

EQUIPPING PEOPLE TO HELP PEOPLE
Session 1
“Preparing the Way For The Lord Jesus To Work In Lives”
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It's our desire to encourage and give you some Biblical tools that will equip you to help others grow in their relationship to Christ. Read Mark 1:1-4

What was John's purpose? v. 2-3

He was called a forerunner. What does a forerunner do?

1. Tell people **the king was coming and prepare the way.**
2. How is a person who disciples, mentors, counsels others like a forerunner?
3. We clear the way so the sanctification (growth) process can be expedited in their lives.

God calls every believer to be a discipler of others. It's the great commission that the Lord has given to us. - Matt. 28:19-20

In these training sessions I want to help you understand **what hinders the discipleship process** and help you understand how you can be used of God to help people resolve those hindrances, **so you can be a “forerunner” who is preparing the way for the Lord to work in that persons life.**

We must understand that:

I. THE HEART OF A PERSON IS THE HEART OF THE MATTER

A. Define the Heart

1. The heart is the innermost part of our being out of which come our thoughts emotions, and beliefs out of which we act or respond.
 1. “Heart” is used 683 times in Scripture - First Mention – Gen. 6:5-7a
 - a. **Hebr.** – “Used for feelings, the will, and the mind”
 - b. At this point in history mankind's **feelings** were degraded, and incapable of feeling right and wrong, their **thinking** was wrong, and they were continually making sinful **decisions.**
 - c. **What was going on in God's heart?** (Feelings, emotions/Intellect/Will)
 - 1) What was He feeling?
 - 2) What was He thinking? He would destroy mankind with a world-wide flood
 - 3) What did He choose (will) to do? v. 7
2. **The heart** is source of what makes **life happen** and when the heart is damaged the quality of life is damaged.

Three Types of Problems

Emotional Issues	Spiritual Issues	Enemy Issues
Cure: Accept, Understand, Care	Cure: Repent	Cure: Renounce, Resist

B. What does Scripture say about the heart?

1. Our heart is the source of everything - Mt. 15:18
2. Our mouth will speak what is in the heart: - Matt. 12:34
3. Our actions will demonstrate what is in the heart: - Matt. 12:35
4. Our central focus will demonstrate where our heart is: Matt. 6:21
5. Our sins begin in the heart? Matt. 5:28, 15:18, Mk. 7:15-23
6. Everything that happens in a person's life or in relationships (good or bad) with God or people is the result of what is going on in the hearts of the people who make up that relationship.

C. Why did the Lord Jesus focus on the heart?

1. **Why did He come? Is. 61:1-3, Luke 4:18-20 (NKJV)**
 - a. **Luke 4:18-19 – NKJV** - “The Spirit of the LORD is upon Me, Because He has anointed Me To preach the Gospel to the poor; He has sent Me to heal the **brokenhearted (emotional pain)**, To proclaim liberty to the **captives (held by guilt and power of sin)** and recovery of sight to the blind, To set at liberty those who are **oppressed (by Satan and demons)**; To proclaim the acceptable year of the LORD.”
 - b. He Came To
 - 1) Heal the brokenhearted (emotional pain)
 - 2) Set the captives (held by guilt and power of sin) Free
 - 3) Release those who are Oppressed by Satan and demons – cmp. Eph. 4:27

D. People struggle with at least 3 kinds of problems that affect the heart

(Chart – “Three Types of Problems”)

1. **Emotional Problems** as a result of abandonment, neglect, rejection, betrayal, or disrespect caused by someone damaging them with emotional, physical, sexual or spiritual abuse. **The cure** – Accept, Understand, Care
2. **Spiritual Problems – Sin issues**
Bitterness, or being caught up with worldly values, or rebellion, pride, sexual failure, and hypocrisy to name a few. **The cure** – Repentance
3. **Enemy Problems** – Demonic Oppression in which Satan has gains footholds into peoples lives so as to influence and control them.
The cure - Stand by faith with the Lord Jesus and His truth to renounce the enemies lies.

