

T Cell Training #6

- I. How do I help others change?
 - A. Love: **Build a relationship**
 - B. Know: **Ask Questions**
 - C. Think: **Help the other person process their life biblically**
- II. We might call this part of the discipleship process, "Interpretation."
 - A. Why is interpretation important?
 1. "I say this all the time - human beings do not live life based on the facts of their experience, but on the interpretation of the facts. We never respond objectively to the situations in our life; we respond based on the lens that we see those situations through."
 2. So things happen. And you respond. Why do you respond the way you do? You think it's because of the events. But that's not quite right. You respond on the basis of your interpretation of those events.
 - B. Why is interpretation difficult?
 1. **There are all kinds of voices out there who are giving us their interpretation of what is going on.**
 2. We're constantly being given interpretations of our problems, and we are making our own interpretations as well, and we're not neutral, either.
 3. And then you know what so often happens is, that wrong interpretation gets locked into our brains, and we are so sure that's how things are, that it becomes very difficult for us to ever change.
 4. **Which is why one of the keys to being a good friend is helping people interpret what is going on in their lives biblically.**
 5. Sin is really good at deceiving us and because sin is so good at deceiving and hardening our hearts, we need other believers who will love us enough to exhort us, and what that means is to show us our own lives from God's perspective, and that's really what we are talking about when we talk about helping people interpret their lives biblically.
 - C. What are some examples of interpretation in the Bible?
 1. James 4
 2. Malachi
 3. Job
 4. Numbers 11
 - D. How can you get better at helping others interpret life biblically?
 1. Need to grow in your knowledge of people and of the Bible.
 2. Two helpful steps:

a) Read your Bible! One way you can grow in your knowledge of people and the Bible, is by reading the Bible with the goal of understanding people. God knows people better than we know people, so read the Bible and as you read the Bible, look for what you can learn about how people work.

(1) For example, here are some questions you can ask:

- (a) What does this passage teach me about what people think, feel or do?
- (b) About what people need?
- (c) What problem does it address? How does that problem express itself in our lives today?
- (d) What comfort is found in this passage? What does that comfort tell us about our real needs as people?
- (e) What might be common objections to this text? How does my own heart object to the truth of this text?
- (f) What are some specific ways people live contrary to what this passage teaches? Are there biblical examples?
- (g) What are some specific ways people have applied this passage successfully?

b) Work on interpreting what is going on in your own life biblically.

- (1) What is happening?
- (2) How am I feeling?
- (3) What am I thinking about what is going on?
- (4) What are people telling me to think about what is going on?
- (5) What does the Bible say about what is going on?

