

Three Keys to Lasting Change

Biblical Counseling: Indepth Biblical Discipleship – Listening for unbiblical thinking/living and countering it with biblical truth.

3 Main Biblical Concepts that Changed My Life:

1. Idea of Glorifying God Moment By Moment

~ **Colossians 3:2** - Set your mind on the things above, not on the things that are on earth.

~ "How do I feel? Is this going to be a good day or a bad day?" vs. "Lord, how can I glorify you today?"

~ **Philippians 4:8-9** - Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

~ "I must not make 'feeling better' my goal. Even if I never 'feel better,' I can please God by glorifying Him moment by moment."

2. Put Off and Put On

~ **Ephesians 4:22-24** - ...in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

~ Unbiblical living must not only be put off, but it must also be replaced.

~ Put Off Worry/Fear – Put On Trust in the Lord

~ Put Off Pride/Control – Put On Humility/Submission

3. Serve Others

~ **Philippians 2:3-5** - Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; 4 do not merely look out for your own personal interests, but also for the interests of others.

~ Give Yourself Away

~ "This life isn't about me. It is about the Lord and I can please Him by serving others (writing notes, calling, baking, hospitality)."