- E. **When there are unresolved emotional, spiritual, or enemy problems in a person's life it will cause them to have a lock on the door of their heart that will hinder their ability to love God and others and will hinder their spiritual growth.**

Events

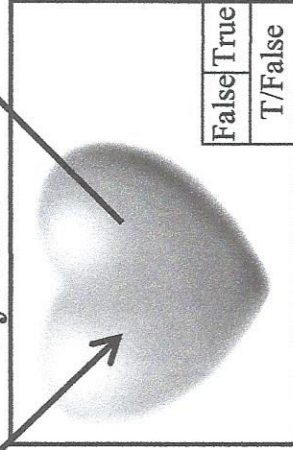
That Happen:

- 1. *To Us*
- 2. *Around Us*
- 3. *By Us*

Core Belief System

Filtered Through

Core Belief System



Stored in The Heart

- 1. **Memories**
- 2. **Emotional Pain**
- 3. **Lies of Satan**
- 4. **God wants to renew our mind with Truth.**

Response/ Behavior

- Promiscuity
- Shame
- Anger
- Depression
- Fear
- Withdrawal
- Need to Control
- Perfectionism
- Addictions

Producing Behaviors

What is the Lie of the Enemy?

(About God/Oneself/Others/etc . .)

- 1.
- 2.
- 3.
- 4.

Lies must be Renounced & Replaced with God's Truth.

1. God's Design
 - a. We are all created in His image
 - b. Designed to give & receive love

2. Often individuals who are unable to meet the emotional needs in their spouse or children have a damaged heart with a lock on it.

3. This person:
 - a. Cannot give love
 - b. Cannot receive love
 - c. Or cannot give or receive love (double locked)
 - d. The ability to love as God intends is restricted and their spiritual growth will be hindered.

4. How does this affect marriages and families?

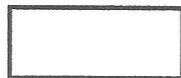
5. Church families can also have locks on their hearts. The church of Corinth was filled with problems because people had locks on their hearts. - 2 Cor. 6:11-12

II. A Faulty Core Belief System

A. The heart is like a computer, where memories are stored, emotional pain is stored, the lies of the enemy (Satan) are stored and where God calls us to renew our mind with truth – Example of the Black Box on airplane

B. What Is recorded?

EVENTS	CORE BELIEF SYSTEM	BEHAVIOR (Response)
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1. **Life's events** – good or bad, positive or negative things that happen to us, **around** us, and the things that are done **by** us

2. **Our responses** – Actions, habits, thoughts, beliefs, feelings being expressed

3. **Our core belief system – (The heart) - Prov. 4:23**
 - a. It is here where memories and emotional pain are stored and where Satan wants to inject His lies with those memories and emotional pain so we will respond out of a lie.
 - b. It's here that we believe what is true, or false, or true/false
 - c. It is also here that God commands us to continually renew our minds with His truth. – Rom. 12:1-2

4. **Our Responses (Actions and Attitudes) Will Flow Out Of Our Core Belief System.**

5. **Biblical Examples Who Acted Out Of a Faulty Core Belief System**

a. **Adam and Eve** Believed The Devil's Lies in The Garden of Eden and doubted God's goodness and took matters into their own hands.-Gen 3:1-6

b. **Abram & Sarah – Gen. 16**

- 1) God promised them a son (event)
- 2) Years passed and Sarah was still childless (event)
- 3) She was experiencing the emotional pain of not having a child.
- 4) In her pain and desperation she came up with an idea – She believed a lie from Satan in her core belief system – They acted - Gen. 16:2-6

c. **Moses – Ex. 3-4**

- 1) His people were in slavery (event)
- 2) He saw a Hebrew brother being beaten (event)
- 3) He killed the Egyptian beating the man (response)
- 4) Hid the man's body? (response)
- 5) What did he believe in his core belief system that produced this response?
 - a) He believed that He could deliver the Israelites through his abilities and strength. He believed that he had the right to get revenge for this injustice.
 - b) He believed he could get away with it and hide his actions.
- 6) The result – Flee in fear for his life and spent the next 40 years in the desert caring for sheep. (event)
- 7) That was a painful time in his life (negative emotions and thoughts) – began believing "I'm a failure". His response – no confidence
- 8) God was preparing him to lead the Israelites out of bondage and shepherd them
- 9) God appears to Moses – Ex. 3:1-6
- 10) Read Ex. 3:7-10
- 11) What was Moses response? v. 11, 13, 4:1, 10, 13
- 12) Why? He believed lies in his core belief system because of what he had experienced in the past (events) and responded out of those lies.

