



Fundamentals Course Session 2 2026-2027: Biblical Counseling Basics - Sanctification and Heart Change

Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God. 1 Corinthians 6:11

1. Agenda:

- Distinction between justification and sanctification
- Sanctification as God's will
- Sanctification as transformation
- Sanctification as cooperative effort (Work of God and Duty of Man)
- Blessings of sanctification
- The heart of man/inner man
- Process of heart change toward a transformed life.

2. Sanctification: (Romans 8:28-29; Ephesians 4:22-24, Colossians 1:28).

- Biblical counseling contributes to/aids in sanctification.
- "Sanctify": to set apart to God, for His use. God works in those He claims as His own to conform them "to the image of his Son" (Rom. 8:28-29).
- The process of sanctification begins at the heart level and involves the progression of putting off wrong thinking, behavior, and emotions; renewing the mind by God's Word; and putting on biblical thinking and acting, all toward growing in Christ-likeness and being made complete in Christ.

3. Biblical View of Sanctification

- Justification and sanctification go together.
- Justification is an act of God.
- A LEGAL declaration in which God pardons the sinner of his sins and accepts and accounts the sinner as righteous in His sight. God declares the sinner righteous at the moment the sinner puts his trust in Jesus Christ (Rom. 3:21-26, 5:16; 2 Cor. 5:21).
- God justifies the sinner solely on the basis of the obedience and death of His Son, Jesus Christ. Christ's perfect obedience and full satisfaction for sin are the only ground upon which God declares the sinner righteous (Rom. 5:18-19).



- In justification – God’s righteousness is IMPUTED to the sinner. God puts the righteousness of His Son onto the sinner’s account.
- Just as my sins were transferred to, or laid upon Christ at the cross, so also His righteousness is RECKONED to me (2 Cor. 5:21).
- Sinners are justified through faith alone when they confess their trust in Christ.
- We are not justified because of any good that we have done, are doing, or will do.
- Faith is the only instrument of justification. Faith adds nothing to what Christ has done in justification. Faith receives the righteousness of Jesus in the gospel (Rom. 3:21-26; 4:4-5).
- Sanctification is transformative – immediate, progressive, and ultimate.
- We are increasingly being changed from what we once were through the agency of the indwelling Holy Spirit. Spiritual growth/maturity/being complete (Colossians 1:28).
- The Spirit “works in us, both to will and to work” according to God’s purpose (Rom. 8:28) to conform us “to the image of his Son” (Rom. 8:29).
- Working out our salvation with fear and trembling (Phil. 2:12, 13). Progressive sanctification is a cooperative effort with the Spirit in us as we become increasingly Christlike as faithful and obedient disciples of Christ. (Gal. 5:22–25; 2 Cor. 3:18).
- The Will of God for us: *For this is the will of God, your sanctification* (1 Thess. 4:3).

