

STUDENT WORKBOOK

FOR THE

SELF-CONFRONTATION BIBLE STUDY

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Sample

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A Personal Message

You are embarking on a course of study and practice of God's Word that has the potential of being one of your most life-changing experiences. The *Self-Confrontation Bible Study* is designed to help you in a very practical way to live according to biblical principles in every aspect of your life. You will learn how to face, deal with, and endure even the most difficult trials you may encounter in your personal relationships and circumstances.

As you look at the pages of the *Self-Confrontation* manual, you may be tempted to assume quickly that the amount of material found in each lesson is too much to grasp in a single Bible Study. Your assumption is correct, because the *Self-Confrontation* manual was not developed only for teaching a Bible Study. Rather, it is a reference manual that you can use repeatedly, throughout your life, to find out how God's Word applies to specific situations at the time they occur.

This *Student Workbook* is designed to guide you through the *Self-Confrontation* manual to help you easily learn the biblical principles in each lesson. The length of each lesson in the Bible Study has been planned to help you develop a pattern of living biblically, not necessarily to cover all that is contained in the manual.

Look forward eagerly to seeing the Lord working mightily in your life as you study and practice His inerrant, sufficient Word in the power of the Holy Spirit.

The BCF writing team

Acknowledgements

The core team of writers used by the Lord to develop this workbook consists of Steve and Shashi Smith and Bob Schneider. The BCF teachers used by the Lord to edit and revise this volume consist of Gary and Linda Hays, Gerald Nygren, and Lee Weeder. All of these individuals have given sacrificially of their time, talents, and energies without financial remuneration of any kind.

In addition, BCF staff members, including Cindy Johnson, Kate O'Donnell, Spencer Smith, Stuart Smith, and Bobbie Van Sant have devoted time to editing, graphic design, and printing of these materials.

The team of writers and editors has devoted years of intensive study and writing in the preparation of this work. The Lord has used the gifts and talents of each team member to contribute in a unique way to insure biblical accuracy and internal integrity.

OVERVIEW

OF THE SELF-CONFRONTATION BIBLE STUDY

Welcome to the Self-Confrontation Bible Study. This Bible Study presents biblical principles that God will use to change your life, as you apply them to your personal situation. These principles are contained in the Bible, which is the authoritative source for how to live a victorious and contented life in the power of the Holy Spirit. These principles are applicable in all cultures and do not change. They apply to the young and the elderly, to the poor and the wealthy, to the healthy and the ill. Therefore, you can be confident that the biblical principles taught in this study are also applicable to you no matter what situation, test, or trial you may experience.

This *Student Workbook* is designed to lead you through a personal life-application study of God's Word using the *Self-Confrontation* manual as a reference. This life-application focuses on living according to the two greatest commandments stated by Jesus Christ: loving God and loving your neighbor (*Matthew 22:37-39*). God also warns in His Word, that "... the one who does not love his brother whom he has seen, cannot love God whom he has not seen" (*1 John 4:20*). Relationships on this earth are direct indicators of our relationship with God. This Bible Study focuses on having a right relationship with the Lord and with our neighbor. Our "neighbor" does not refer to just the person next door; it is all-inclusive. It includes those we find easy to get along with as well as those who seem to be difficult. It includes our family members, employers, employees, students, teachers, church family, acquaintances, and even those we would call our enemies. Many believers struggle with their relationships with others and become defeated in the way they handle the matters of life. This is usually because self gets in the way; there is a great battle between the flesh and the spirit (*Galatians 5:17*). It is necessary to deal with this war within; hence the title "Self-Confrontation."

The "Love Test"

You may be wondering why you should be doing a Bible Study in self-confrontation at this point in your spiritual life, especially if you have been a Christian for many years, or if you are involved in discipling others. You may be thinking that you have matured beyond the need for continued self-confrontation. So let's conduct an exercise that will help you determine how much you may need to practice self-confrontation.

EXERCISE: THE LOVE TEST

Let's start by looking at God's standard for success in life. Please read *Matthew 22:37-40*. In verse 40 Jesus summarized all the commandments in Scripture with just two. What are those two commandments? (fill in the blanks below)

1. _____

This passage clearly shows that God's standard for the believer's life is wholehearted love for God and others. This is quite a contrast from the way we evaluate success. Our human evaluation of a person's success is often based on how much Scripture a person knows, how

many individuals he has led to the Lord, how well he can preach, how skilled or knowledgeable he is, how persuasive he is, etc. Since God says that loving Him and loving others are His criteria for evaluating us, we need to pay close attention to how to practice love.

In light of this standard of evaluation, rate yourself on how loving you think you are toward others on a scale of zero to ten. Rating yourself zero would mean you are not loving at all, and ten would represent that you have perfect love. You do not need to show your rating to anyone else. Now, on a separate piece of paper, write down your rating.

