addicts aren't diseased," Lewis writes, "and they don't need medical intervention in order to change their lives. What they need is sensitive, intelligent social scaffolding to hold the pieces of their imagined future in place — while they reach toward it."



*Laura Miller is a senior writer for Salon. She is the author of "The Magician's Book: A Skeptic's Adventures in Narnia" and has a Web site, [magiciansbook.com](http://magiciansbook.com).*

## Checklist for Discovering a Chemical Dependency (Counselor's interview)

**S** Do I ever attempt to *conceal* my habit from others?

**H** Do I ever think about getting *help* for my habit?

**E** Do I ever have problems at my place of *employment* because of my habit?

**M** Do I ever experience a loss of *memory* related to my habit?

**I** Do I ever become severely *intoxicated*?

**C** Do I ever feel unfairly *criticized* because of my habit?

**A** Do I ever feel my habit is *abnormal*?

**L** Do I ever *lose* friendships or have relationships as a result of my habit?

**L** Do I ever *lower* my intake but then return to my previous level of consumption?

**Y** Do I ever neglect my *young* ones or other loved ones because of my habit?

**D** Do I become *defensive* or argumentative about my use?

**E** Do I fail to get in touch with my *emotions* because of my use?

**P** Is my *physical* health affected by my use?

**E** Do I *enjoy* only functions where alcohol or other drugs are available?

**N** Is my *need* for the substance affecting my finances?

**D** Do I *deny* that I experience any consequences from my habit?

**D** Do I *evade* difficult situations by indulging in my habit?

**N** Is my *need* to feed my habit affecting my relationships?

**T** Is my *tolerance* level for the substance getting higher?

### SCRIPTURES

"The righteousness of the upright delivers them, but the unfaithful are trapped by evil desires." (Proverbs 11:6)

"This son of ours is stubborn and rebellious. He will not obey us. He is a profligate and a drunkard." (Deuteronomy 21:20)

"Who has woe? Who has sorrow? . . . Who has bloodshot eyes?  
Those who linger over wine, who go to sample bowls of mixed wine." (Proverbs 23:29-30)

"Stagger from wine and reel from beer . . . and are befuddled with wine; they reel from beer, they stagger when seeing visions, they stumble when rendering decisions." (Isaiah 28:7)

"There is a way that seems right to a man, but in the end it leads to death." (Proverbs 16:25)

"Do not let sin reign in your mortal body so that you obey its evil desires." (Romans 6:12)

"Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap." (Luke 21:34)

"Woe to those who are heroes at drinking wine and champions at mixing drinks." (Isaiah 5:22)

"You may be sure that your sin will find you out." (Numbers 32:23)

# Did You Know? • Did You Know?

## Addiction & Industry: Pornography Statistics

- **4.2 million** pornographic Web sites; 420 million pages. (<http://archkck.org>)
- Total porn industry revenue for 2006: **\$13.3 billion** in the United States; **\$97 billion** worldwide. (Internet Filter Review)
- U.S. adult DVD/video rentals in 2005: almost **1 billion**. (Adult Video News)
- Hotel viewership for adult films: **55%**. ([cbsnews.com](http://cbsnews.com))
- Number of hardcore pornography titles released in 2005 (U.S.): **13,588**. (Internet Filter Review)
- Adults admitting to Internet sexual addiction: **10%**; **28% of those are women**. ([internet-filter-review.com](http://internet-filter-review.com))
- More than **70%** of men from 18 to 34 visit a pornographic site in a typical month. (comScore Media Metrix)
- More than **20,000 images of child pornography** posted online every week. (National Society for the Prevention of Cruelty to Children, 10/8/03)
- Approximately **20% of all Internet pornography involves children**. (National Center for Mission & Exploited Children)
- **100,000** Web sites offer illegal child pornography. (U.S. Customs Service estimate)
- As of December 2005, **child pornography was a \$3 billion** annual industry. ([internet-filter-review.com](http://internet-filter-review.com))
- **40 million** US adults who regularly visit Internet pornography Web sites. (<http://archkck.org>)

## Christian Churches: Pornography Statistics

- **51%** of pastors say cyber-pornography is a possible temptation, **37%** say it is a current struggle. (Christianity Today, Leadership Survey, 12/2001)
- Over half of evangelical pastors admit viewing pornography last year.
- **20%** of the calls received on the Pastoral Care Line are for help with issues such as pornography and compulsive sexual behavior.
- **33%** of clergy admitted to having visited a sexually explicit Web site. Of those who had visited a pornography site, **53%** had visited such sites "a few times" in the past year, and **18%** visit sexually explicit sites between a couple of times a month and more than once a week.
- **29%** of born again adults in the U.S. feel it is morally acceptable to view movies with explicit sexual behavior. (The Barna Group)
- **57%** of pastors say that addiction to pornography is the most sexually damaging issue to their congregation. (Christians and Sex Leadership Journal Survey, March 2005)