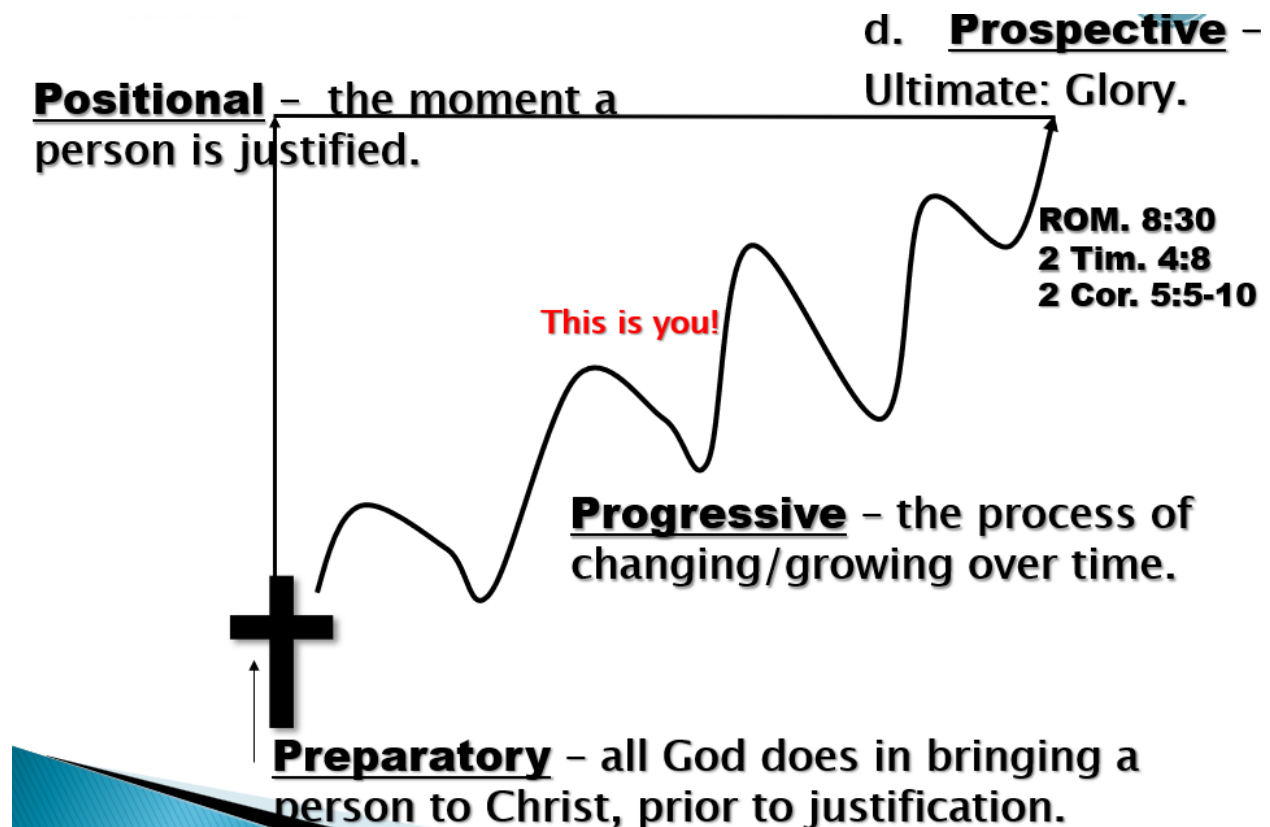
4. Blessings of Sanctification - The Believer’s Transformed Identity

- By sanctification we are now/becoming: Titus 3:3-7; Rom. 5-8; Eph. 1:3-14
 - Justified, redeemed, forgiven (Romans 3:24; Ephesians 1:7)
 - Made holy (1 Corinthians 1:2)
 - Set free from the law of sin and death (Romans 8:2) and made alive in Christ Jesus - *But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life* (Romans 6:22); Liberated (Galatians 5).
 - Sealed with the Holy Spirit – our inheritance (Eph. 1:13)
 - Given access to God (Ephesians 3:12)
 - Made complete (Colossians 2:10)
 - Illumined (1 Cor. 2:10-13, 16; Ephesians 1:17-18)



5. Four aspects of sanctification

- Preparatory – prior to justification
- Positional – immediately at justification
- Progressive – throughout lifetime after justification
- Prospective – Glorification



6. Heart of Man:

Heart change = Behavioral change

Change of behavior without heart change is temporary and hypocritical!

The Christian life is a dynamic life!

The Christian life is about change – healthy, maturing, spiritual growth to become complete in Christ – Christ-likeness (Col. 1:28)

- **Proverbs 4:23**

Watch over your heart with all diligence, For from it flow the springs of life.