You had some kind of criterion for measuring how loving you think you are. You might have thought, "Well, I am not perfect, but I am more loving than this other (specific) person." So, you may have rated yourself above a five. In other words, when we evaluate ourselves, we tend to compare ourselves with other people. But, instead of relying on our own opinions of what constitutes love, let's look at what God has given us as the characteristics (actions) of love by which we are to examine ourselves. Please read *I Corinthians 13:4-8a* and rate yourself again as you compare yourself with each of the scriptural characteristics or actions of love. Ask yourself, "When was the last time I was impatient (or failed to be forbearing or longsuffering)? In what ways have I been unkind to my family? Have I been jealous about anyone or about my rights or my time?" and so on. Now, in light of these biblical criteria for evaluation, does your number go down significantly?

2.

In addition to God showing us the actions (characteristics) of biblical love, He also tells us *how* to love. Read *John 13:14-15, 34-35*. How did Jesus say you are to love?

3.

Now, read *John 13:4-5*. This passage gives us just one example of how Jesus demonstrated love. Since He is the perfect example we are to follow (*1 Peter 2:21-22*), we are to evaluate our love using His example as the comparison. How did Jesus demonstrate His love to His disciples?

4.

Jesus laid aside His right to be served by serving His disciples instead. He set aside the traditional authority and dignity of a teacher by taking off His garments and washing their feet. In fact, Jesus said He did not come to be served but to serve. Loving means being a servant to others. We are to serve in the same way as Jesus did (*John 13:12-15*).

Now, seeing the standard of unselfish, sacrificial love demonstrated by Jesus, rate yourself again, not just based on *I Corinthians 13:4-8a*, but this time be more specific in its application to your life. Instead of saying the word "love," substitute your name (for example, "John is patient," "John is kind," etc.). After each descriptive phrase characterizing love, also bring the standard of Jesus Christ into the picture so that you will ask yourself, "Based on Jesus' example, am I as patient as Jesus was patient? Am I as kind as Jesus was kind?"

Is your number getting higher or lower?

5.

What have you learned from this exercise?

6.

The purpose of this exercise is not to discourage you; rather, it should give you an appreciation of God's mercy and grace. It should also help you see the need for changes in your life. God loves us in spite of our sin, but His plan is for us to change into Christlikeness. In light of the ongoing battle within between the flesh and the spirit, the need for change never ceases while we are on this earth.

By now, you may be saying to yourself, "What is the use? My score is so low, I will never be like Jesus." It is encouraging to remember how the Apostle Paul described himself. What does each of the following passages say about Paul?

In *I Corinthians 15:9*, toward the beginning of his ministry he described himself as

7.

Later, in *Ephesians 3:8*, further into his ministry, Paul described himself as

8.

And just before his death, in *I Timothy 1:15*, Paul described himself as

9.

The more Paul matured in the Lord, the more he saw himself as a sinner. It was not that he was sinning more; rather, he was increasingly aware of (sensitive to) his sin. It increasingly troubled him when he sinned. It also helped him increasingly to appreciate the grace and mercy of the Lord. This is a sign of spiritual maturity.

Let's review what we have learned from this exercise.

First, this exercise reveals how we tend to measure ourselves by man's standards rather than by God's perfect standard.

Second, this exercise reveals how easily we tend to focus on self instead of focusing on God. That is why confronting ourselves biblically is so important for as long as we live on this earth. The need to examine and confront self never ends.

The "Love Test" also tells us something about people we teach or disciple. Much of discipleship today is focused on activities and intellectual knowledge rather than on development of love for God and neighbor. We teach people how to conduct Bible studies and memorize Scripture but fail to teach them how to apply God's Word in daily living. For example, how do you help a mother who has outbursts of anger when her child disobeys? How do you help a person who has been caught up in and is now dominated by various sinful practices? How do you help someone who thinks his childhood experiences (his past) or the way he was treated by others is his reason for not being an overcomer in the present?

In summary, this study will help you learn how to face, deal with, and endure any difficulty in life in light of God's perfect standard as revealed in Jesus Christ and God's Word, and overcome the trials of life in a complete and ongoing manner. In addition to helping you deal with your own life, this study will also teach you how to disciple others in biblical patterns for living victoriously in all circumstances.

God's Word versus our opinions

One of the most important things to remember in completing this Bible Study is not to rely on your own opinions or the opinions of others. You will frequently need to ask: "What does God say?" and "How does this Scripture passage apply to me?" You must resist the temptation to give others your personal experiences and make that a basis for teaching how to live. God has not promised to bless our own wisdom or our experiences; but He *has* promised to bless His Word (*Isaiah 55:11*). Only God's Word is to be the source and basis for teaching us how to live — not man's wisdom. This is always the emphasis of the Self-Confrontation Bible Study. If you are just being introduced to this material, you will realize very early that complete reliance on the Scriptures, not worldly wisdom, is the key to living a godly, contented life in the power of the Holy Spirit.

Materials for this study

Now let's look at the materials you will be using for the study. You will need a Bible, the *Self-Confrontation* manual, and this *Student Workbook*.

