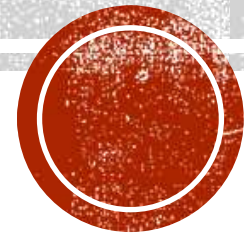


SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

RECAP . . .

- Competing Models of Change
 - Raft, Rowboat or Sailboat?
- Change within the Elephant, Rider, Path Framework
 - Excite the Elephant
 - Instruct the Rider
 - Shape the Path
- Clarifying the “Why”
 - Listen carefully for the “Gospel Love” motivation in the “valuable aim” category—is this person truly excited by Jesus and being holy?
 - Remember, you cannot directly “motivate” anyone—you can only provide reasons that *should* motivate them.



CLARIFY THE “WHY?”

- Make sure the person you are helping is explicitly aware of their motivations for change. These are extremely important to remember and cling to when things become difficult. Weak motivations = short-lived efforts
- Listen carefully for the “Gospel Love” motivation in the “valuable aim” category—is this person truly excited by Jesus and being holy?
- Remember, you cannot directly “motivate” anyone—you can only provide reasons that *should* motivate them.



EXCITING THE ELEPHANT

- What excites this person, commands their desires and promises them joy, fulfillment and security?
- Idolatry: An idol is *anything* other than God that we ultimately trust and seek to find joy and fulfillment.
- Helping People Identify Their Idols: X-Ray Questions
 - What do you fear? What do you tend to worry about the most in life?
 - What do you believe will bring you the most pleasure, happiness and fulfillment on a day in, day out basis?
 - What would you consider sinning to obtain or avoid? (stretching the truth counts)
 - What must you have or who us you be to feel valuable, important or significant?
 - What do you tend to daydream about when nothing else is commanding your attention?
 - What truths would be the most difficult to accept about yourself?



SPIRITUAL FORMATION

- How is this person currently pursuing the person, presence and glory of God for transformation? (2 Cor. 3:18)
 - The expulsive power of a new affection (Watson)
- Relative to this person's struggle, what about the Gospel might most excite them? Where does The Story collide with *their* story?
- By asking good questions, what S.M.A.R.T. (Specific, Measurable, Attainable, Relevant, Timed) goals (of their own) can you help them set in order to excite their affections toward God?



INSTRUCTING THE RIDER

- What does this person believe about God, the world and themselves? How do they put reality together in their own mind?
- What truths are they lacking and what falsehoods are they believing that could likely affect their behavior and emotions? (Ps. 86:11)
- **10 Patterns of Distorted Thinking** (David Burns)
 - All-or-Nothing Reasoning
 - Overgeneralization
 - Mental Filter
 - Disqualifying the Positive
 - Jumping to Conclusions
 - Fortune Telling
 - Mind Reading



INSTRUCTING THE RIDER CONT.

- Magnification and Minimization
 - Emotional Reasoning
 - (Mis)labeling
 - Should Statements
 - Personalization
-
- Don't aim to be an "instructing the rider" specialist or the perpetual mouthpiece of holy truth. Not every falsehood or distortion is immediately relevant, and even those that are cannot be addressed simultaneously.
 - Instead, aim to be a 1) good listener and 2) a loving conversation partner who 3) asks good questions