- **Jeremiah 17:9-10**

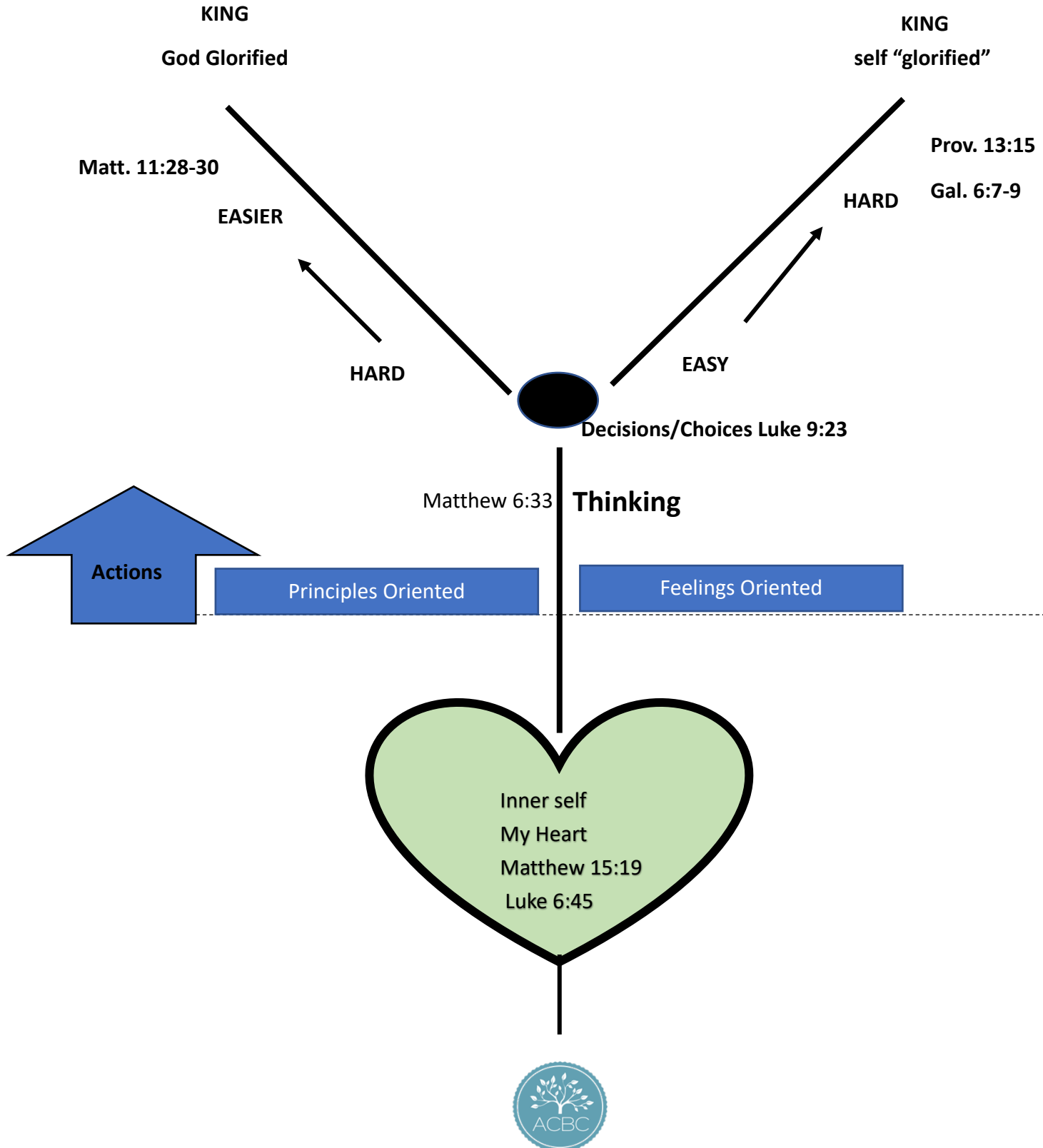
*The heart is deceitful above all things and beyond cure. Who can understand it?
“I the Lord search the heart and examine the mind, to reward each person
according to their conduct, according to what their deeds deserve.”*

- **Mark 7: 14-23**

*After He called the crowd to Him again, He began saying to them, “Listen to Me, all of you, and understand: there is nothing outside the man which can defile him if it goes into him; but the things which proceed out of the man are what defile the man. If anyone has ears to hear, let him hear.” When he had left the crowd and entered the house, His disciples questioned Him about the parable. And He *said to them, “Are you so lacking in understanding also? Do you not understand that whatever goes into the man from outside cannot defile him, because it does not go into his heart, but into his stomach, and is eliminated?” (Thus He declared all foods clean.) And He was saying, “That which proceeds out of the man, that is what defiles the man. For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. All these evil things proceed from within and defile the man.”*



7. Living to Glorify God.





8. Four Levels of Problems.

- Perception/Perceptual Level: Where problem begins. Mind-set, established attitude, values. Often a conscious choice to adopt a certain manner of thinking. Interpretation of reality. Idols of the heart

- Preconditioning Level: Where problem begins. Learned patterns: unconscious, absorbed patterns from various influences in our lives, including sinful choices which have become regularized behavior.

- Performance Level: How one acts. "Doing level" Ask what, when, how and who questions to discover why this behavior is characteristic of this counselee. Performance includes a variety of behaviors such as brooding, being critical, slamming doors, overeating, lying, clamming up.