The Bible

Since the Bible is the primary teaching source for God's commandments and precepts, it is important that you use a literal translation of the Bible. While a paraphrase of the Bible may be useful as an expansion or supplemental study tool, it is important to memorize and understand the Bible in its most literal form. Because paraphrases are not translations, but interpretations, they may focus on man's insights rather than God's truth at certain points. When you study for your own benefit or to minister to others, it is important that you remain as faithful as possible to God's Word.

The Bible is applicable to every culture. It goes against man's wisdom and tradition in dealing with life regardless of culture, just as Jesus went against men's traditions (even among the religious leaders) in His culture when He spoke about how to deal with the problems of life. On the other hand, the Bible speaks to every heart because it is God's Word to man.

The Self-Confrontation manual

The resource for this study is the *Self-Confrontation* manual, which you can think of as a manual for in-depth discipleship. It is not the source, as is the Bible, but is to be used as a reference to direct you back to God's Word. It is designed to guide you through biblical principles that are fundamental to living the kind of victorious, contented life God intended for His children, regardless of the circumstances. The manual will always direct you to God's Word, not to man's opinion. Sometimes we don't really want to heed God's Word, because it goes against our feelings, or it challenges us to change what we are doing. It might be easier to listen to man's opinions or to follow our feelings. But we know that following God's Word is *always* best for us, and He has given us the Holy Spirit to encourage us and to give us the power to follow in God's way.

The *Self-Confrontation* manual is not a book you can sit down and read like a novel. It is designed to be a reference book, and as such, it contains much more material than can be covered in the Self-Confrontation Bible Study. In a sense, it is like a topical concordance. It contains many biblical references that cover both the fundamentals of the Christian life as well as how to deal with specific problem areas. It is also useful when you are trying to find biblical principles that will help a family member or friend, but we must start by applying the principles to ourselves, hence the title *Self-Confrontation*. The *Student Workbook* will lead you through the foundational Scriptures and the essential sections of the *Self-Confrontation* manual in a series of 24 lessons.

Before you proceed further in the *Student Workbook*, look at the *Self-Confrontation* manual **TABLE OF CONTENTS** (*Self-Confrontation*, Pages 6-10).

The lessons build on one another.

- Lessons 1-8 establish the basic foundation for living according to God's Word. Lessons 9-21 deal with specific problem areas. All the lessons are specifically placed in a sequence that is helpful for dealing with the typical problems of life.
- Lessons 9 and 10 deal with the problem of preoccupation with self. A biblical view of self is a necessary prerequisite to understanding how to deal with all other problems of life.
- The subjects anger and bitterness are next in Lesson 11 because they are involved to some degree in most problems.
- With this as a foundation, relationship problems can be addressed properly; thus the next six lessons deal with various interpersonal problems.
- After dealing with the subjects of depression, fear, and worry, the list ends with lessons on life-dominating practices of sin.

Also, on Page 10 of the manual, you will see a reference to the section at the end of the *Self-Confrontation* manual called **SUPPLEMENTS AND PRACTICAL HELPS**. The supplements include materials that are:

- Common to more than one lesson,
- Important application worksheets, and
- Detailed additional information for reference.

While the BCF materials are copyrighted, in the footers of some of the supplements you are granted permission to reproduce the page for personal or ministry use.

Now let's look at the structure of each lesson in the manual using Lesson 1 as an example. Please turn in the *Self-Confrontation* manual to Page 17.

- The title page of each lesson contains the memory passage for that lesson (Page 17).
- The first page of each lesson lists the purposes and the outline of the lesson (Page 18).
- Since the lessons are based upon biblical principles, the second page, and sometimes also the third, lists the relevant biblical principles (Page 19).
- The pages that follow are expansions of the biblical principles (Pages 20-24).
- Then, the last pages of each lesson contain homework and a study guide for daily devotions (Pages 25-27). You will not need to complete the homework as assigned in the *Self-Confrontation* manual since you will be answering questions that are interspersed throughout the lessons in this workbook.

In summary, it is important to keep in mind that the *Self-Confrontation* manual contains many Scripture references to direct you back to God's Word. The Bible is our primary source. The manual is merely the resource to direct us to the source — the Word of God.

The Student Workbook

This *Student Workbook* is designed to lead you through a personal life-application study of God's Word using the *Self-Confrontation* manual as a reference. Each lesson has blank portions to complete, based on passages from the Bible. This is part of what you might call your homework. But the most important part of the homework is your "doing the Word," applying the principles to your own life. That is where the meaningful, lasting change will come.

This *Workbook* leads you through the key points of each lesson in the *Self-Confrontation* manual. It covers only a portion of the material in the manual and provides additional illustrations and questions that will help you understand how the biblical principles apply to your life.

The *Student Workbook* is structured in the form of a Bible Study either for your own personal use (if you have no group leader) or with a small group. If you are completing this study with a group, usually you will first complete the study on your own in preparation for meeting as a group. Then, you will come together on a weekly basis to learn what God is teaching you through His Word. Your leader will provide biblical guidance, as you progress through the meeting.

