

# Study Guide for How People Change by Timothy S. Lane and Paul David Tripp

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## Ch. 1 – The Gospel Gap

Describe what is wrong with Phil and Ellie's lives? What is the root cause of all their problems? L&T claim that this root problem afflicts many of us. To what extent is this true in your own life? How does it show?

What does 2 Peter 1:3-9 tell us about this problem? What are the symptoms of the gap? Which of these symptoms are characteristic of your life? What is the "diagnosis" for why many Christians are "ineffective and unproductive"? Is that true of your life? If so, how?

What do L&T mean by the phrases "then-now-then gospel" and "gospel blindness"? To what extent are you blind to the impact of the gospel in your life? What difference does it make?

Describe in your own words each of the three kinds of "spiritual blindness".

What are the two ways that lack of gospel identity shows up in people's lives? To which of these are you more prone? How does that impact your life on a daily basis?

According to L&T, what is God's provision for us for a godly life? How does this insight change your thinking about your life and daily struggles?

How do L&T describe "God's process"? How is that different from the way you have thought about the Christian life? What difference does it make?

What is the difference between a lie and a pretense? What is the point the L&T make with this distinction? What difference does it make?

What specific pretenses have had large influence in your own life?

Define "Formalism", "Legalism", "Mysticism", "Activism", "Biblicism", "Psychologism" and "Social-ism". What makes each of these plausible and attractive. Honestly evaluate the influence each of these has had in your own life.

What does L&T think is the greatest threat to the church of Christ in our day? Do you agree? Why or why not? How does this threat make inroads in to the church and individual Christian's lives? In what ways has this been working in your own Christian life?

What are the reasons why the "isms" are attractive? What is the point that L&T make about "means" and "ends"? How can you guard yourself against these attractions?

To what extent do what L&T calls "self-righteousness", "selfishness", "environmentalism" and "independence" describe your own life? How do these hinder the gospel in your life?

How do L&T answer the questions "What Should Fill the Gap"? How does this book promise to help address this issue? How do you feel about this promise? What do you hope to get out of this book (and this class)?

Describe in your own words each of the Five Gospel Perspectives. Do you agree with each? Why or why not? How does each perspective currently influence your life? How should each perspective influence your life change?

Do you identify with L&T's practical denial of his own sinfulness? Why? Why is thinking Biblically on this issue so essential?

According to L&T, what is the location of the fundamental battle in the Christian life?  
What difference does this make for the way you fight sin and relate to God?  
What does L&T mean by “The Present Benefits of Christ”? What difference does this make for your life?  
What is God’s goal in changing us? In what ways does this challenge your own goals?  
What is the attitude that L&T highlighted in the story about Michael Jordan? What is the point of highlighting this attitude? To what extent is this attitude shown in your own life? How could you improve in this area?  
What is it that L&M wish to celebrate in the last section? In what ways does this bring you hope in your own life situation?

## **Ch. 2 – Counterfeit Hopes**

What about the lives of Craig, Cindy and John is similar to your Christian life? How has sin snuck up on you over time? What compromises have contributed to your current state?  
What does L&T mean by “We all live on the continuum between slavery and freedom”? In what ways does this describe your life?  
What are our culture’s influences (alternate warnings and promises of freedom) by which you have been abducted? How is this seen in the big moments of your life? How is this seen in the little moments of your life?  
In giving a personal example, L&T contrast focusing on his own attitudes and behavior with focusing on his circumstances? Why is this distinction important? How did it influence his behavior? Does this same dynamic function in your own life? If so, how?  
Does L&T claim that all hollow and deceptive philosophy is the complete opposite of Biblical truth? What specifically makes them hollow? In what ways does this describe your life?  
Describe each of the hollow perspectives of what needs to change in your own words. What makes each of these perspectives attractive? Which of these hollow perspectives has proved most attractive and deceptive in your own life?  
What specifically is hollow about thinking my circumstances are the primary need for change? How can you combat this deception?  
What specifically is hollow about thinking my behavior is the primary need for change? What are the Bible resources that truly lead to new behavior? What needs to change first?  
What specifically is hollow about thinking my thinking is the primary need for change? How is this perspective deficient? How can you combat this deception?  
What specifically is hollow about thinking my self-concept is the primary need for change? What is the most important assumption of this view? How does this compare with Bible teaching? What does the cross tell us about this perspective? How can you combat this deception?  
What specifically is hollow about thinking that trusting Jesus more (as described by L&T) is the primary need for change? How is the real Jesus better? How can you combat this deception?

When L&T say “This changes everything, including the way we struggle against sin”, what are they speaking about? How do you think it will help you struggle against sin?

Describe what L&T means by “You are Full in Christ”. How does this impact your everyday life? How does this help combat hollow perspectives?

