

COUNSELING THE HARD CASES

Figures to Accompany the Audiobook

“Four Common Heart Themes” figures (chapter 7)

FOUR COMMON HEART THEMES

FOUR HEARTS

Flesh Bent	Flesh Statement	Flesh Question	Renewed Statement	Renewed Question	Renewed Heart
ANGER <i>Torch lighter</i> Isa 50:10-11 Divisive Prov 29:22	"I deserve some _____!" "My will be done."	"Is God really on my side?" "How do I get respect?"	"Christ is my Lord." "His will be done."	"Whom can I serve?" "How do I forgive?"	Yielding and Submissive Tender and Kind
FOOLISHNESS Broken Cisterns Jer 2:13 Self-reliant Prov 28:26	"I want it now." "I can't help myself."	"Is God really enough?" "How can I get more?"	"God is worthy and awesome." "God is enough."	"Whom can I bless?" "Can I wait on him?"	Reverent Fear, Seeking Wisdom, Self-control
DESPAIR Vain Striver Ecc. 2:20 Giving Up Isa 61:1-3 Rom 15:13	"I need to be understood." "No one knows my pain."	"Is God compassionate?" "Does anyone really care?"	"God is compassionate and near." "I am in his sovereign hands."	"Whom can I give to?" "Where is my hope?"	Hopeful Giving Praise and Worship of God
FEAR Man Pleaser Gal 1:10 Eyes on trial Matt 14:25-31 Forgetting God Deut 31:8	"I am unlovable." "I can't risk it." "I can't see a way out of this situation."	"Is God trustworthy?" "Does anyone love me?" "Does anyone really care about me?"	"I trust God with all my heart." "My esteem comes from Christ's love."	"Whom should I need less and love more?" "With Christ as my friend whom or what shall I fear?"	Trusting and Loving More Than Needing Gratitude for All Things

Anger—The person characterized by an angry heart has a propensity to make an idol of power, control, having his own way, or to be covetous. This person might find himself making conscious and/or unconscious statements like, "I want respect or peace!" or "I can't believe so and so!" A person who chooses not to deal with an angry heart may be characterized by bitterness, judgment toward others, discontentment, lack of joy, strained relationships, and/or continual conflict in relationships. Others might comment that his actions and attitude can be volatile, ungrateful, condemning, grouchy, intimidating, irritable, or difficult.

Foolishness—The person characterized by a foolish heart has a propensity to make an idol of escape, pleasure, self-sufficiency, or self-gratification. He may find himself constantly in pursuit of certain feelings, objects,

or the accumulation of things. This person may find himself making conscious and/or unconscious statements like, "I want it now!" or "I just can't help myself!" The person who chooses not to deal with a foolish heart may be characterized by consuming addictions, blame-shifting, irresponsibility, and self-destruction. Others might comment that his actions and attitude are cavalier, irresponsible, lazy, selfish, or immature.

Despair—The person characterized by a despairing heart has a propensity to make an idol of easing pain, feeling good, and creating comforts. This person may find himself making conscious and/or unconscious statements like, "I deserve!" or "I'm totally helpless!" The person who chooses not to deal with a despairing heart may be characterized by a victim mentality, an inordinate need for security, self-pity, strained relationships, and a propensity to

self-medicate or escape through fantasy or self-destructive behavior. Others might comment that his behavior or moods are melancholy or down in the dumps. When relating to others, he can be distant, isolating, draining, or self-absorbed.

Fear—The person characterized by a fearful heart has a propensity to make an idol of security, perfection, or looking better than he is. This person may find himself making conscious and/or unconscious statements like, "Will they reject me?" or "I can't risk it!" or "Where is God?" The person who chooses not to deal with a fearful heart may be characterized by false guilt and shame, social and/or spiritual paralysis, fear of man, and a shaken faith. Others might comment that his behavior or moods are up and down, nervous, tentative, and his social interactions are sometimes avoidant or even paranoid in nature.

“Abide with Christ” figure (chapter 7)



Reference footnote on same-sex attraction (chapter 9)

In this case, I counseled a male dealing with same-sex attraction. Factors contributing to same-sex attraction in females are often somewhat different. Some helpful resources regarding homosexuality (including potential contributing factors to homosexual tendencies) include Kerby Anderson, *A Biblical Point of View on Homosexuality* (Eugene, OR: Harvest House, 2008); Joe Dallas, *When Homosexuality Hits Home: What to Do When a Loved One Says They're Gay* (Eugene, OR: Harvest House, 2004); David Powlison, "Sexual Sin and the Wider, Deeper Battle," *The Journal of Biblical Counseling* 24, no. 3 (Spring 2006): 30–36; and Edward T. Welch, "Homosexuality: Current Thinking and Biblical Guidelines," *The Journal of Biblical Counseling* 13, no. 3 (Spring 1995): 19–29. For additional material regarding the biblical view of sex and how to handle sexual temptation, see Joshua Harris, *Sex Is Not the Problem (Lust Is): Sexual Purity in a Lust-Saturated World* (Colorado Springs, CO: Multnomah, 2003); John Piper and Justin Taylor, eds., *Sex and the Supremacy of Christ* (Wheaton: Crossway, 2005).