NOTE: The Self-Confrontation course can also be taken in a more formal teacher-student setting. If you are using the Student Workbook on your own, we would strongly recommend that you also take the course in a classroom or group setting when available. The Biblical Counseling Foundation has instructor's guides to allow the course to be taught in a once-a-week format or in a one-week concentrated course. Many people have taken the course multiple times, finding that God gives them additional insights and challenges them in different ways each time.

How to complete this study

To study each lesson, follow the directions in this *Workbook*. It will direct you to the Scriptures and, where appropriate, to the associated portions of the *Self-Confrontation* manual. Typically, the *Workbook* will ask you to read a paragraph or section in the *Self-Confrontation* manual and look up the relevant scripture references in the Bible. When you see a reference to pages in the *Workbook*, the page number will have a "W" before it (for example, Page W1, Page W2, etc.). When you see a reference to a page in the *Self-Confrontation* manual, it will be without the "W" (for example, Page 1, Page 2, etc.).

Often, the *Workbook* will not go sequentially through the pages as they occur in each lesson of the *Self-Confrontation* manual. Rather, you may read a biblical principle, and then jump to a section that amplifies that principle. Just follow the directions in the *Workbook*, and you won't get lost. If you are taking the study as part of a small group, bring your completed *Workbook*, your Bible, and your *Self-Confrontation* manual to the group meeting each week. When doing your study at home, you will need a table where you can have the *Workbook*, *Self-Confrontation* manual, and Bible handy all at the same time.

You should set aside a time each day to study. You may want to work on your lesson during the study portion of your daily devotional time. Each lesson also has a Scripture verse or verses to memorize. We will cover the importance of Scripture memory in Lesson 2. Usually, you will be able to complete each lesson if you spend about 20 to 30 minutes per day. Normally, each lesson can be completed within two hours of study each week. Answers to the fill-in-the-blank questions may be found in Supplement 1 toward the end of this *Workbook* (Pages W261-W290).

There are 24 lessons in the Self-Confrontation Bible Study. Sometimes classes or groups taking the study together may decide that they will cover half the study in one series of classes. For example, they might cover Lessons 1 through 12 first, then 13 through 24 in a second study. This is a decision for your teacher or group leader and fellow students to make.

In either case, you will benefit most from this study if you keep up with the weekly study and the homework. That is one of the main objectives — to help you become immersed in God's Word and to apply the biblical principles to your life. You can be assured that if you do the homework, and if you put into practice what God says to you through His Word in this study, you will be a changed person.

Sample

Sample

LESSON 1

YOU CAN CHANGE BIBLICALLY (PART ONE)

OPENING PRAYER AND SCRIPTURE MEMORY

Before you begin this lesson, ask for God's help in understanding His Word and for wisdom and strength to apply what you learn in the power of the Holy Spirit.

Begin memorizing *Ephesians 2:8-9* from a literal translation of the Bible. Then, be prepared to recite these verses at the end of this lesson. To help you with this, write the verses on cards and carry them with you throughout each day so that you can memorize them during your spare time. Be sure you tell the person to whom you recite what translation you are using.

Also, in your own words, please write out the meaning of the memory verses below:

WHY IS THIS BIBLE STUDY IMPORTANT FOR YOU?

Before you start this study, let's see why this Bible Study is so important for you at this time. Take a look at the cover of your *Self-Confrontation* manual. Note that the subtitle is "A Manual for In-Depth Biblical Discipleship." You may ask, "What does confronting yourself have to do with discipleship?" and "What is in-depth biblical discipleship, anyway?"

As you already recognized from the "Love Test," you always will need to confront yourself. But why do you really need this particular study?

In order to answer this question, you need to start by reviewing God's overall plan for reaching the world and how you and I fit into His plan. We know His plan from Jesus' words just before He went back to heaven. According to *Acts 1:8*, what is God's plan for reaching the world?

1.

We know from this passage that the Lord's eternal plan is to use believers as His witnesses in their own communities, in the nations, and even in the remotest part of the earth.

The Lord not only tells us what His plan is; He also tells us how to fulfill the great task of reaching the world. Read *Matthew 28:19-20*. This frequently quoted passage describes God's method of equipping and encouraging His children to make disciples of Jesus Christ. What two parts are described in these verses as God's methodology for making disciples?

2.

This is often called the “Great Commission” because it is a command to every believer. Of course, only believers are to be baptized (*see for example, Acts 2:41, 8:12, 18:8*), so evangelism is implied as part of making disciples. Often, this is the part of the “Great Commission” that is greatly emphasized. But the second part is just as important. It involves helping the new disciple to live God’s way.

The discipleship process we just examined must be so thorough that the disciple learns to teach others in the same scriptural pattern of living he is being taught. God’s plan is that every one of His children is to be involved in making disciples. This multiplication process is to be continued until the whole world is reached with the Gospel.