Why is it tempting to find fullness in something other than Christ? In what ways have you tried to find fullness? How were you tempted to that?

What are the two things that the fullness of Christ gives us? Why is that significant in your everyday life? Why must we keep these two together?

What spiritual realities does baptism symbolize? How have you realized these realities in your life? How should you continue to apply these realities?

How does L&T describe the reality that we are set free in Christ? How does Paul describe this in Colossians? Does this accurately describe the manner in which you live day to day? Why or why not? In what ways should this be more of an experienced reality in your life?

How does L&T describe the Real World of Christian life? How does this compare and contrast with your expectations and desires for the Christian life? What is the most realistic expectation?

Which aspect of the quotes from J.C. Ryle stuck out to you? Why? What best describes your current situation? How can you best apply his instruction?

L&T claim that experiencing the fight is a sign that we are united with Christ? Do you agree? Why or why not? Is that your personal experience? Why or why not?

What is the goal of this book, according to L&T? What is the problem it attempts to address? What solution does it attempt to give? How will this help you personally?

How does the concept of identity figure (and all the L&T have described about it) address the issues of Craig, Cindy and John? How does it address your issues?

### **Ch. 3 – Here’s Where God is Taking You**

Describe in your own words what L&T mean by the phrase “meaning makers”. What is an example of meaning making in your own life? How has the meaning you have given to a situation influenced your response to the situation?

When you dream of the change that needs to take place in your life, what does that change look like? How does that compare to the type of change the Bible describes as necessary in your life?

L&T state that “the dreams we envision are often more about our own agenda than they are about the Lord’s”. To what extent is that true of your dreams and goals?

“God is in the business of changing what we want.” Do you agree with this statement? Why or why not? What desires do you think God wants to change in your life?

Do you agree that all our actions are the result of our desires? How is this demonstrated in your life?

What are the “two realities” in every Christian? Have you seen evidence of the Spirit beginning to connect these two realities in your own life? How?

What do your typical prayers tell about your dreams?

What does Paul’s prayer in Philippians ch. 1 tell about God’s desires for your life? What would that look like in your own life if that prayer were answered?

In what ways is it encouraging to know that God's work in your life continues even when you don't see it? For what specific things does that give you hope?

How does your notion of what to expect in the Christian life compare with L&T's description? How does it compare with your experience? How does L&T's description give meaning to your experience? How does God's perseverance give you hope?

Meditate on these questions from the text: "Do you look at your life as Paul looked at the Philippians' lives and his own? Do you live with Christ-centered confidence? Do you want what God wants for you, or do you hold tightly onto your own agenda?" Are you satisfied with your answers? Why or why not?

What do you see when you look at the "house" of your life? Why? What does God want you to see?

What stood out to you in L&T's summary of the Bible Story? Why is knowing the end of the story important? How important is it for you?

What stood out to you in the Rev. 7 description of your future? How does this help give meaning to your present life? What do the saints celebrate? In what ways can you follow their example? Does this depend only on your present experience, or also on your destiny?

How does destiny change the lives of Joan, Frank, Nikki and Bo? How does that help you understand your own life and struggles?

Meditate on these questions from the text: "Where have you wondered if following the Lord is worth it? Where have you struggled to understand what He is doing? Where have confusion and disappointment weakened your faith? Where are you running from the Lord instead of turning to Him? How has God's work of change been interrupted by your doubt, confusion, or fear?"

Meditate on these questions from the text: "How does the destination encourage you in the middle of your journey? How should the final chapter change the way you respond to the chapters in between? Where are you given new hope even when there doesn't seem to be much hope around you now?"

What hopes and promises are giving direction to your life?

What is the difference between a system of redemption and a person Who redeems? What difference does that make for your life?

Meditate on these questions from the text: "Is there someone in your life you are looking at through the lens of pessimistic fear? Is there someone you've given up on? Is there someone you do all you can to avoid? Is there someone in your life you fear? Is there someone you are bitter against? Is there someone you envy? What might God be saying to you about your relationship to this person? How does God's 'steps to the destination' perspective change the way you relate to him or her?"

What does it mean that the Gospel calls us to look at the messiness of life in a radically different way? What difference does this make for your life?

What is "hopeful realism". What difference does it make for your life?

How does the Holy Spirit help us as we move toward our destiny?

#### **Ch. 4 – Married to Christ**

In what ways does L&T say that our relationship with Christ is like a human marriage? How does that insight give you hope for personal change?

How does L&T say that a Biblical view of change is different from other approaches to change?

What does the Biblical teaching using marriage and covenant language tell you about your relationship to God? What difference does that make?

What are the “means of Grace”? What are the benefits? What is the danger according to L&T? Is this a danger in your life?

