



Transformed



From Brokenness
to Wholeness

Season Three

Study Guide

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How to Use This Curriculum

Instructions for Teachers

Greetings!

Everyone at Gospel Partners Media is so glad that you are introducing your class to biblical counseling! Thank you.

This series has a two-fold goal:

1. That viewers would see how the Bible applies to their emotional issues and be helped.
2. That viewers would be encouraged to become biblical counselors.

Preparation:

Don't panic if you don't know the answer to a question.

We encourage you to read or listen to the materials provided at the beginning of each unit.

These materials will help you field most questions.

Please note: you do not have to show all thirteen episodes. Each episode stands on its own. Pick the episodes that will benefit your class the most.

Class Structure

- Announcements
- Prayer
- Hand out questions to each participant and encourage them to answer the questions while the video plays.
- Watch one segment at a time.
- Pause at the end of each segment to discuss the questions together. If you answer the questions and still have time, we have provided additional Main Ideas that you can use for discussion points.
- *Please note:* if you find yourself in a great conversation about a particular issue, we encourage you to camp there as long as you need. It is better to have robust conversations that are of interest to the class, rather than racing to watch the entire episode.
- Close the class in prayer.

How to Use This Curriculum

The Clock

Each of the thirteen episodes runs twenty five minutes each.

To determine the length of discussion time, take the total number of minutes per class:

- Deduct announcement and opening prayer time.
- Deduct twenty five minutes.
- Deduct closing prayer time.

Divide the number of minutes remaining by four, and that will be how long you have for each discussion time.

Thank you again for utilizing Transformed!

May the Lord use our joint efforts to equip the church to strengthen the downcast and hurting.

Episode 1

Episode 1: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Hope and Help for Self-Injurers by Mark Shaw at

<https://biblicalcounseling.com/resource-library/articles/hope-and-help-for-self-injurers/>

Cutting to the Heart of Self-Injury by Julie Ganschow at

<https://www.biblicalcounselingcoalition.org/2014/03/31/cutting-to-the-heart-of-self-injury/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- If self harm is about punishing yourself for not being good enough, what can you do to become good enough?
- What is the core issue for the struggle with self-harm?
- What biblical truth is key to a right perspective of self?

Answers

- The problem with self-harm is that it is not constructive. It is a distraction, a punishment, an escape, but it does not fix anything. It offers no lasting change or hope of things getting better. In fact, it compounds the problem, pushing you farther into the dark cycle.
- The core issue is not the behavior, but what is happening in your heart when you go to self-harm. What are you wanting that drives you to self-harm? Is Jesus really the one ruling you in that moment?
- God is Creator, and He has made each of us in His image. In His wisdom, He has created me exactly the way He intended. That, in turn, changes the way we use our bodies which He has given to us. Our bodies have a purpose defined by Him.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- Our own perspectives of ourselves become what we really believe, how we really live our lives. When we don't meet those standards, we think we must punish ourselves.
- Self-harm doesn't really fix anything. It simply distracts from emotional and spiritual problems by providing a physical problem to deal with.
- When we recognize that God made us in His wisdom, that changes the way we use what He has given to us (namely, our bodies).
- The answer is not so much to sanitize the house and remove sharp objects, but to get to a point where Jesus is the one ruling me.
- Self-harm is a sin because it harms the body of an image-bearer.

Episode 1

Episode 1: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How does self-harm show a lack of faith in Jesus?

- What did John the Baptist recognize in John 3:27–30?

- Who defines you?

Answers

- Self-harm shows that we are trying to take the place of Jesus in paying for sins. We are not believing the truth of what God tells us and how He views us. We are failing to view Him as superior, and we are failing to trust in Him for forgiveness and to transform our inner selves.
- John the Baptist knew who he was in relation to Jesus. He recognized that he was not the Messiah and rejoiced that Jesus is the Messiah. He knew Jesus was the only one who could make things right and absorb God's wrath.
- God defines you. God has created you, and as such, He defines who you are and what you're worth. By sending Jesus to die for you, He has declared your value. And in forgiving you, He declares you not guilty.

Main Ideas

- Self-harm is an overflow of a problem in the inner person.
- As John said, Jesus must increase, we must decrease (John 3:27–30).
- We must recognize that we are not God and we can't do what only Jesus can do.
- We may struggle with self-image and there may be many influences that feed a poor perspective of self, but ultimately it comes down to who defines you. God defines you.
- When you understand yourself in light of who God is, you understand yourself accurately in a way that blesses you and honors God.