Look at *II Timothy 2:2*. How many generations of disciples are referred to in this verse?

3.

God’s plan involves a multiplication process, in which we learn God’s principles, and then teach others, so that they can, in turn, teach still others.

But, often, we hear, “I cannot disciple because no one disciplined me.” Well, God does not give us a command without also giving us the capability to carry it out. The marvelous truth is that at the same time that we as believers are carrying out our responsibilities to make disciples, God is doing a wonderful work in our own lives. Read *Romans 8:28-29*. According to *verse 28*, what does God do in our lives?

4.

In *verse 29*, what is God’s goal for every believer? In other words, what is the good He intends to accomplish in our lives?

5.

Why hasn’t every person in the world been disciplined?

Since God’s plan is perfect, powerful, complete, and easily understood, the question now is: “Why hasn’t every person in the world been reached?” Obviously, God is not to blame. He is perfect in all His ways and His plan is perfect. The failure is on the part of man.

While man has failed in many ways, we will only look at four of the hindrances to God’s plan for reaching the world.

Hindrance 1: Many reject the Gospel even when it is presented perfectly and with great love.

Jesus said in *Matthew 7:14*, “... the way is narrow that leads to life, and few are those who find it.” But just because God’s way is narrow does not mean that man cannot find it. God tells us in *Romans 1:20*, “For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse.”

It is certainly true that those who reject the message of salvation are totally responsible for their rejection. However, this does not excuse God’s children from their responsibility to be witnesses to those who are unsaved. The next three hindrances relate to the lives of believers.

Hindrance 2: Believers often are not committed to being a part of God's plan because of their failure in dealing with personal and interpersonal problems.

Think briefly about the spiritual history of many believers. After receiving Christ, they experience a great new zeal for the Lord. In this "first love" experience, they are excited about their new lives in Christ; they understand how the Scriptures apply to their lives for the first time; they desire to have fellowship with other believers; they repent of their old ways.

But how long does this fervor last? For many believers, it lasts only a short time; perhaps six months, a year, or maybe even two. Why does this initial enthusiasm go away? Usually, they become unenthusiastic about reaching out when they find themselves in difficult situations or relationships. It is not unusual in the midst of a serious trial for them to fall back into some of their former sinful practices. But, because they are now believers, they are convicted by the Holy Spirit. They repent and their enthusiasm returns — but how long does this last? Since they have not been taught how to deal victoriously in other similar situations, they soon fall again.

While struggling with these ups and downs, many believers are not seeking to minister to others as part of God's plan to make disciples. They are too preoccupied with their own lives, caught up in the midst of personal and interpersonal problems.

Problems in life are not unusual (*James 1:2-4; I Peter 1:6-9*), but more and more, the church has been weakened because believers, even those who have known Christ for years, have never learned how to face and deal with the problems of life in a biblical way.

Satan understands very well the far-reaching potential of multiplication through discipleship, so he actively attempts to neutralize the effectiveness of believers through temptations to discouragement and defeat. He knows that when believers are preoccupied with their struggles they are not fully involved in making disciples and their part of the multiplication chain is broken.

Hindrance 3: There is a failure to look to the Scriptures as the all-sufficient source and to the body of Christ for guidance in dealing with the problems of life.

Though Scripture provides guidance for every personal and interpersonal problem of life, many church leaders have been wooed away from the crucial ministry of helping those who have fallen and are looking to the secular world for guidance. Instead of counseling from the Bible, these leaders refer their troubled sheep to counselors who approach life either totally or partially through humanistic psychology. In many Christian advanced education institutions, students are told that when they enter the ministry, they should expect to have people come to them with three kinds of problems: physical, spiritual, and so called "mental," problems. These students are encouraged to refer those with physical and "mental" problems to outside experts, since they are only being trained to deal with spiritual problems in their institution. What the students do not realize is that most of the people who will be coming to them for help in the future will be dealing with what the world categorizes as "mental" problems, such as, depression, anxiety, interpersonal problems, fear, and drug abuse.

Although the world says there are three kinds of problems, the Bible only describes two. Jesus acknowledged two kinds of problems: the physically sick, who need a physician (addressing physical problems), and the sinners, who need the Savior (addressing spiritual problems) (*based on Matthew 9:11-13*). While the Lord normally uses medical doctors to treat physical problems, He has provided the Scriptures for guidance on how to face, deal with, and endure every problem of life. God makes no distinction between spiritual problems and what the world calls "mental" problems.

The claim that the Scriptures provide guidance for every problem of life may be new to you, and it may seem radical, but please do not dismiss it until you have had the opportunity to investigate it thoroughly. When you study Lessons 3 and 4, you will examine thoroughly the claims of the Scriptures. At that point, you can make an informed assessment of the Bible's applicability to the problems of life, even the most difficult ones.

