

WHAT DO YOU DO

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CCM—Jay Adams, The Christian Counselor's Manual, Pres & Ref
CTC—Jay Adams, Competent to Counsel, Baker

I. When You Know that You're Hooked? (CCM, ch 18)

- A. Such were some of you—1Cor 6:9-11
 - 1. Therefore, it is NOT true that once an addict, always an addict.
- B. How can there be a permanent change?
 - 1. First, you must savingly know the Lord
 - a. God's provision is for no others
 - b. Recognize sinfulness
 - c. Recognize the work of Christ in forgiveness
 - 2. Assuming you are saved
 - a. Your body is a temple of the Holy Spirit—1Cor 6:19
 - i. You must glorify him in your body
 - ii. Otherwise you defile the temple of God
 - b. The Spirit's Work
 - i. To help you understand the scriptures—1Cor 2
 - ii. He authored them—2Pt 1:20, 21
 - iii. Ask God for
 - 1) their truth for your problems
 - 2) the willingness to obey the scriptures
 - c. Must desire to please Him in all things
 - 3. How to avoid failure—you must change your life
 - a. Most systems teach addicts to try to *quit* the practice. "Sinful habits must not be *stopped*, God says they must be *replaced*."
 - b. When you *stop*, you are still an addict who (*temporarily*) is not engaged in the habit.
 - c. "Must *change* by a reorganization and reorientation of responses into a new pattern (or manner of life)."
 - d. Here is what God says—Rom 6:19; Col 3; Eph 4:14-
 - e. Must have a totally new lifestyle
 - 4. Aspects of this new lifestyle—2Cor 5:17
 - a. Friendships must change—1Co 15:33; Heb 10:24-25
 - b. A Biblical example of this "replacement dynamic"—Eph 5:18
 - i. Prohibition is there as is the replacement
 - 1) This is the way to meet all of life's problems
 - 2) Meet problems with wisdom (based on scripture) and joy—comp. Eph 5:19-20; Col 3:16-17
 - ii. Debauchery = the greek carries the "connotation of a life ruined and destroyed by drunkenness."
 - iii. The filling of the Holy Spirit is the "result of the normal growth that ought to characterize every Christian life."
 - 1) Results in Eph 5:19-20
 - 2) We are to be dominated and controlled by the Spirit
 - iv. Drunkenness begins a destructive cycle. Failure which brings guilt which is drowned by drink
- C. Steps based on this
 - 1. Repent of sin to God
 - 2. Probe every area of your life and list of concrete ways in which you are failing God and others
 - 3. Work with someone who will counsel you from the scriptures
 - 4. Avoid all associations with those with whom you engaged in the practice you seek to abandon.
 - a. Cut them off entirely

- b. You cannot resume any of these friendships (unless they too trust the Lord and repent!)
- c. There can be no argument on this point.
- 5. Using your list, restructure your life
 - a. Against the old ways
 - b. For the new holy ways

II. When Anger Gets the Upper Hand? (CCM, ch 31)

- A. The wise man—Prov 29:11
 - 1. We control our anger around others, because we have to!
 - 2. We are not so careful around home, yet—Col 3:15-19
- B. How can there be a permanent change?
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- C. God's commands
 - 1. Control is commanded—Eph 4:31
 - 2. Clam up and do a slow burn-also condemned—Eph 4:26
 - 3. Anger itself is not sin—Eph 4:26; Ps 7:11; Mk 3:5
 - a. Anger is a powerful force and can have a valid use and purpose.
 - b. Ventillation (blowing up) is not valid for it destroys others—Prov 29:11; 25:28; 19:11; 29:20, 22; 14:17, 29; 15:18; 19:19; 22:24-25; Ja 1:19-20
 - c. Internalization (clamming up) is not valid for it destroys ourselves—Eph 4:27-32
 - 4. We must watch our words—Eph 4:29
 - a. "Destruction of others is a prerogative that belongs not to us, but to God (Rom 12:18-21)."
 - b. Others might recommend ventillation toward others or things but this is wrong biblically.
 - 5. Anger must be released 'under control' toward the problem
 - a. Part of the fruit of the spirit—Gal 5:22-23
 - b. A practical way to achieve these goals in a family might be the conference table (see *Competent to Counsel*, p. 231)
 - c. Must speak the truth in love—Eph 4:15

III. When You Become Depressed? (CCM-ch 33, CTC-pp 116ff)

- A. In Christ, there is hope for the depressed
- B. Preconditions for the Biblical approach
 - 1. First, you must savingly know the Lord
 - a. God's provision is for no others
 - b. Recognize sinfulness—Rom 3:23
 - c. Recognize the work of Christ in forgiveness—Eph 2:8-9; Jn 3:16; Rom 4:4-5
 - 2. Your first goal is to please the Lord. Doing away with depression is not of first priority.

