



COUNSELING 101

Behave like You Believe.

Ephesians 4:17-5:14

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BIG IDEA: Relationships improve in proportion to how much you behave like you believe.

First Question to Answer: Are you a true believer?

If the answer is yes, the only way to be whole and happy is to put off the old self and put on the new everyday:

Ephesians 4

²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

Put off your old self:

- It is pre-Christ.
- It is corrupt.
- It is controlled by deceitful desires.

Put on your new self:

- It has a renewed mind.
- It is recreated in the image of God.
- It is righteous and holy.

Identity is the foundation for your behavior: “Above everything else, guard your heart; for out of it flow the issues of life.” Prov.4:23

Second Question to Answer: Do you behave like you believe?

Counseling Imperatives:

- Stop lying.
- Start telling the truth.
- Let no corrupting talk come out of your mouths.
- Stop harboring anger.
- Start forgiving.
- Stop stealing/cheating.
- Start handling your money for kingdom purposes.

For next Sunday, meditate on Ephesians 5:15-21.