Sadly, many people who should be helped by church leaders are referred to others who neglect the Bible as their source, either partially or completely. Is it any wonder that the church lacks spiritual vitality when the ideas and philosophies of the world are substituted for the truths of God's powerful Word? In contrast, church leaders should be concentrating on helping Christians overcome defeat and live victoriously.

Hindrance 4: The church has not emphasized discipleship the way that Jesus trained His disciples.

Often, when believers speak of fulfilling the "Great Commission" (*Matthew 28:19-20*), they concentrate primarily on evangelism. Discipleship *does* involve evangelism as the first step, but biblical discipleship is much deeper than that. It concentrates further on teaching disciples how to live victorious lives in Christ. Jesus, our supreme example for how to disciple, spent most of His time training the twelve men He called to be His disciples. Yes, the Lord taught the masses; however, His primary objective in teaching was to train His disciples so that they would continue the process of making disciples after He returned to heaven. He trained them thoroughly to face, deal with, and endure all situations of life. As a result, they all (except for the one who betrayed Him) remained victorious in the power of the Holy Spirit.

To illustrate the wisdom of God's plan for reaching the world, let us compare the difference between increasing by multiplying and increasing by adding. Suppose that you were able to use radio, television, and the Internet to present the Gospel to very large groups of people on an ongoing basis. And suppose that as you preached the Gospel, you were able to lead 100,000 people to Christ every day. By the end of one year over 36 million people (365 days in a year x 100,000 per day) would be added to the kingdom of Christ. This result would be viewed by most as marvelous.

In contrast, suppose that you concentrated on discipleship in the same way that Jesus disciplined. The Lord, while He was on this earth, concentrated His ministry on only a few disciples with the goal of training them in depth. He trained them so thoroughly that they were then able to repeat His example in reaching others. Now, suppose that you were privileged to lead someone to the Lord, and then, you concentrated primarily on discipling just that one person. And suppose that you spent an entire year discipling this new believer, so that by the end of the year, he was able, not only to lead another to the Lord, but was able to disciple the new convert using the same biblical principles by which he was disciplined. This method of multiplying may seem to grow slowly in the beginning but it has great potential.

For the first few years, the "increase by multiplying" plan seems to achieve extremely low results in comparison to the "increase by adding" plan. But let's look at the outcome as the years go by. The following chart compares the results of the two methods.

COMPARISON OF ADDING VERSUS MULTIPLYING

<u>Year</u>	<u>Adding 100,000 each day</u>	<u>Multiplying by 2 each year</u>
1	36.5 million	2
2	73 million	4
3	109.5 million	8
⋮	⋮	⋮
32	1.168 billion	4.3 billion
33	1.204 billion	8.6 billion*
⋮	⋮	⋮
181	6.6 billion	3×10^{45}

* The world's population is approximately 6.6 billion

Theoretically, by doubling the number of disciples each year it would take less than 33 years to reach the world of approximately 6.6 billion people. In contrast, the method of adding to the church would reach only a little over a billion people in 33 years. Following this method would take a total of 181 years to reach the same number of people.

This comparison does not take into account the fact that some people choose to be uninvolved in discipleship, but it does illustrate dramatically the effectiveness of God's plan. The in-depth discipleship that Jesus taught, established, and practiced is the key to spreading the Gospel because it keeps the spiritual reproduction going from generation to generation.

As we have already seen in *Matthew 28:19-20*, biblical discipleship is God's plan. But biblical discipleship as described and demonstrated in the Scriptures is much broader and deeper than the "discipleship" that is often practiced today. Now go back to *Matthew 28:20*. Jesus made it clear in this passage that making disciples includes teaching disciples to observe *all* that He taught. Notice the topics Jesus dealt with in the Sermon on the Mount (scan through Chapters 5-7 in the book of *Matthew*). What were the subjects He talked about?

Name at least five subjects.

6.

Jesus talked much about the difficulties of life, such as anger, persecution, reconciliation, lustful temptations, retaliation, divorce, hatred, and worry. He prepared His disciples to deal with and endure the problems of life. So the word "*all*" in *verse 20* indicates that discipleship is thorough. Biblical discipleship includes all of what is often categorized as counseling since it deals with every aspect of a person's life. It is in-depth discipleship.

Hopefully, now you are convinced that this Bible Study is important to you, and you recognize that the purposes of this study are: 1) to teach you how to face, deal with, and endure all difficulties of life; and 2) to prepare you to help others to overcome their difficulties of life.

INTRODUCTION TO LESSON 1

The **OVERVIEW OF THE SELF-CONFRONTATION BIBLE STUDY** and the first lesson in the *Self-Confrontation* manual establish a foundation for the entire Bible Study. They lay the basic foundation of salvation — the Lord Jesus Christ is the Rock upon Whom everything for living is built. Man cannot please God, overcome the problems of life, and have fruitfulness in life without a personal relationship with Jesus Christ.

