

what God's Word says about

God's Plan For Your Life

You Can Change Biblically; and
Elements of Discipleship



Biblical Counseling Foundation (BCF)

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God's Plan for Your Life

The most significant decision you will ever make concerns your willingness to follow God's plan for your life as revealed in the Bible. This decision directly impacts your daily life and your eternal destiny (*based on Psalm 119:165; Proverbs 1:33; Matthew 6:25-34; Mark 8:34-38; John 3:16-21, 36; Acts 2:38-39; II Timothy 3:16-17; II Peter 1:2-10; Revelation 20:15*).

I. God's plan for you to change in a biblical way centers on His Son, Jesus Christ.

Because God's standard is one of perfection (*Leviticus 19:2; Matthew 5:48*), you cannot meet it by your own efforts (*Psalm 143:2; Ecclesiastes 7:20; Romans 3:23*). You cannot save yourself (*Proverbs 20:9*) nor depend on any other human being to redeem you (*Psalm 49:7*). You need to recognize your helplessness to meet God's standard (*Isaiah 64:6; Romans 3:9-12*) and need to repent of your sin (*Luke 15:7; Acts 2:38, 3:19, 17:30-31, 26:19-20; Romans 2:4; II Peter 3:9*). By God's grace and mercy, you recognize your lost condition and believe wholeheartedly and sincerely on the Lord Jesus Christ to receive the gift of eternal life (*John 3:16, 36; 5:24; 11:25-26; Romans 6:23; Ephesians 2:8-9; Titus 3:5-7; I John 5:11-13*) and forgiveness for your sins (*Mark 16:16; John 3:16-18, 8:24; Acts 2:38, 4:12; Romans 10:9-13; Ephesians 1:7*).

(Refer to *You Can Change Biblically (Part One)*, Pages 2-8)

II. You are to establish a biblical pattern of life.

You are to be rooted, built up, and established in the Lord Jesus Christ and are not to be conformed to the world (*Romans 12:1-2; Colossians 2:6-10*). You must practice God's Word to grow into maturity (*Matthew 7:24-27; II Timothy 3:16-17; Hebrews 5:12-14; James 1:22-25; I Peter 2:2; II Peter 1:4-11; I John 2:5*).

(Refer to *You Can Change Biblically (Part Two)*, Pages 9-13)

III. You are to prepare yourself to help others.

Practicing God's Word begins with judging yourself and removing sinful obstructions from your own life (*Matthew 7:1-5; I Corinthians 11:28-31; Hebrews 12:1*). Then, you have the privilege and responsibility of restoring others to victorious living (*Matthew 7:5; Romans 15:14; II Corinthians 1:3-4; Galatians 6:1-5*).

(Refer to *Elements of Discipleship*, Pages 14-15)

You Can Change Biblically (Part One)

Even though eternal life is a gift, many reject it
(*Matthew 7:13-14; John 1:9-12, 3:16-21; Romans 6:23*).

- I. If you do not already have a sincere (guileless, pure, genuine), personal relationship with the Lord Jesus Christ, you have a spiritual problem that only God can solve. Without this relationship to Jesus, you are:**
- A. Hopelessly separated from God (*Romans 6:23a; Ephesians 2:1-3, 11-12; Colossians 1:21*),
 - B. Spiritually dead in your own sin (*Romans 3:23, 5:12; Ephesians 2:1, 5; Colossians 2:13*),
 - C. Hostile to God (*Romans 5:10a, 8:7; Colossians 1:21*),
 - D. Blinded by Satan (*II Corinthians 4:3-4*) and held captive by him to do his will (*II Timothy 2:24-26, esp. verse 26*),
 - E. Powerless to overcome sin's hold on your life (*Ecclesiastes 7:20; John 8:34; Romans 1:28-32, 5:6, 6:16; Galatians 5:19-21; II Peter 2:19*),
 - F. Unable to understand the things of God (*Proverbs 14:12, 16:25; Isaiah 55:8-9; I Corinthians 2:14*),
 - G. Unable to please God or to walk in His way (*Psalms 143:2b; Isaiah 64:6; Romans 3:9-12, 23; 8:7-8; Galatians 2:16; Ephesians 2:8-9; II Timothy 1:9; Titus 3:5-7; Hebrews 11:6*), and
 - H. Incapable of living a spiritually fruitful and meaningful life (*John 15:4-6*).
- II. God's answer to your spiritual problem is based on His character.**
- A. God is just, so you face His wrath and judgment in your sinful state (*Romans 1:18, 6:23a; Ephesians 2:3; Hebrews 9:27; II Peter 3:7*).
 - B. On the other hand, God is loving and doesn't want you to perish in your sin (*John 3:16; Romans 5:8; I Timothy 2:3-4; II Peter 3:9*), so He draws you toward His Son, Jesus (*John 6:44-45, 65*).

For Your personal Growth

As God's Word teaches and this booklet emphasizes, God's plan for your life focuses on your redemption through the Lord Jesus Christ's sacrifice on the Cross and His resurrection from the dead. Understanding the meaning of your redemption and responding biblically will give you hope in any situation of life (*based on Romans chapter 6; 1 Corinthians 1:18-24; 2:2; 15:3-4; Ephesians 1:18-23; Philippians 3:8-14; Hebrews 5:12-14; James 1:22-25*).

- ☐ A. In your own words, write out the meaning of *Ephesians 2:8-9*, *Matthew 7:1* and *7:5*. Memorize these verses. Review these verses on a regular basis to keep God's Word securely in your mind.
- ☐ B. Read **God's Plan for Your Life** (Pages 1). As you have opportunity, study the text of each verse on that page. These verses will help you understand the basic steps of responding biblically to God's Son, Jesus Christ.
- ☐ C. Review **You Can Change Biblically (Part One)** (Pages 1-8) and **You Can Change Biblically (Part Two)** (Pages 9-13). Using the verses referenced in these studies, write in your own words the meaning of at least ten references which are particularly meaningful to your relationship with the Lord Jesus Christ.
- ☐ D. Evaluate whether you have eternal life through Jesus Christ. On Pages 4-5, study **IV. God empowers you to choose His solution to your spiritual problems** and **V. By faith, you can take the first step of biblical change**. In your own words, write how you know that you have eternal life. As opportunities arise, explain to others your relationship to God through Jesus Christ and how they can have a similar relationship (*Use the verses you have studied in the above exercises as a basis for your testimony to others*).
- ☐ E. Read **Elements of Discipleship** (Pages 14-15). Since discipleship is a process of spiritual growth, each element listed in this study is vital to understand and put into practice in your life. Thoroughly study the referenced verses for each element of discipleship. Ask God to show you how to put each discipleship element into your life in the weeks ahead.

These “In-Depth Discipleship” booklets are published by the Biblical Counseling Foundation (BCF). The Foundation is a non-profit, non-stock corporation established in 1974 and incorporated in the Commonwealth of Virginia, USA. Its mission is to produce and provide biblical counseling/ in-depth discipleship materials and training based solely upon the Old and New Testaments as the only authoritative rule of faith and conduct.

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You Can Change Biblically (Part One) *and* You Can Change Biblically (Part Two) are excerpted from Lessons 1 and 2 of BCF’s In-Depth Discipleship manual entitled **Self-Confrontation** (1991 edition). Elements of Discipleship is adapted from Lesson 2 of the same manual.

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