Episode 1

Episode 1: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What is mercy?

- Why is it important to have a correct theology of the body?

- How did God reveal Himself to Moses (Exodus 34:6-7)?

Answers

- Mercy means God doesn't deal with you according to your sins. This is an important attribute of God. When we trust in Jesus, we are not given the punishment we deserve because of our sins—Jesus paid that penalty. This is mercy.
- When we understand the truth in Scripture, we recognize that we are not only a body. We are made of both body and soul. Our bodies, therefore, have a transcendent purpose—to glorify God. Understanding this, we see that any use of our body that does not bring glory to God is a misuse of God's gift.
- God did not initially reveal Himself as wrathful. It is true that He is just and holy and must punish sin. But He revealed Himself to Moses as merciful and gracious, slow to anger, and steadfast in love. When we hyper-focus on God's justice and wrath, we are missing very important parts of God's character.

Main Ideas

- According to the Scripture, the body is not all there is to us. We have a body and a soul. As Christians, we use our body for God's glory. Any use of the body that is not for the glory of God is not the purpose of our bodies.
- Mercy means God doesn't deal with you according to your sins.
- When God reveals himself for the first time, he doesn't say "I am wrath." The justice and wrath of God are true attributes, but the way he reveals himself first in scripture is merciful and gracious, slow to anger and steadfast in love.
- God doesn't make mistakes—He made you the way He wants you to be.
- One of the lies of self-harm is that we need to pay for our sins, but the shedding of our blood is insufficient for the forgiveness of sins (only Jesus' blood is sufficient).

Episode 1

Episode 1: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How can keeping a thankfulness list help in the struggle against self-harm?
- Why is it important to meditate on the attributes of God?
- Why is focusing on a correct view of God the first step in correcting self-image?

Answers

- Keeping a thankfulness list causes an intentional reflection on what God is doing in your life. Keeping these truths in the forefront of your mind can help in the fight against the lies of unworthiness. The more we focus on what God is doing, the less we focus on our perceived failures.
- It is important to remember that God is merciful and gracious as well as just. If we only focus on His wrath against sin, we feel guilty. But when we focus on His mercy, we remember that Jesus has paid for our sin and God has declared us righteous in Christ. God is merciful and loving toward His children.
- A correct view of God is necessary if we are to have a correct view of ourselves. When we understand who God is as Creator, we understand better who we are in relation to Him. He created us; He defines us. We can try to feel better about ourselves, but that is a subjective pursuit without the absolute standard of who is God.

Main Ideas

- We must fight to believe truth in a world that is full of lies.
- Focusing on what God has done in your life is a practical way to renew your mind in truth.
- God has revealed Himself as merciful and gracious, slow to anger, and forgiving sins. Understanding who God is in His entirety is the key to correctly understanding our guilt and forgiveness.
- When we understand who God is, we can rightly understand who we are in relation to Him.

Episode 1

Episode 1: Additional Resources

Articles

- *Two Lies that Must Be Defeated to Overcome Cutting* by Amy Baker at <https://www.biblicalcounselingcoalition.org/2013/07/01/2-lies-that-must-be-defeated-to-overcome-cutting/>
- *Why Do I Hate Myself: Motivations for the Dreadful Habit of Cutting* by Deepak Reju at <https://www.biblicalcounselingcoalition.org/2013/07/02/why-do-i-hate-myself-motivations-for-the-dreadful-habit-of-cutting/>
- *Bringing Self-Harm Into the Light* by Mark Shaw at <https://www.biblicalcounselingcoalition.org/2013/07/03/bringing-self-harm-habits-into-the-light/>
- *The Lies You Believe and the Truth that Sets You Free* by Shannon Kay McCoy at <https://www.biblicalcounselingcoalition.org/2013/07/04/the-lies-you-believe-and-the-truth-that-sets-you-free/>

Conference Messages

- *Counseling Self-Injuring Teens* by Camille Cates at <https://biblicalcounseling.com/resource-library/conference-messages/counseling-self-injuring-teens/>

Podcast

- *The Remedy for Self-Affliction* with Bryan Gaines and Samuel Stephens (Truth in Love Podcast) at <https://biblicalcounseling.com/resource-library/podcast-episodes/til-250-the-remedy-for-self-affliction-feat-bryan-gaines/>