What does 2 Cor. 11:1-3 tell about your relationship to Christ? How should this work out in your life on a day to day basis?

L&T claim that “it is easy for Christians to forget that Christ is the center of the Christian life.” Do you agree? Why or why not? To what extent is that true in your own life?

What is the point of the distinction L&T makes between engagement and final consummation? Why does it matter?

“He does not simply tolerate us; he brings us close to himself by giving himself to us.”

What does that statement mean to you? How does it give you motivation for change?

What is the explanation L&T gives for why worship other things in place of Christ? Do you agree? How does that dynamic look in your own life? How should you respond, according to L&T?

Describe each of the “three profound realities” in your own words. How should this change the way that you think about your Christian life? How should this change your everyday life?

What does Col. 1:15-24 tell about your relationship to Christ? How should this work out in your life on a day to day basis?

What stood out to you most from Col. 1:15-24? Why is that important to you? What difference does it make that Christ is that way? How does that truth protect you from giving your affection to anything else?

Meditate on these questions from the text: “Is Christ the center of your life? Do you demonstrate a sincere and pure devotion to him in your family, career, friendships, marriage, eating, sexuality, ministry, thoughts, pleasures, time, and money?”

What does Col. 2:1-15 tell about your relationship to Christ? How should this work out in your life on a day to day basis?

What difference does L&T highlight between our marriage to Christ and a typical human marriage? What does magnifying Christ’s gracious provision over our (negative) contribution to this relationship tell about how Christian life is meant to be lived? How does this impact your life?

What stood out to you most from Col. 1:21-23 and 2:1-15? Why? What does this tell about your relationship with Christ?

According to L&T what do we bring to this marriage? Do you agree with the picture they paint? Why or why not?

According to L&T, when we are confronted with what we bring to the marriage, we have two choices. What are these two choices? Which one are you more likely to take? Why? What difference does it make which choice you make? What are the likely results of each choice?

Describe in your own words what it means that “Jesus justifies us,” “Jesus is our wisdom,” and “Jesus is our power.” Why are these things important, according to L&T?

According to L&T, if you only look at yourself, what will be the result? To what degree does this describe your life?

What changes when we become married to Christ? How has this been demonstrated in your own life? In what ways should it be shown more than it yet has? How do these changes take place?

Meditate on these questions from the text: “What gets in the way of living out your new relationship to Jesus? What false lovers draw you away from a pure and sincere devotion to Christ?”

To what extent do you put confidence in your performance and obedience? What gifts and blessing in your life can pull you away from Christ? How can you protect yourself from this danger?

How can our relationship with Christ change the way we perceive the world around us – the blessings and difficulties? How does that change the way we respond to these things? What are some examples from your own life of your response being influenced by the way you perceive the world?

Meditate on the assets that Jesus brings to your relationship. How should this change the way you think of your life? How should this impact your day to day life?

How do the examples which L&T gives of applying our marriage benefits to a variety of situations help you to understand the way to apply this to your particular situation? How does union with Christ protect you in seasons of blessing and good circumstances?

## **Ch. 5 Change is a Community Project**

What stood out to you in the woman’s story about her small group experience? Why did that catch your attention?

Describe the “tension” of living in relationships. How does this tension look in your life? To which side of the tension do you typically gravitate? Why?

“At one level we want friendships. At another level we don’t want them!” To what extent is this true in your life? Think about examples from your own life that illustrate this principle.

How does the statement “you made your bed, now lie in it.” differ from the truth of the Gospel? What about the Gospel does this difference highlight? How does that help in your life?

To what extent do you identify with the problem of Joe? What does Joe need? In what ways does this describe what you need?

What is the point the L&T makes in the contrast with individualism? Do you agree? Why or why not?

What is the primary reason L&T give for community? How is that an important reason? What does that tell you about God’s intention for community relationships? How does that apply to your own life?

How does Jonathan Edwards’ description of God compare to the way you typically think of God? What stood out to you in this description? Why?

According to L&T, what explains why we desire relationships? What explains why relationships so often go wrong? What has God done/is He doing to fix this? In what ways is this demonstrated in your own life?

What does Eph. ch. 4 tell you about the church and personal relationships? What stood out to you? Why?

How does L&T tell you to create the unity of the Spirit (hint: trick question)? What point is L&T making with this distinction?

What point does L&T make with the Gen. 15 passage? How does that help your life?

What is the ground on which we build all relationships? How does that help if someone sins against you? Describe other ways and other situations in which this truth helps you to have good relationships.

How is the point of the paragraph on adoption related to the teaching of Eph. 2:14-22?  
What is the application of this truth that L&T makes for our relationships?

What would you say to someone who claims to be a Christian, but does not go to church?  
To what extent is it true in your life that you read the Bible through an individualistic lens and miss much of the social themes and teaching?

