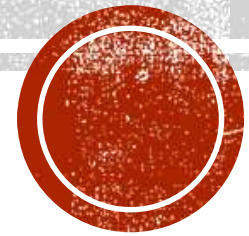


# SIDEXSIDE

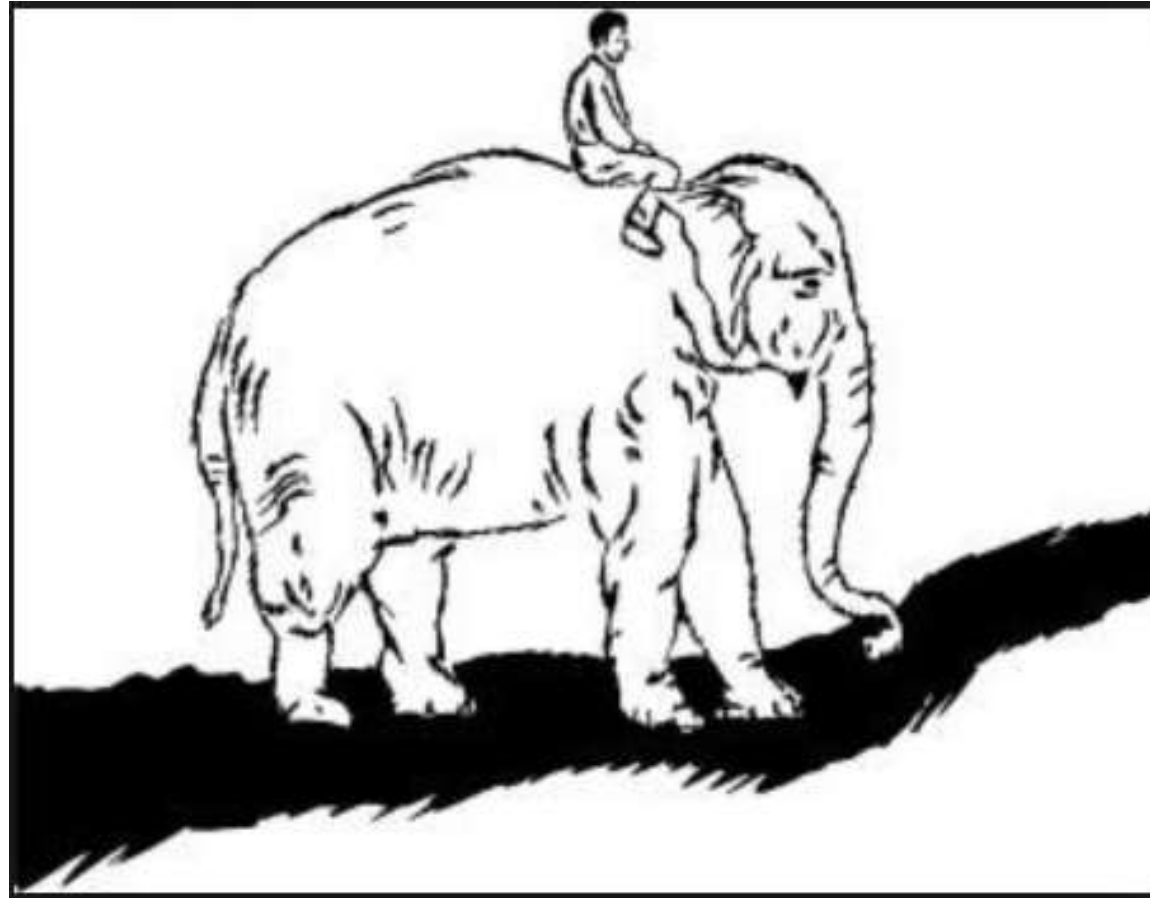
People in Need of Change **Helping**



People in Need of Change

# WHY DO PEOPLE DO WHAT THEY DO?

- **The Elephant, The Rider and the Path—*A Model***



# HOW DO PEOPLE CHANGE?

## ■ ***Why* Change?**

- Because achieving lasting change is difficult, we must understand *why* we should change.
  - Change without sufficient motivation is never lasting
- Three Primary Categories of Motivation for Biblical Change
  - Positive Consequences (Matt 6:19-20; Mark 10:29-30; Ps. 37:4)
  - Negative Consequences (Lk. 12:5; 1 Cor. 6:9-10; 1 Tim. 1:18-19; Gal. 6:7-8)
  - Gospel Love (2 Cor. 5:14-15; 2 Pet. 1:5-9)



# TWO DEFICIENT MODELS FOR LASTING CHANGE

- Fruit Stapling
  - Luke 6:44-45; John 15:8
  - Behavior Addition
    - Start coming to church
    - Volunteer for charitable causes
    - Commit to a Bible reading plan
    - Tipping better in restaurants



# TWO DEFICIENT MODELS FOR LASTING CHANGE

- **Lake Screening**
  - Matt 23:25-28
  - Behavior Suppression
    - Counting to 10 when angry
    - Disconnecting internet/electronics to avoid pornography
    - Avoiding relationships to prevent manipulation
    - Not talking to avoid being crass or rude
    - Getting rid of sharp objects to avoid self-harm
  - Behavior suppression measures are frequently a necessary element in the change process, but by themselves are just path-shaping efforts.





# BEHOLDING IS BECOMING—A BIBLICAL MODEL FOR LASTING CHANGE

- Ps. 115:2-8; 2 Cor. 3:18
- The Role of Effort in the Christian Life
  - Raft, Rowboat or Sailboat?  
1 Cor. 9:24-27; Phil. 1:27; 1 Tim. 4:7; 2 Pet. 1:5-9

