

## Using this Resource in a Counseling or Discipleship Ministry

“**Transformed Into His Likeness**” is a helpful resource for pastors, church leaders, biblical counselors, small group leaders, and any Christian seeking to lead others along the path of spiritual growth. Several features about this book make it a **handy tool to use for counseling or discipling others**.

- **The Put Off/Put On list** is very useful for helping fellow believers identify where personal change may be needed. The Put Off list in particular can be used by God to reveal blind spots in the life of stagnant believers and awaken them to spiritual realities.
- **The introductory teaching**, “Key Biblical Principles for Personal Transformation” stimulates hope that personal change is possible. It is a concise explanation of the progressive nature of sanctification, which will help the person understand how transformation takes place in his daily life. (Sanctification is the process of becoming more and more free from personal sin, and more and more like Christ in our actual lives).
- **The Scriptures** are a ready reference, pointing you to pertinent Bible passages for over 100 common problems with which many Christians struggle. Many of these topics are not found in a Bible concordance.
- **The Personal Transformation Worksheet** follows the transformation process, and therefore is a practical guide to help others apply God’s Word to a daily, life-changing reality. The worksheet is designed to involve a person in his own personal growth.

**The following is a suggested procedure for using this resource with others:**

1. **First**, as a homework assignment, instruct the person(s) you are counseling/discipling to read the introductory teaching, “Key Biblical Principles for Personal Transformation.” It would be beneficial to have him read it twice; doing so will give him a good understanding of the process and pattern for personal change that is taught in the Bible.

During the reading, he is to highlight or underline any statements in the text that are significant to him, and be prepared to explain why he found them to be significant (a significant statement is a direct quotation from

the teaching and should reflect what was impressed upon the reader’s heart). This will help him to think carefully about what he is reading.

After the second reading, he is to thoughtfully and soul-searchingly go down the list of Put-Offs and place a check mark next to the areas that “characterize” him (not an occasional problem). However, do not instruct him to work through the Personal Transformation Worksheet at this time. The focus for now is primarily to gain an understanding of the transformation process. This is important because many Christians do not understand how personal transformation takes place in their actual day-to-day lives.

2. **At the second meeting**, ask him to share his significant statements and why he found them to be significant. This will give you a feel for his grasp and comprehension of how personal change takes place in his life. You may perceive it necessary to discuss further some of the key biblical principles from the teaching so he fully understands the transformation process.

Next, ask for the Put Offs that he has checked, and list them for your reference. From this list, ask him what he would perceive to be his two greatest areas of needed change. Then, as a homework assignment, have him work through the Personal Transformation Worksheet focusing on these two areas using a separate worksheet for each. Show him how to work through the Personal Transformation Worksheet by going over the “How to Work Through...Worksheet” page of instructions, and the “An Example” worksheet below it (on anxiety/worry) as a guide.

3. **At the third meeting**, look over his worksheets. Make sure he has identified his heart sins and make sure his Plan for Change is specific. You may find that you will need to help him develop a concrete and workable Plan for Change, keeping in focus the biblical goal (i.e., the Put On). Then, lovingly and steadfastly, hold him accountable to his plan for change, nurturing him through the transformation process.
4. As you observe progress being made in his life in these areas, have him begin to work through other areas of need from his Put Off list.