Meditate on these questions from the text: “How much does your life currently allow you to develop relationships that are deep enough to help you grow and change? What are some common obstacles that hinder redemptive relationships from developing in our lives?”

Meditate on the list of possible hindrances to relationships. Which apply to you and why? How can you (with God’s help) remove these hindrances?

What are the things that make being involved with people to be so difficult? Think of examples from your own life? What are the benefits of being involved with people? Think of examples from your own life?

Meditate on the statement “Being in redemptive relationships shows us our need for change and helps bring it about!”

What difference stood out to you in reading Eph. 3:14-21 from a community perspective, rather than an individualistic perspective? How can other people help us to grasp the greatness of God’s love?

Do you agree with the statement “As isolated individuals, we cannot reach the level of maturity God has designed for us. It only happens as we live in a loving, redemptive community where we celebrate the many facets of the gospel”? Why or why not?  
How has your personal experience demonstrated this statement?

Have you had experiences of the church like those of the family described in this section?  
If so, what were they, and how did they help your spiritual growth? If not, why not?

How do Christian relationships help us to better obey God? How has this been demonstrated in your own life? In what ways should this be more of a reality in your life?

What does Titus 2:11-14 tell you about growing in holiness? What is the final goal communicated in this passage? What is the point L&T make from this passage?  
How does it apply to your life?

What are the other Biblical passages that speak of the corporate nature of Christian life?  
What do they tell you about your place in the church and the church’s place in your life? What are your gifts and how should they be used to build up the local church?  
To what extent is that a present reality in your life? In what ways should it grow?

How do the sacraments speak to the individual and corporate realities of Christian life?  
How do they demonstrate the Gospel in both of these dimensions? How has your perception of the sacraments changed by reading this section?

How do L&T summarize the point of this chapter? What attitudes and actions do they wish you to have as a result of reading this chapter? In what ways can you personally fulfill that intended goal in your own life?

## **Ch. 6 The Big Picture**

What is the point the L&T make by contrasting directions with a big picture view? How does this apply to your spiritual life?

What is the approach to the Bible that L&T warns against? To what extent have you fallen into this error in your own Bible reading? How can you protect yourself from this? What is the proper way to understand the Bible, according to L&T?

How does the Bible provide an overall picture of life? How can you find and apply this to your own issues and experiences?

How does God use physical reality as a metaphor/illustration for spiritual realities? How can you learn from this and apply it?

What does the “big picture” model show us? How does this connect to all life? What does L&T suggest this model will do for you?

What are the main images in the Jeremiah 17 passage? What do they symbolize, according to L&T? How does that apply in your life?

Describe “Heat”, “Thorns”, “Cross”, and “Fruit” in your own words. What are examples of each from your life?

How does I Cor. 10:1-13 demonstrate the four elements? Choose an area of your own life and see how these elements provide practical personal insight for you.

How should the facts that Scripture is so honest about human experience and that God understands our situations encourage us? In what particular ways can you apply that encouragement?

How does the Israelite experience in Numbers 11-14 compare with yours? How does the Israelite response in Numbers 11-14 compare with yours?

What are the “three essential elements” from I Cor. 10 that L&T emphasize? Give an example of each of these elements in your own life and typical daily experience.

What is the hope of the Israelites and Corinthians? How can that same hope impact your life?

Why does Paul tell the Corinthians about the “fulfillment of the ages”? What implications does that have for your life?

How does L&T summarize the big picture at the end of the I Cor. 10 section? What stood out to you and why?

How does 2 Cor. 1:3-12 demonstrate the four elements? Choose an area of your own life and see how these elements provide practical personal insight for you. Where do you feel like you are beyond your ability to endure? How does this passage speak to your circumstance?

How do both these passages help you understand your own life from God’s perspective? What difference should that make?

Describe in your own words how L&T summarizes “Heat” in your life. What stood out and why?

Describe in your own words how L&T summarizes “Thorns” in your life. What stood out and why? To what extent does that describe the way you react? What needs to change?

Describe in your own words how L&T summarizes “Cross” in your life. What stood out and why? To what extent have you experienced this in your life? In what ways would you like to see more of this reality in your life?

Describe in your own words how L&T summarizes “Fruit” in your life. What stood out and why? To what extent does this describe your life? In what ways would you like to see more of this in your life?

Meditate on this sentence: “The courage of self-examination leads to the hope of lasting personal change when God is involved.” How does God want you to respond?

## **Ch. 7 – Heat 1: God in the Real World**

What does L&T mean by “these experiences are hermeneutical”? What is an example of this in your life? Does L&T argue that this is a good thing? Do you agree? Why or why not?