BEGINNINGS OF CHANGE

- A. Read the purposes of **LESSON 1: YOU CAN CHANGE BIBLICALLY (PART ONE)** (*Self-Confrontation*, Page 18). The first two purposes of Lesson 1 were taught in the overview session of this Bible Study. In this lesson you will concentrate on the third purpose.
- B. As mentioned in the **OVERVIEW OF THE SELF-CONFRONTATION BIBLE STUDY**, the lessons are based on biblical principles. The reason for this is that biblical principles are applicable in all cultures and do not change. They are also applicable to all trials of life. Therefore, you can be confident that the 105 principles listed in the *Self-Confrontation* manual will be applicable to your life no matter what your situation or place in life is. Remember, the second page of each lesson in the *Self-Confrontation* manual begins with the biblical principle or principles related to the lesson.

In the *Self-Confrontation* manual on Page 19, start by reading the text in the box at the top of the page. Notice that the box contains many Scripture references. Every statement in the manual is substantiated with the Scriptures. However, some lists of references, as in this box, are preceded by the words “based on.” Take a moment to read the special note in the *Self-Confrontation* manual on Page 16, which explains the use of the phrase “based on.”

- C. In the *Self-Confrontation* manual on Page 19, read *Principle 1*. You do not need to read all of the Scripture passages at this point. You will be directed to a few of these passages later.

Notice that *Principle 1* is a summary of the salvation message.

You may wonder why this study includes a detailed explanation of the salvation message. The reasons are twofold:

1. First, many churchgoers have not wholeheartedly committed themselves to Christ as Lord and Savior. Thinking that they are believers because they attend church or have made an emotional response to a salvation message, these individuals are trying to live God’s way without His empowering grace.
 2. Second, many believers lack assurance of salvation. Part of the reason for this is that they are not aware of the essential elements of the plan of salvation. Thus, they often live in a defeated manner.
- D. Many people, even those who have attended church for years, are unaware of the essential elements of the salvation message. There is also much mis-teaching in the body of Christ about some of those elements. Since salvation is the basic foundation for spiritual growth and is the prerequisite for overcoming life’s problems, it is vital that you understand and have responded

to all the aspects of salvation in your life. For example, let's begin by looking at the biblical meaning of the word "belief." Consider how you would distinguish between a believer and an unbeliever. List some of the things that believers do that people think indicate they are truly believers.

7.

But can unbelievers display outwardly all of the characteristics you wrote down? Read *Matthew 7:21-23* and *II Corinthians 11:13-15*. Will those who perform miraculous feats necessarily get to heaven?

8.

To illustrate, let's consider the life of Judas — none of the other disciples seemed to detect his sin (read *John 13:21-25*). They could not distinguish whether he was a believer or an unbeliever based on what they saw of his life. Outwardly, he looked the same as the true disciples.

So how can you know whether or not you are a believer? To understand the characteristics of a true believer, it is necessary to know the essential truths regarding salvation.

E. To understand these truths better, please turn in the *Self-Confrontation* manual to Page 20.

1. Read the points under Sections **I**, **II**, and **III**. on Pages 20 and 21. *NOTE: You may not need to spend much time looking up the verses, since most churchgoers are very familiar with these sections. If you have not heard much teaching about the plan of salvation, please review these sections.*
2. We will spend more time on Section **IV. God empowers you to choose ...**, since there are so many misunderstandings and unbiblical teachings about these points.

Under Section **IV**. (Page 21):

- a. Read the topic sentence, then Paragraph A. and Subparagraph 1. under A. Highlight in your manual the reference to *Romans 10:8-13* (the second reference in **IV. A. 1.**).

NOTE: Because there are hundreds of Scripture references in each lesson, it will be impossible to remember the foundational verses unless you highlight in your manual the ones taught. For this reason, you should highlight references to the verses you look up as you progress through this study. You may also want to highlight the verses in your Bible so you can find them easily.

Read *Romans 10:8-10* in your Bible. What two things does God say result in salvation?

9.

God says in *Romans 10:9* that when you believe in Jesus, you confess Him as your Lord (which also means "Master"). This is a public declaration that Jesus is Lord of your life. You are to submit to Him as your Master or Head. You are placing yourself under His management. We do not accept Jesus as Savior one day and determine whether we will accept Him as Lord later on. Both of these are part of the same decision we make to invite Jesus Christ into our lives as our Master.

- b. Read **IV. A. 2.** Then, highlight in your manual and read *Mark 1:15* in your Bible. What two things did Jesus say were necessary for salvation?

10.

Repentance is very important since it is an admission that you have been going against God's purposes, that you are sorry for opposing God, and you are turning around to go God's way. Also, notice that in *Luke 13:3**, Jesus says that unless a person repents, he will perish. Many groups teach that you should not tell someone that he needs to repent for salvation purposes. They claim that repentance is a "work." This is not so; repentance is not a work, but turning around which carries with it the very important admission of having gone the *wrong* way. This does not mean a person has done any works yet. The righteous works that follow salvation are the fruit of repentance.

**NOTE: Luke 13:3 is not listed in IV. A. 2. in your manual, so please write the reference into your manual.*

- c. Read Subparagraphs 3. and 4.

