



Transformed

From Brokenness
to Wholeness

Season Two
Study Guide

Table of Contents

<i>How to Use This Curriculum</i>	3
<i>Episode 1</i>	5
<i>Episode 2</i>	14
<i>Episode 3</i>	23
<i>Episode 4</i>	32
<i>Episode 5</i>	41
<i>Episode 6</i>	51
<i>Episode 7</i>	62
<i>Episode 8</i>	72
<i>Episode 9</i>	84
<i>Episode 10</i>	95
<i>Episode 11</i>	105
<i>Episode 12</i>	115
<i>Episode 13</i>	126

How to Use This Curriculum

Instructions for Teachers

Greetings!

Everyone at Gospel Partners Media is so glad that you are introducing your class to Biblical Counseling! Thank you.

This series has a two-fold goal:

1. That viewers would see how the Bible applies to their emotional issues and be helped.
2. That viewers would be encouraged to become Biblical Counselors.

Preparation:

Don't panic if you don't know the answer to a question.

We encourage you to read or listen to the materials provided at the beginning of each unit.

These materials will help you field most questions.

Please note: you do not have to show all thirteen episodes. Each episode stands on its own. Pick the episodes that will benefit your class the most.

Class Structure

- Announcements
- Prayer
- Hand out questions to each participant and encourage them to answer the questions while the video plays.
- Watch one segment at a time.
- Pause at the end of each segment to discuss the questions together. If you answer the questions and still have time, we have provided additional Main Ideas that you can use for discussion points.
- *Please note:* if you find yourself in a great conversation about a particular issue, we encourage you to camp there as long as you need. It is better to have robust conversations that are of interest to the class, rather than racing to watch the entire episode.
- Close the class in prayer.

How to Use This Curriculum

The Clock

Each of the thirteen episodes runs twenty five minutes each.

To determine the length of discussion time, take the total number of minutes per class:

- Deduct announcement and opening prayer time.
- Deduct twenty five minutes.
- Deduct closing prayer time.

Divide the number of minutes remaining by four, and that will be how long you have for each discussion time.

Thank you again for utilizing Transformed!

May the Lord use our joint efforts to equip the church to strengthen the downcast and hurting.

Episode 1

Episode 1: Segment 1

Instructions for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

Primary Resources

Article:

Strategies for Fighting Depression Well by Jim Newheiser at

<https://biblicalcounseling.com/resource-library/articles/strategies-for-fighting-depression-well/>

Jesus Christ, our Living Hope by Jeff Christianson at

<https://www.biblicalcounselingcoalition.org/2021/09/03/jesus-christ-our-living-hope/>

Taking Every Thought Captive by Joshua Waulk at

<https://www.biblicalcounselingcoalition.org/2015/11/27/taking-every-thought-captive-2/>

Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- If life were a train, what should be the engine?
- Where do feelings belong in the train of life?
- Why should you stop letting your life be led by feelings?

Answers

- If life were a train, the engine would be believing, which then informs our thinking, and our feelings follow last.
- Although feelings are important, they are not ultimate. Feelings should be the last car on our train of life.
- When we let feelings drive our lives, despair is surely soon to follow.

Main Ideas

The ideas presented below represent some key concepts of the segment. You may share these with the class if you have extra time for discussion.

- What you believe is the engine that drives your life because it informs your thinking.
- When we let feelings drive our lives, we can be sure a trainwreck is soon to follow.
- Our feelings are important, but they're not ultimate.
- We must prioritize believing, which will change our thinking.
- A Christian can find hope even when he doesn't feel like it.

Episode 1

Episode 1: Segment 2

Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How have you experienced negative results because you made a decision based on your feelings?
- How can we learn from Cain's negative example?
- What is the goal of biblical counseling for depression?

Answers

- Feelings often lead us wrongly. If we are driven by feelings, we are likely heading for a train wreck.
- Cain had an opportunity to be truth-led, but he chose to follow his feelings instead. Rather than allowing truth to lead him to repentance and obedience to God, he acted on his feelings and ended up choosing to kill his brother.
- The goal is not necessarily that the depression goes away completely. Rather, the goal is to be faithful regardless of feelings. We pray that God would change us to want what He wants. The goal is to make an intentional habit of being belief-driven, and eventually, we hope to grow to a point where our feelings are in alignment with our beliefs.