- Presence/Presentation Level – Observable. What is felt: this includes what a person projects – constant frown, rigid muscle tone – and what he feels and talks about feeling. Depression, listlessness, confusion, fearfulness, relational problems, suicidal ideations, inability to control anger.

9. Biblical Counseling: Defined

Biblical counseling is the personal discipleship ministry of God's people to others under the oversight of God's church, dependent upon the authority and sufficiency of God's Word through the work of the Holy Spirit.

Biblical counseling seeks to reorient disordered desires, affections, thoughts, behaviors, and worship toward a God-designed anthropology, in an effort to restore people to a right fellowship with God and others.

This is accomplished by speaking the truth in love and applying Scripture to the need of the moment by comforting the suffering and calling sinners to repentance, thus working to make them mature as they abide in Jesus Christ.

10. Hopeful Counseling.

Goal, method, focus, target, and tools of intensive discipleship and biblical counseling:

- a. The goal is heart transformation and relational restoration (2 Corinthians 5:12-21).
- b. The method is truth in the context of grace (John 1:14).





c. The focus is mind, will, emotions, and right behavior—renewed mind, submitted will, informed emotions, and godly behavior.

d. The target is beyond behavior to the desire and motivations of the inner man. (For example: Is it possible that there are cases where mania and depression that have resulted in a bipolar diagnosis, are a long-standing pattern of foolish behavior and despairing thoughts?)

e. The tools are the Word of God, Spirit of God, community of God (2 Peter 1:3).

9. THE PROCESS OF CHANGE THAT BRINGS HOPE - Overcoming the entanglement of sin and/or the negative effects of suffering – 1 John 5:3-5.

Conception Of Sin (James 1:12-15)

A. Tempted by my desires, I'm lured and sin conceived in my mind (Jer 17:5-8).

B. What do I desire more than glorifying God, so much that I am willing to sin to get it?

C. Sin is my responsibility, not something I can blame on Satan or the situation.

Conviction (John 16:8-11)

A. What is the sin I have done in unbelief? Unbelief is going anywhere other than God and His Word to deal with a situation—Jeremiah 17:5-8.

B. What is the righteousness I have not reflected?

C. What is the judgement? What is the price to pay?

Confession (1 John 1:9, Proverbs 28:13, Proverbs 13:15)

A. I agree with God. I surrender my mind, will, and emotions to God's mind, will and emotions (according to His Word).

B. I confess to God in contrite humility. He cleanses me through the blood of Jesus Christ and restores the relationship with Him.

C. I confess to the person I have sinned against in contrite humility. Through being forgiven by Christ—merciful, gracious forgiveness is granted, and the relationship is restored (Ps 66:18, Pro 15:29, Matt 5:23-24).





Change (2 Corinthians 7:8-10, Romans 12:1-2, Ephesians 4:17-32, Colossians 3:1-17)

A. Godly sorrow - I put off. I verbalize to those I have sinned against how I hate my sin.

B. Repentance - I renew my mind. I verbalize how my mind has been renewed by the Word of God to think differently (new mind).

C. Deliverance - I put on. My thoughts and actions are different (new man).

Convincing Evidence (2 Corinthians 7:11)

A. I prove repentance by manifesting change in my life rather than simply talking about change – diligence through the power and leading of the Holy Spirit, clearing the old, indignation toward the sin, fear of doing it again, desire and zeal in the new actions. I am vindicated.

1. Diligence – I will eagerly and aggressively pursue righteousness (Matthew 5:6).

2. Clearing yourself—A desire to clear your name from any form of the sin (Romans 13:14, 1 Thessalonians 5:22).

3. Indignation—means we will have anger over our sin and displeasure because of the shame it brought our Lord (Matthew 5:4, James 4:7-10)

4. Fear—we will have a healthy fear and reverence towards the God who disciplines and judges' sin (Deuteronomy 13:4-11, Psalm 9:20, Revelation 14:7).

5. Vehement desire—this refers to the strong desire to restore the relationship with the person who you sinned against.

6. Zeal—this refers to loving someone so much that one hates anything that harms the object of this love.

7. Vindication- means the repentant sinner no longer tries to protect himself. He wants to see his sin avenged.

B. By repentance, I prove (show, speak) myself to be changed (2 Cor. 7:11).

We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ.” Colossians 1:28

And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge and able also to admonish one another. Romans 15:14