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 - b. The Spirit's Work
 - i. To help you understand the scriptures—1Cor 2
 - ii. He authored them—2Pt 1:20, 21
 - iii. Ask God for
 - 1) their truth for your problems
 - 2) the willingness to obey the scriptures, no matter how you feel!
- C. Depression
1. Comes as a result of lacking self-control and self-discipline
 2. The Holy Spirit produces such discipline in those who seek to please the Lord rather than follow their feelings—comp. Gal 5:23
 - a. Cain merely brought an offering. Abel brought the best. (CCM, p. 377, blood is not mentioned in the text!)
 - b. Depression often follows from failure to meet obligations as God requires
 - i. On one occasion, David saw depression as from the Lord—Ps 32:4
 - ii. Sin can lead to problems—Prov 28:1
 - iii. We do not fulfill obligations because it feels good but because they are obligations
 - c. We must do what is right, whether we feel like it or not!
 3. Affliction should not bring depression—2Cor 4:8
 - a. We may be discouraged or weak, etc. but that is not depression
 4. Solving the problem
 - a. Make a full list of all the things you should be doing
 - b. Do them in order to please God and others who depend on you
 - c. Keep at it whether you feel like it or not
 5. In the future
 - a. Confess sin of failing to assume responsibilities
 - b. Do what God wants whether you feel like it or not
 - c. Deal biblically with any sin
 - d. Avoid gripe groups, etc.

IV. When You Worry All the Time?

- A. God says to cast all your cares on Him—1Pt 5:7
- B. Worry affects health
- C. Worry in the Bible
 1. Usually translated “anxiety” or “care.”
 2. Worry is concern over the future—something you can do nothing about.
 3. Note—Matt 6:31, 34
 - a. The future is in God’s hands and *belongs* to Him
 - b. There is nothing wrong with thinking and planning for tomorrow
 4. James 4:13ff—forbids presumption not planning
 - a. Proper planning - “If the Lord wills,…”
 5. The Christian belongs to God in creation and belongs to God in redemption
 6. The point of Matt 6—We must do the following:
 - a. make our best plans
 - b. put them in God’s hands
 - c. focus our concern on today
 7. Concern for today’s problems is productive
 - a. We can decide exactly what we are able to do
 - b. We can put it in God’s hands through prayer
 8. In Matt 25:25-27, worry is actually the cause for laziness
 9. “Something can always be done about today’s problems”—1Cor 10:13
 10. When tempted to worry, write out and answer the following three questions”
 - a. What is my problem?
 - b. What does God want me to do about it?

- c. When, where and how should I begin?
- D. This prescription is only valid for believers

V. When Fear Overcomes You? (CCM-ch 18 & 36)

- A. Types of fears
 - 1. Rational and proper—keeps you from falling off a cliff, etal.
 - 2. Irrational and dominant—we must deal with these fears
- B. You may never rightly say, “I’ll do anything.”
 - 1. God will not allow that. He requires the attitude, “I’ll do anything that God wants me to do.”
 - 2. God wants you to seek to please Him first and think about the problem of fear, or anything else, after that.—Mt 6:33
 - a. Anything else is inadequate
 - b. You can’t turn to Him just to conquer fear
 - c. You must seek Him and turn to Him to be saved and to belong to Him
 - d. Your goal must be to please Him
- C. First, you must belong to Him
 - 1. Every person was born a sinner and is dead in sin and dead to God
 - 2. God’s realm is for righteous people ONLY
 - 3. The only way is through Jesus Christ
 - a. Christ died for guilty sinners
 - b. He bore the punishment of all of His people everywhere
 - c. Christ rose from the dead and is now in heaven
 - d. His righteousness is attributed to those who
 - i. trust Him as their Savior
 - ii. believing that He died and rose from the dead for sinners
 - iii. that he saves all who call upon Him in faith
- D. If you are a believer and still fear
 - 1. Discover and list those responsibilities toward God and others that you are not fulfilling because of fear.
 - 2. God assures us that there is one force greater than fear—love. You begin to fulfil those responsibilities because of your love of God or of the person(s) affected.—2Tim 1:7
 - a. Love fulfills responsibilities
 - b. Fear shrinks from responsibilities
 - 3. “The fear of God is the one fear that removes all others.”
 - 4. Since fear springs up from within, it does not control you—you control it
 - a. Don’t dwell on the fear
 - b. Dwell on the solution—the actions that you must take—Phil 4:8, 9

VI. When Your Marriage Goes Sour? (*Living in the Home*, Pres & Ref)

- A. Common Situation
 - 1. Neither feels anything for the other but lack Biblical grounds for a divorce
 - 2. What should they do? “Learn how to love?”
 - 3. But, you can’t produce feelings.
 - a. Love is not feeling first.
 - b. “Agapao” is the determination to do good for another
 - c. For the believer, the motivation is to please God
- B. God commands to love—Love the Lord...love your neighbor...
 - 1. To the husband—Eph 5:25
 - a. “I couldn’t love like that”
 - b. The Bible commands, “Love your neighbor,” and your spouse is at least that close.
 - c. The Bible even commands, “Love your enemies,” and your spouse is no worse than that.
 - d. God does not command that which He does not enable the believer to do
 - 2. Your first goal is the please the Lord

- C. Love is not feeling first
 - 1. Feeling is self-centered
 - 2. Love is manifested through giving
 - a. God's love—gal 2:20; John 3:16
 - b. We must *give* first. This is not hypocritical-it is Biblical
- D. Patching up a marriage requires *forgiveness* first. This means that you promise:
 - 1. Never to use themn against the other in the future
 - 2. Never to talk to others about them
 - 3. Never to dwell on them in your own thoughts
 - 4. Compare Lk 17:4
 - a. The source of such faith—Lk 17:5-6
 - b. You don't need more faith, if you are believers
 - c. God supplies all that is needed—Phil 4:13
- E. God's word has all of the answers that pertain to life and godliness—2Pt 1:3
- F. Responsibilities
 - 1. Husbands—Eph 5:25
 - 2. Wives—Eph 5:24