



The Process of Change That Brings Hope

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I. Conception Of Sin (James 1:12-15)

- A. _____ by my idiosyncratic desires, I am lured and sin is conceived in my mind (**Jeremiah 17:5-8**).
- B. What do I _____ more than glorifying God, so much that I am willing to sin to get it?
- C. Sin is my _____, not something I can blame on Satan or the situation.

2. Conviction (John 16:8-11)

- A. What is the sin I have done in _____? Unbelief is going anywhere other than God and His Word to deal with a situation—**Jeremiah 17:5-8**.
- B. What is the _____ I have not reflected? (WWJD)
- C. What is the _____? What is the price to pay?

3. Confession (1 John 1:9, Proverbs 28:13, Proverbs 13:15)

- A. I _____ with God. I surrender my mind, will, and emotions to God's mind, will and emotions (according to His Word).
- B. I _____ to God in contrite humility. He cleanses me through the blood of Jesus Christ, and restores the relationship with Him.
- C. I confess to the person I have sinned against in contrite _____. Through being forgiven by Christ—merciful, gracious forgiveness is granted, and the relationship is restored (**Psalms 66:18, Proverbs 15:29, Matthew 5:23-24**).

4. Change (2 Corinthians 7:8-10, Romans 12:1-2, Ephesians 4:17-32, Colossians 3:1-17)

- A. _____—I put off. I verbalize to those I have sinned against how I hate my sin, not how I hate my situation.
- B. _____—I renew my mind. I verbalize how my mind has been renewed by the Word of God to think differently (new mind).
- C. _____—I put on. I explain how my thoughts and actions are different (new man).

5. Convincing Evidence (2 Corinthians 7:11)

A. I prove repentance by manifesting change in my life rather than simply talking about change – diligence through the power and leading of the Holy Spirit, clearing the old, indignation toward the sin, fear of doing it again, desire and zeal in the new actions. I am vindicated.

1. Diligence—we will eagerly and aggressively pursue _____ (**Matthew 5:6**).
2. Clearing of yourselves—this is a _____ to clear your name from any form of the sin (**Romans 13:14, 1 Thessalonians 5:22**).
3. Indignation—means we will have anger over our sin and _____ because the shame it brought our Lord (**Matthew 5:4, James 4:7-10**)
4. Fear—we will have a healthy fear and reverence towards the God who disciplines and judges sin (**Deuteronomy 13:4-11, Psalm 9:20, Revelation 14:7**).
5. Vehement desire—this refers to the strong desire to restore the relationship with the person who you sinned against.
6. Zeal—this refers to loving someone so much that one _____ anything that harms the object of this love.
7. Vindication- means the repentant sinner no longer tries to _____ himself. He is willing to see his sin avenged.

B. By repentance, I prove myself to be changed (**2 Corinthians 7:11**).

(The following homework can be assigned to help a counselee work on specifics that would prove repentance in the context of their sin).

	Observe repentance Prove repentance (abstract concept)	<i>Specific concrete actions that I have taken (or will take) to prove repentance. Name the sin specifically, and use this column for dates, times, places where you have or will put repentance into action.</i>	Not repentance (abstract concept)
DILIGENCE	How do I show that change is a high priority for me? What changes have I made in the people I hang around with, or the way I spend my time?		What shows my laziness in not taking steps that would lead to change?
CLEARING SELF	To whom have I explained that I have changed?		What excuses or justifications have I made as to why I don't change

INDIGNATION	What thought processes reveal that I hate that I did it?		Have I downplayed the seriousness, saying, “It’s not so bad”
FEAR	Do I have a phobia (fear) about being involved in the sin? What steps am I taking to stay away from temptation?		Are there ways that I’ve put my big toe into temptation?
DESIRE, LONGING	Does every rebellious thought about it lead to confession of sin? How many times in a day do I confess rebellious thoughts, and pray for God to change me?		Do I have a rebellious spirit, where I’ve said that I will comply on the outside, while my heart wants to do my own thing?
ZEAL	What zeal or genuineness about changing can others see?		Do I fake doing what’s right in attempts to cover up involvement in the sin?
VINDICATION	Do I invite and welcome rebuke about my past involvement and about any future possibilities of being involved in the sin? Do I accept any consequences that result from the sin?		Am I involved in the sin again to the point of defending it rather than welcoming rebuke or consequences?

ADDITIONAL RESOURCES FOR “THE PROCESS OF CHANGE THAT BRINGS HOPE” CAN INCLUDE:

- Adams, Jay—*How to Help People Change*, Zondervan
 Fitzpatrick, Elyse—*Because He Loves Me*, Crossway Books
 MacDonald, James—*I Really Want to Change...So, Help Me God*, Moody Publishers
 Sanchez, George—*Changing Your Thought Patters*, NavPress
 Tripp, Paul David—*Instruments in the Redeemer’s Hands*, P & R Publishing
 Tiffe, Armand—*Transformed into His Likeness*, Focus Publishing