Meditate on these questions from the text: “Think about your own faith. Has it really only been shaped by teaching, preaching, and personal Bible study? Or is there a gap between what you profess to believe and what you actually believe when the rubber meets the road?”

What is the point that L&T make about the Bible? How do they apply it to the world that to our lives? How does that bring comfort to you?

What stood out to you from Psalm 88? Why? What does L&T suggest we get out of reading Psalm 88? Do you agree? Why or why not?

Meditate on these questions from the text: “As you examine your own life, are you like the psalmist? Can you be honest with God? Are you afraid to face how you are responding to the Heat of your life? Do you wonder if God really welcomes your honest, so you hesitate to bring the cries of your heart to him? Do you feel like you have to put on a good front of unwavering faith before God and people? Does your faith genuinely impact your daily life?”

How does L&T describe their insight from the small group meeting? Have you ever experienced a similar “unspoken set of rules, a conspiracy of silence”? What can you do to break down these kind of walls in your own life and relationships? Who can you be completely honest with? What keeps you from this kind of honesty with God?

How was Psalm 88 to be used in the worship life of Israel? How does L&T suggest this should change our worship lives? How can you implement this suggestion in your life and ministry?

What stood out to you from James 1:1-15? Why? What does the historical context of this passage add to its meaning?

How do you react to the phrases “trials are inevitable” and “the blessings of trials”? What does your reaction say about how realistic your thinking is compared with the Bible?

According to L&T, how are trials a part of God’s plan? How can trials help us?

According to L&T, how should we NOT respond to trials? How should we respond to trials? Why? How can riches be trials?

What makes the difference between whether a trial produces thorns or fruit? How have you seen this in your own life? What do you learn from this about How God wants to work change in your life?

Complete the phrase “Trials do not cause us to be what we have not been; rather, they...”. What difference does this make in the way you think about your life? What difference should this make in the way you live your life?

How do verses 16-18 of James ch. 1 connect with the teaching about trials and temptation earlier? What difference does this make?

Describe each of the summary truths and questions on p. 103 in your own words. Meditate on how each truth applies in your everyday life.

Review the list of false assumptions that we often make about suffering. Which of these is most true about you? Why do you think that? How can and should your thinking and actions change in this arena?

Meditate on the application questions about the Heat in your current situation. How is God involved in each situation? How can you gain His strength and resources for each situation? Review the section on the resources of Christ in the “Married to Christ” chapter.

## **Ch. 8 – Heat 2: You in the Real World**

Meditate on the sentence: “Our expectations become more difficult when we carry unbiblical, and therefore unrealistic, expectations into them.” To what extent does that describe your experience?

Describe in your own words the three phrases Paul uses to describe the world in Romans ch. 8. What is common to all three ideas? How does this shape or change the way that you think of the world? What difference does this reality make to your everyday life?

Beside creation, what is the other force that causes difficulty in our lives? How does it typically work and what is it trying to accomplish?

How does L&T suggest we NOT respond to the brokenness of life? How do they suggest we should respond?

What stood out to you from Numbers 11:4-23? Why?

What reactions do L&T highlight from this story? What point do they make about these reactions? To what extent is this typically true of your reactions?

What stood out to you from Numbers 14:1-4? Why?

What reactions do L&T highlight from this story? What point do they make about these reactions? How does this apply to your own life?

What stood out to you from Numbers 20:1-5? Why?

What reactions do L&T highlight from this story? To what extent does this describe your life?

How do you react to the phrase: “the anger we reveal in the middle of trial says more about us than it does about the trial.”? Think about what this reveals about yourself and how God wants to work change in that area.

What stood out to you from Deuteronomy 8:2-14? Why?

Describe each of the three things that God was doing for the Israelites in each trial. In what ways has God been doing the same three things in your life through trials? In what ways do you still need God’s work in these areas?

Do these trials call God’s character into question? If not, what do they accomplish? To what extent do you believe this to be true of your own trials? Why or why not?

How does L&T summarize the problem with the Israelites described in these stories? In what ways are you like them? In what ways can you improve?  
Meditate on the application questions on page 115. Where does this apply in your life?  
How does it apply? Where is God present in your Heart?

## **Ch. 9 – Thorns 1: What Entangles You?**

Meditate on these sentences: "...it is easy to forget the wonderful things that are ours as children of God. It is easy to give way to thoughts, emotions, and desires that should no longer rule us, and easy to be more defined by our problems than by the grace of Christ". What solution does L&T offer for this dilemma?

What does the thorn bush represent? What examples of this does L&T give? What examples of this do you see in your own life?

What is the main benefit of facing the reality that we are like the thorn bush in many ways?

What does L&T mean by "God calls you to be dissatisfied"? How do they describe a Christian who is "too content"? To what extent does this describe you?