6. **Are you or those you are discipling, believing lies in the core belief system as a result of painful events in the past that's keeping you or them from take steps of faith and believing that God can work?**

7. **So the behavior patterns that hinder discipleship and damage relationships flow out of:**

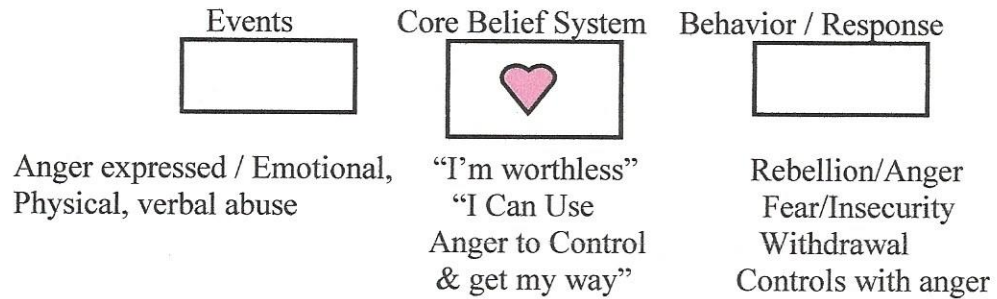
- a. **Wounded hearts** (emotional wounds) that haven't been healed
- b. A faulty **core belief system** that is responding to the lies of the enemy
- c. There is something else that shapes the core belief system

III. Historical Sources That Develop The Core Belief System

A. Examples

1. A Child Who Is Abused and Parented With Anger & Criticism

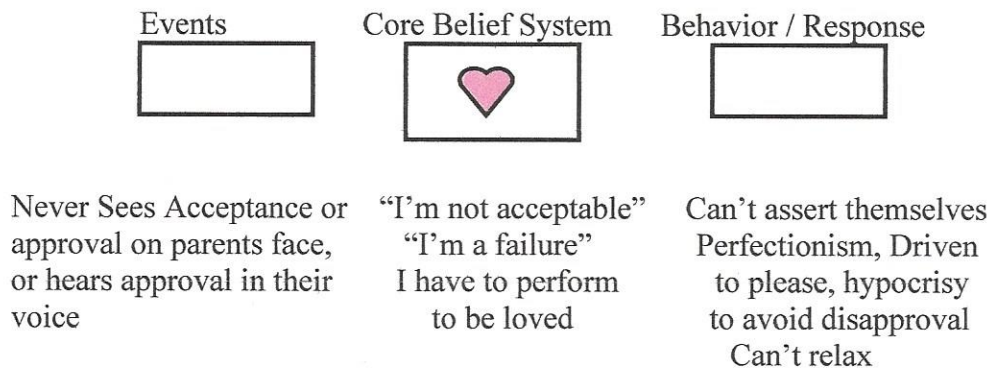
Anger distorts his (her) core belief system as to their identity.



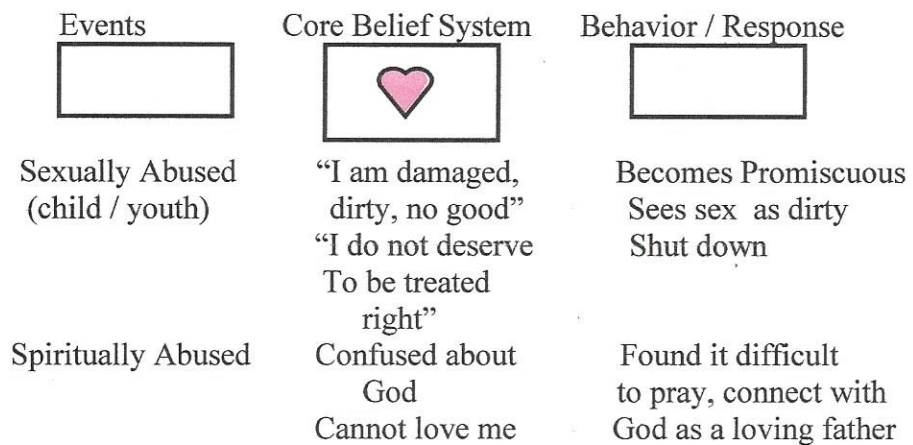
2. A Child Who Grows Up In A Home Where Love Was Conditional

a. Acceptance was based on ones ability to perform well (Events)

b. Faults were met with criticism and to avoid criticism they had to perform (Events)



3. A Child Sexually and Spiritually Abused



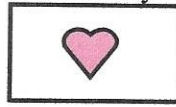
4. Father Abandons Family

Events



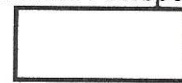
Father
Abandons

Core Belief System



“unlovable”
“My spouse will
Abandon me”

Behavior / Response



Withdrawal or
Dominate / Control

What is needed to bring healing?

1. The **personal ministry of the Lord Jesus to the wounded heart** bringing His peace and comfort and grace into that heart.
2. **Understanding and granting Biblical forgiveness** to those who have wounded the heart. (a late session)
3. The **renewing of the mind with God’s truth** that brings transformation to the life and relationships.

In our next session we are going to begin to look at very Biblical and practical ways to see this accomplished in a person’s life.