Archdiocese of  
Anti-Pornography Team

# Did You Know? • Did You Know?

## Young Adults: Pornography Statistics

- **67%** of 18-26 year-old men believe viewing pornography is acceptable.
- **49%** of 18-26 year-old women believe viewing pornography is acceptable.
- **87%** of young men report using pornography is acceptable.
- **31%** of young women report using pornography is acceptable.
- Studies show an association between pornography acceptance and its use results in risky sexual attitudes and behaviors, substance use and patterns and nonmarital cohabitation values. (Generation XXX, Pornography Acceptance and use Among Emerging Adults" (Journal of Adolescent Research, Vol.23, No.1 2008)
- **Half of unmarried men ages 20-29** said they would have sex without any interest in marriage. (Why Men Won't Commit: Exploring Young Men's Attitudes About Sex, Dating and Marriage, Barbara Dafoe Whitehead and David Popenoe. The National Marriage Project, 2002)
- **42%** of adults believe it is "morally acceptable" to have a sexual relationship with someone of the opposite sex to who you are not married. (Morality Continues to Decay. Barna Research Group, 3 November, 2003)

## Child Pornography Use Statistics

- More than **20,000 images** of child pornography are posted online every week. (National Society for the Prevention of Cruelty to Children, 10/8/03)
- **Approximately 20%** of all Internet pornography involves children. (National Center for Mission & Exploited Children)
- **100,000 Web sites offer illegal child pornography.** (U.S. Customs Service estimate)
- As of December 2005, child pornography was a **\$3 billion** annual industry. (internet-filter-review.com)
- Adult pornographic industry traffic is **20-30% children.** (NRC Report 2002, 3.3)

## Online Perpetrator Statistics

- **1 in 7 children** who use the Internet have been sexually solicited - 2005. (Internet Filter Review)
- **1 in 4 children** participate in real time chat. (FamilyPC Survey, 2000)
- **1 in 5 children** (10 to 17 years old) receives unwanted sexual solicitations online. (Youth Internet Safety Survey, U.S. Department of Justice, 2001)
- **2 in 5 abductions of children ages 15-17** are due to Internet contact. (San Diego Police Dept.)
- **76%** of victims in Internet-initiated sexual exploitation cases were **13-15**, **75%** were girls. "Most cases progressed to sexual encounters," - **93%** of the face-to-face meetings involved illegal SEX. (Journal of Adolescent Health, November 2004)

# Did You Know? • Did You Know?

## Women: Pornography Statistics

- **28%** those admitting to sexual addiction are women. ([internet-filter-review.com](http://internet-filter-review.com))
- **34%** of female readers of Today's Christian Woman's online newsletter admitted to intentionally accessing Internet porn in a recent poll and **1 out of every 6 women**, including Christians, struggles with an addiction to pornography. (Today's Christian Woman, Fall 2003)
- **13%** of women admit to accessing pornography at work. (<http://archkck.org>)
- **70%** of women keep their cyber activities secret. (<http://archkck.org>)

## Men: Pornography Statistics

- **72%** of men visit pornographic sites.
- **70%** of **18-24 year old** men visit pornographic sites monthly.
- **66%** of men in their 20's and 30's report being regular users of pornography.
- **20%** of men admit to accessing pornography at work.
- **10%** of adults admit to sexual addiction. (<http://archkck.org>)

## Marriages & Families: Pornography Statistics

- **47%** of Christian families said pornography is a problem in their home. (Focus on the Family Poll, October 1, 2003)
- The Internet was a significant factor in **2 out of 3** divorces. (American Academy of Matrimonial Lawyers in 2003 - [divorcewizards.com](http://divorcewizards.com))
- **9 out of 10 children** between the ages of 8 and 16 have viewed pornography on the Internet, in most cases unintentionally. (London School of Economics January 2002)
- Average age of first Internet exposure to pornography: 11 years old. ([internet-filter-review.com](http://internet-filter-review.com))
- Largest consumer of Internet pornography is **12 - 17 year-olds**. (various sources, as of 2007)
- Youth with significant exposure to sexuality in the media were shown to be significantly more likely to have had **intercourse at ages 14 to 16**. (Report in Pediatrics, April, 2006)
- **89%** of youth admit to receiving sexual solicitation in chat rooms. (<http://archkck.org>)
- **80%** of 15-17 year olds have had **multiple hard-core exposures**. (<http://archkck.org>)
- The more pornography men watch, the more likely they are to describe women in sexual terms and categorize women in traditional gender roles. (The Porn Factor, [www.time.com](http://www.time.com), 19 January, 2004)
- **As little as 6 hours of exposure to soft-core porn (soft core porn is anything designed to arouse one sexually) is enough to:**
  - Destroy satisfaction with his or her spouse.
  - Decrease in the value of faithfulness.
  - Decrease in partner satisfaction.
  - Increase in the thought that women enjoy rape.
  - Lose ability to be with one person and cherish that one person.(<http://www.archkck.org/content/view/154/122>)