Why is it right for us to be discontent in this way? How is this different from self-condemnation?

What stood out to you from Hebrews 4:14-5:10? Why? How does it give you hope and motivate you for change?

Describe in your own words each of the six things that should give us hope from Hebrews 4:14-5:10. How does each one apply to your own life?

L&T suggest that we should be "committed to a life where self-examination and commitment to personal change are the norm." To what extent are these things normal for your life? In what ways should you improve?

What stood out to you from Eph. 4:17-32? Why? Why is that important for your life?

Where does the "Gentile way" of living come from? What are its results? How would you answer "Where is the old Gentile way still evident in my life?"? What can you do about it?

Where does the "new 'know Christ' way" come from? What are its results? To what extent, and in what ways is this present in your own life?

How does L&T describe Spiritual warfare? Where does this warfare take place? How should we respond and fight this war?

Meditate on the questions in the "Getting Personal" section. What is God speaking to you through these questions? In what way(s) do you need to respond?

Describe in your own words each of the typical thorny responses. Which one(s) best describes the way you usually react? How is this response connected with the desires of your heart?

How does L&T suggest we react to the thorns that grow in our life? What do these thorns reveal? How can you implement this suggestion in your life?

Describe in your own words each of the suggested fruit tree responses. Which is/are highlighted as most needed in your life?

What is it that we should remember and how can these Gospel truths help us when we experience thorns?

## **Ch. 10 – Thorns 2: Why do you get entangled?**

Why is the correct diagnosis of the problem so important? How has the diagnosis of your life problems changed through reading this book so far?

L&T call many diagnoses “superficial”. After reading the next section, do you agree?

Why or why not? In what ways does this describe the way you typically think about your life?

Describe each of the typical diagnoses illustrated in the section entitled “Diagnosing the ‘Real’ Problem. To what extent do you think each of these things about your own situations?

What is the difference between occasion and cause? What point does L&T make from this distinction? How does this point apply in your life?

What is your biggest problem? What is your initial response to this question? Why?

What is the consequence if we don’t face our own sins?

Describe the point of identifying our problem as a “worship disorder”? How does L&T illustrate this reality from the 10 commandments? How does Joe & Mary’s story demonstrate this? To what extent does this describe your life?

What stood out to you from Romans 1? Why? What good things are you tempted to make into ultimate things?

Explain what L&T means by “functional gods”. Where do they come from? What results do they bring to your life?

How will real positive life change come into Joe’s life? In what ways can you experience the same breakthrough?

What does the book of James tell about the reason for our anger? What is at the root of this?

How can understanding our heart idolatry help us?

According to James 4, what is God’s response to our heart idolatry?

What point does L&T make about repentance? How does that help you? Why do we not need to be afraid to look hard at ourselves?

Meditate on the X-Ray questions. What stood out to you? How is God working in your life to address these things?

Describe the model of change advocated in this book. How can we respond to the idols we do find in our lives?

## **Ch. 11 – Cross 1: New Identity and New Potential**

L&T mention their desire to start this book with this chapter’s material; Why didn’t they do so? Having read thus far, do you agree with their decision? Are you glad you have the preparation of previous chapters before this one? Why or why not?

What does L&T promise to teach in this and the next chapter? How do you respond to this promise?

What do you think/believe about your own potential? Do you assume you will fail? Do you assume you will succeed? On what is this evaluation based? How do our standards of self-evaluation often fall short?

What determines our potential, according to L&T? In what ways is the cross more than just the doorway to relationship with God? What difference does that make in your life?

Describe each of the Three Redemptive Truths in your own words. What impact does each have in your life?

What does it mean to have died with Christ? To what extent do you live in this reality on a daily basis? How can this truth impact your life to a greater degree? How does this truth help you to better see your true potential?

What does it mean for Christ to live in you? What does that help you see your potential? How has this truth sparked desire and ideas for change?

How does the truth that Christ lives in us translate into daily experience of change?

Describe each of the Three Redemptive Implications. Add to this list by answering the question “What will it look like to face life really believing that he lives within you, empowering you to do what is right?”

Why do the three redemptive truths help us to be honest with our struggles, while still being hopeful?

In what areas of your life are you tempted to give up and quit? How can the redemptive truths empower you to persevere?

How will your responses be changed as the redemptive truths become more real in your life?

How does the cross help us when we fail? What responses should we avoid when we fail? What responses should we have?

## **Ch. 12 – Cross 2: The Cross and Daily Living**

How do you respond to the statement “the Bible says that the inward reality of new spiritual life is the same for every believer.”? What Scripture does L&T use to illustrate this statement? Which stood out to you and why?

According to L&T, how is a Christian going to make progress in the Christian life? To what extent does that describe your life? How can this improve?

