Session 2: Helping others change

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Setting the scene

- Change is taught (Eph 4 – responsibility)
- Change is discussed (Eph 4 – methodology)
- Change is desired (Eph 4 – beauty)
- Change is modelled (Eph 4 – embodied)

Setting the scene

It starts with us

- No fixing
- No projects
- A willingness to be needy not just needed
- A willing to be a signpost not a saviour
- A willingness to walk long term with humility

Setting the scene

A culture of safety

- An abundance of grace
- An ethos of gentleness
- A desire to spur one another on
- Appropriate "supervision"
- No gossip
- No oversimplification
- No misuse of power

Listening well

- Everyone’s experiences are unique
- Everyone’s responses are unique
- Everyone’s needs are unique

- No assumptions
- Christlike attentiveness to people’s hearts (John 4)
- Help the person not the issue

Listening well to words

- How are they describing themselves?
- How are they describing their circumstances?
- How are they describing the people around them?
- How are they describing God? (Are they even talking about him at all?)

Listening well to behaviour

- Are they showing signs of wanting to escape?
- Are they showing signs of self-comforting?
- Are they showing signs of anger?
- Are they showing signs of controlling others?

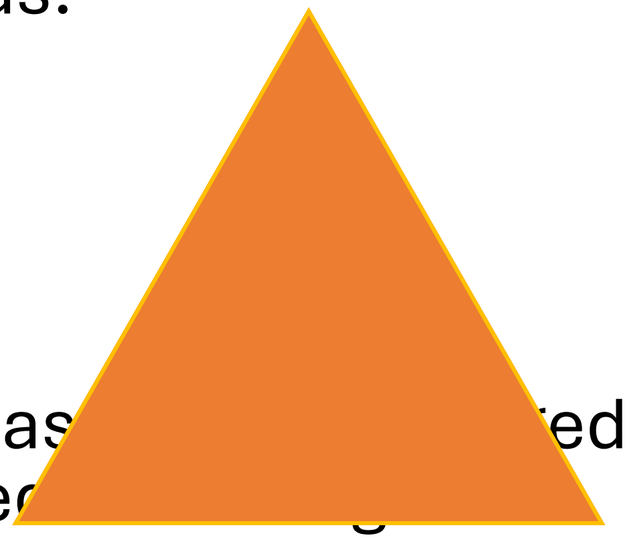
Listening well by good questions

Good questions to ask:

- What do you want right now?
- What are you thinking about most often?
- What are you loving most right now?
- What are you scared of losing?
- Who are you trying to please?
- What are you trusting in?

Listening well with a lens

Understanding people as:



And we discover what has ed – what's making change hard - and what still nee

Speaking well to the Lord

- Lament
- Petition
- Praise and thanksgiving
- Intercession

The Lord "loves to hear your voice"

Speaking well from Scripture

- The Bible is sufficient (2 Timothy 3:16-17)
- The Bible has authority (2 Peter 1:20-21)
- The Bible transforms (Hebrews 4:12)

… and it's beautiful!

But it's not a bunch of knock-out verses that we can use as proof-texts.

Speaking well by avoiding the over-simple

- I’m anxious … do not be anxious about anything
- I’m watching porn … not a hint of sexual immorality

Every verse is beautiful but not every verse is right for every moment

Avoid over-realised eschatologies … we will never be perfect in this life, only the next.

Speaking well to lay foundations for change

- Words that root (help people grow in confidence in who God is and who they are)
- Words that relate (help people to talk to God and others – including secular services)

Words that never promise confidentiality but always promise discretion and wisdom

Speaking well by engaging in change

- Draw a wall
- In each brick fill in a belief, a behaviour, hardship (some things that need comfort, some things that need transformation)
- Identify one belief to begin with
- Talk about what we take off – put on – and what Scripture will fuel that change

Speaking well by speaking of God's activity

Psalm 23

- Providing (v1)
- Leading (v2)
- Refreshing (v3)
- Guiding (v3)
- Present (v4)
- Protecting (v4)
- Preparing (v5) …

Speaking well by hunting for grace

- God is always at work
- Hunt for good fruit
- Celebrate the small steps – because they are a sign of the Lord's kindness
- Keep holding out hope

Together

- We are not stuck
- We are not hopeless
- We are a community of change
- With a God who loves to make us more like Christ