Then, highlight in your manual and read *John 1:12* in your Bible. Notice in *verse 12* that receiving and believing are synonyms. This verse leads us to a deeper understanding of the biblical truth about belief. In the sixth chapter of John's Gospel, Jesus says something rather startling to the people who have been following Him. He had just fed over 5,000 the day before and left them that night. So when they found Him on the other side of the Sea of Galilee the next day, He chided them in *verse 26* saying, "Truly, truly, I say to you, you seek Me, not because you saw signs, but because you ate of the loaves, and were filled." They were only interested in getting more food. In *verse 35*, He said, "I am the bread of life." Furthermore, Jesus said, "He who eats Me, he will also live because of Me" (*verse 57*). This was so strange that He even had to explain to His disciples that He was talking about a spiritual truth by relating believing in Him with feeding on Him. The Lord said that to become children of God, we must receive Jesus into our lives just as completely as we receive physical food into our bodies.

Write the reference *John 17:3* in your manual next to **IV. A. 4.** and then read the passage. What is eternal life equated with?

11.

The word *know* in the Scriptures describes the most intimate of relationships when it refers to one person knowing another. For example, Adam knew Eve intimately as his wife. When a man and wife marry, they become one. Now read *verses 22 and 23 of John 17*. How are you to be related to Jesus Christ?

12.

In fact, in *II Corinthians 11:2*, God says that Christians are what?

13.

So, the new believer begins a life of intimacy with the Lord of the universe. Clearly the Lord desires for us to have an intimate relationship with Him. This is truly amazing.

It is also important to understand that faith and works go together. Good works are a response to God's gift of salvation. When a person is born again, he will live differently. He becomes espoused to the Lord. It would seem strange for a prospective bride to suggest to her future husband that they continue to live as if they were still single after they are married (e.g., not telling others they are married, making decisions independently, having exclusively separate groups of friends, etc.).

It is the same way in making a commitment to Jesus Christ. How are you saved, according to *Ephesians 2:8-10*?

14.

Salvation is by grace through faith, not by works; but what does *verse 10* tell us is the result of our being saved?

15.

When you receive the Lord Jesus Christ, you *will* do good works because you are a new creation. You will live differently, obeying and serving Christ out of your love for Him. So, God tells us we are not saved by good works, but as saved people, the way we show we are saved is by our good works.

3. Read the contents of Section V. **By faith, you can take the first step of biblical change** in the *Self-Confrontation* manual on Page 22. Do you recognize the need to make this commitment? You can do so right now by:
 - Confessing to God that you are a sinner, that you have been in rebellion toward Him and need His forgiveness,
 - Telling God that you repent of your sin and intend to follow His way rather than your own,
 - Acknowledging to God that neither you nor anyone else but Jesus Christ can save you because He alone died to pay the penalty for sins and rose from the dead so that you might have a new life,
 - Inviting the Lord Jesus Christ to come into your life as your Savior and Lord, and
 - Thanking God for His grace and mercy toward you and adopting you as His child.

If you have just made this commitment, put a check here (___) and tell another believer who can help you grow spiritually.

4. Read Section VI. **You must understand that man's way of solving problems falls short of God's solutions** on Pages 22-23. *NOTE: You do not need to spend much time looking up the referenced verses.*
5. Read Section VII. **You need to understand the difference between man's way and God's way** on Pages 23-24. *NOTE: You do not need to spend much time looking up the referenced verses.* Notice that man's way is a life oriented on self, while God's way is a life that is intimately related to Him and totally focused on living for Him.

SCRIPTURE RECITATION

Recite *Ephesians 2:8-9* to someone at home, in class, or elsewhere. Put a check here (___) when you have accurately recited the verses.

QUESTIONS AND CONCLUSION

- A. Describe how a person can be saved. Write at least one Scripture reference for each point.

16.

- B. What was the most significant truth you learned in completing this lesson?

17.

- C. This lesson establishes a foundation for the entire Bible Study. It lays the basic foundation of salvation which involves:

- Confessing to God that you are a sinner, that you have been in rebellion toward Him and need His forgiveness,
- Telling God that you repent of your sin and intend to follow His way rather than your own,
- Acknowledging to God that neither you nor anyone else but Jesus Christ can save you because He alone died to pay the penalty for sins and rose from the dead so that you might have a new life, and
- Inviting the Lord Jesus Christ to come into your life as your Savior and Lord.

- D. If you have not already made this commitment, consider reading the Gospel of John and write down Jesus' explanation of how a person can be saved and have eternal life.

PREVIEW OF NEXT LESSON

When you receive Christ into your life, it does not mean that all of your present problems will disappear or that you won't have any more problems in the future. But it does mean that you can face, deal with, and endure any problem of living in a way that you never could have before you were saved. In fact, you can begin the process of biblical change immediately. The next lesson describes the wonderful changes that take place as a result of being born spiritually. These changes equip believers to grow spiritually and live victoriously.