What stood out to you from I Cor. ch. 2? Why? To what extent do you see the Spirit’s work in your life similar to the way described here?

What stood out to you from John ch. 16? Why? To what extent do you see the Spirit’s work in your life similar to the way described here?

How do you reconcile the reality of Christ’s regenerating work in your heart with the reality of your ongoing sin? How does the Spirit’s ongoing work help with this tension?

What did you learn from the illustration about coming home to kids vs. comfort? In what ways does that illustrate your life and reactions? What is the solution proposed for this problem?

Describe what L&T mean by the Cross-Centered Life. How does Paul explain and model this kind of life?

How is the Cross-Centered Life related to our self-identity? Why must the Cross be central? How does this help you in your everyday life?

How do you typically define yourself? How does that compare with God’s definition of you through the Cross?

Describe the struggles that Andy has in his Christian life? What is the root of these struggles? To what extent do you identify with Andy? How would Andy’s life be different if he kept the Cross central? How can your life be better by keeping the Cross central?

According to L&T, how can we avoid a Cross-less life? Describe how that would look in your own life?

How do faith and repentance help to life for Christ? How can you put this insight into practice?

What are the main roadblocks to repentance? How can we overcome them? What is the one essential thing needed for this?

Describe your new status in your own words. What aspect stood out to you most? Why? To what extent do you embrace and live in your new status every day?

How does I John help us to understand and live in the tension between our progress toward our destiny in holiness and the reality of the continued struggle with sin?

How does our justification change the way God looks at our sin? How should it change the way that we think about our sin?

What does Luke 15 tell you about faith and repentance? How does your life look like the younger brother? How does your life look like the older brother?

Describe each of the three essential ingredients in faith-driven repentance in your own words.

What is your deepest problem according to L&T? What is your deepest need? How does Heat help us in this process? What are the symptoms that this waking up is truly happening in your life? Which of these do you see in your life?

What are the three things involved in Owning up?

Describe the difference between worldly sorrow and godly sorrow.

What does L&T mean by “Seeing the sin beneath the sins”? To what extent do you see this happening in your own life?

What does L&T mean by “repenting of your righteousness”? Do you agree with that concept? Why or why not? To what extent do you think this is needed in your life?

Describe what it looks like to Shift Weight onto Christ, and off of our own works/sins? How does this help us to grow?

What is different in the second telling of the coming home to kids vs. comfort illustration? How did the Phil. ch. 2 questions help that situation? How can you adapt these questions to your own situation? What can you learn from the way L&T applied the cross to this situation? How can you do the same in your life?

### **Ch. 13 – Fruit 1: Real Heart Change**

Why is only diagnosing the problem inadequate for change? How does diagnosing the problem and understanding the solution give you hope for successful change?

How does the Bible define the “heart” and what does it teach about the heart? How does the metaphor of marriage illustrate this? What are the implications of this for your everyday Christian life?

What does the illustration of the woman marrying her boss tell you about your relationship to God and His laws? What stood out to you from this illustration and why? How does this help you in your obedience of faith?

What does the story of Samuel and David teach about the importance of the heart? How does that apply to you?

What are the promises in Jeremiah 31 and Ezekiel 36 regarding the heart? What does that tell us about the life of the Christian? To what extent do you experience this reality in your life? How can you experience more of this promised reality?

What does the New Testament teach about the heart? How does that give us hope and motivation for change? What resources do we have for deep heart change?

Meditate on the questions in the middle paragraph of p. 176.

Work through the Philippians questions and describe how Paul's experience informs and helps your own situation and response. Meditate on each of the questions. How does Paul serve as a good example for you to follow?

How has this exercise helped you? How can you use this as you are confronted with future circumstances?

## **Ch. 14 – Fruit 2: New and Surprising Fruit**

How do you react to the sentence “Are you ever tempted to think that the commands and principles of Scripture don't work in the real world?”? To what extent is that true of you?

Have you ever been shocked by the grandness of the hope in the Bible? If so, how? If not, why not? Think about the hopeful promises of Scripture and how they apply to your circumstances.

Do you typically believe and hope for the best or expect the worst? Why? Which is a more Biblical response? Why? In what ways can you do better in this respect?

Describe David's circumstances and his reaction to those circumstances. What stood out to you? Are these responses what you would have expected? How does David's response model hope and faith to us?

Summarize each of the six points L&T make about David's response in your own words. Which of these stood out to you and why? How do these responses compare with your typical response to situations? How can these responses help you in your responses to your circumstances?

How do L&T suggest we NOT read Psalm 4? How DO they suggest we read Psalm 4? How can that manner of reading help and strengthen you?

What is the “point” that L&T make in this section? In what ways can/should you expect that to be demonstrated in your own life?

What stood out to you from Gal. 5? Why? How does Gal. 5 illustrate and explain John 7? Why is self-indulgence mentioned in this passage? How does the Holy Spirit bear this kind of fruit in our lives?

Describe in your own words the type of views of the Christian life that we should reject and why we should reject them. Which of these is the greater temptation for you to believe and live by? Why? For each view, what is the corresponding true Biblical teaching that should be believed and embraced?

What connection does L&T make between the fruit in our lives and what Christ has given us by His work on the cross? How can we appropriate Christ's supply and see His fruit in our lives?

Describe each of the categories of fruit that L&T give in your own words. How will each look in your particular circumstances? How can you respond to this with the obedience of faith?

How do L&T define and illustrate personal integrity? How does this compare with the typical way we use the term “personal integrity”? What stood out to you and why?

Describe the proper/Biblical use and expression of emotions in the Christian life, according to L&T?

In what particular area does L&T suggest the cross should shape our relationships? How does Matthew 18 illustrate this? What stood out to you from this passage? How can we best put into practice the teaching of this passage?

How does the cross help us to forgive others? How does it help us to ask for forgiveness? What are the three parts of seeking forgiveness? Why is each one important?

Meditate on each of the cross-shaped actions to which we are called. To what extent has each been demonstrated in your life? How can each be more prevalent in your experience?

How does Bettina's story illustrate the teaching of this chapter? In what ways does her story give you hope in your circumstances?

Describe each of the summary realities in your own words. What difference does each make in your life?

### **Ch. 15 – One Couple's Story**

Describe how Ted and Ginny's story illustrate the teaching of earlier chapters. What is the Heat-Thorns-Cross-Fruit in their lives? What stood out to you and Why?

Meditate on these sentences: "Seeing life with biblical clarity is not usually natural or easy. Life blows by so fast that most of us don't take the time to reflect on our own lives in ways we should." To what extent is that true of your life? How can you improve?

Meditate on these sentences: "You, too, are living with a harvest of some sort. What were the seeds of that harvest?"

How does L&T suggest that change will come in Ted and Ginny's lives?

What has "accelerated the downward spiral of their relationship"? To what extent is that a danger in your life?

What does it mean to live with a boundary between our public and private lives? In what ways is this true of your life? What are the dangers of this? How can this improve in your life?

What is the subtle hook in the temptation? Give examples of this from your own life.

Describe each of the four ways that Ted and Ginny responded to the Heat in your own words. To what extent is each of these responses present in your own life?

How does understanding Romans 1:25 (look it up and read it) help you understand people, their motivations, problems and Gospel solutions to those problems?

Meditate on and describe the typical pattern of false worship. In what ways is this evident in your life? How can the Gospel help you in these areas?

What is the way to make change last, according to L&T? Describe how this process works in your own words.

Describe each of the practical steps Ted and Ginny need to take to see God's change in their lives. Describe how each of these will happen in your own circumstances.

What kind of change has happened in Ted and Ginny's life? What struggles do they still have? How does that compare with what Scripture has promised? What hope and motivation does that give you for your own life?

### **Ch. 16 – One Church's Story**

Describe the state of LGPC. What was good? What are the symptoms that something needs to change? How is this similar to your home church? How is it different?

How is the Gospel gap evidenced in churches as well as in individuals? Do you see any evidence of the Gospel gap in your church? If so, what is it, what is the cause of it, and what should the church do about it?

Describe each of the six inescapable facts in your own words. What happens if people don't find help for meaningful change in the local church? Why is this a problem? What does Col. 2:6-8 contribute to this issue? To what extent is this problem evidenced in your local church? How can you help?

Describe the goal of ministry advocated by L&T from Colossians? Do you think that is a reasonable, achievable goal? Why or why not? To what extent have you seen this modeled in the church(es) that you have experienced?

In the same way that our functional god can be different from our professed God, notice that a church's professed goal, vision and identity can be different from the functional goal, vision and identity. How can the church protect against this double-mindedness? What specific part can you play in helping your church close this gap? How does this also apply to your own personal functional goal, vision and identity?

Meditate on the phrase: "even good things can displace Christ as the source of life and the head of the church".

Imagine what your church would be like if the Gospel were central to the understanding and practice of leadership. ...if the cross were central to the activities, ministries and focus of the church. ...if the Gospel were central to everyday life as taught and modeled by the church.

How can the church accurately, helpfully communicate the reality of Heat-Thorns-Cross-Fruit?

Meditate on the questions that LGPC asked about all its ministries. How would you answer these questions about your own church? How can your church be better in these areas? What can you contribute to this?

What stood out to you from Hebrews 10:19-25? Why? What is the priority for change in your own life?

Give specific ways that you can serve your church in each of the four levels described by L&T.