Main Ideas

- A root of depression could be a feeling-oriented existence.
- When we are obedient and led by truth, it affects the way we feel. When we let feelings lead us, they often lead us wrongly.
- Cain had an opportunity to be truth-led, but he chose to be feelings-led, and his feelings led him to sin and greater destruction in his life.
- The goal is not that depression goes away, but that God will change us to want what he wants.
- The goal is to be faithful regardless how we're feeling that day. And eventually, we want to get to the point where it is no longer, "God, I want to believe. Help me to believe." Instead, it becomes, "God, I do believe this, and I'm going to do what you called me to do because that's what I want to do."

Episode 1

Episode 1: Segment 3

Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- What does it mean to take thoughts captive?
- How should we measure success when dealing with despair?
- How can struggling with depression be seen as a positive opportunity?
- Is there a Bible verse you could memorize that would help you be led by truth and not feelings or wrong thinking?

Answers

- Paul teaches us to take our thoughts captive to the obedience of Christ. This means that if our thoughts and feelings are wayward animals that escaped the pen, we must corral them and place them back where they belong. We must catch each thought and compare it to the truth of Scripture. Our thoughts and feelings must then submit to the truth of God's Word. We must be obedient to honor God, regardless of where our thoughts or feelings want to take us.
- Success is not dependent on a measurement of time that has passed since I last felt depressed. Success is honoring God when I feel discouraged or down-trodden.
- Depression can be an opportunity to trust in God and rely on Him in deeper ways than we may experience if we never struggled.
- There are many verses that can remind us of specific truths that we struggle with. Others may help us to remember that God's Word is true or to reorient our thinking toward biblical truth. Many of the psalms can be used as prayers for help in seeking truth.

Main Ideas

- A root of depression may be wrong thinking.
- 2 Corinthians 10:3–5 teaches us to take every thought captive to the obedience of Christ. There are ideas and thoughts that are adversaries to God and his work in our lives, and we must fight against those.
- Success isn't whether or not we experience depression, but whether or not we're honoring the Lord.
- Discouragement can be a way of helping us be dependent on God to a level we would not experience if everything were going our way.
- Jesus is our sympathetic high priest. He will never leave or forsake us, so we are never alone. Jesus cares about us and our struggles, which he demonstrated by enduring the same traumatic experiences that we do.

Episode 1

Episode 1: Segment 4

Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

Discussion

Encourage discussion as time allows.

Class Questions

- How could a “Thankfulness to God” list help you to fight depression?
- If you struggle with depression, does that mean you aren’t a Christian?
- How much of the time is ok to be led by your feelings?
- Overcoming depression is possible through the power of Christ, but what is our role in healing?

Answers

- Sometimes it is easy to focus on the difficulties and we must fight for joy. One way we can do that is to intentionally focus on the things God has done for us and the things we are thankful for.
- Christians can get depressed, too. It isn't about whether or not you struggle with depressing thoughts or feelings, but whether you honor God in the midst of the struggle.
- Being led by your feelings 50% of the time is still too much. We must be led by the truth of God 100% of the time.
- It takes work to follow Christ. We each have a choice, like Cain. Are we going to be led by emotions or by the truth of God? We must learn the discipline of taking each thought captive and bringing into submission to what Jesus says about life and truth.

Main Ideas

- God can tear down the walls around our hearts and minds.
- Overcoming depression requires intentional and ongoing application of truth.
- The truth of God must lead you 100% of the time. Thinking and feeling must follow the truth.
- Overcoming depression is possible through the power of Christ, but following Christ does take work.
- To be led by truth, we must work to corral our thoughts and feelings, to take them captive, and not allow our lives to be driven by them.

Episode 1

Episode 1: Additional Resources

Articles

- *Six Disciplines of a Depressed Soul* by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2013/05/23/six-disciplines-of-a-depressed-soul/>
- *3 Biblical Journey Markers When Working Through Depression* by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2015/04/06/3-biblical-journey-markers-when-working-through-depression/>
- *Ephesians for the Depressed: Finding Color and Dimension in Gospel Community* by Shawn Doud at <https://www.biblicalcounselingcoalition.org/2012/09/04/ephesians-for-the-depressed-finding-color-and-dimension-in-gospel-community/>
- *How to Pray When You're Depressed: A Look at Psalm 13* by Mark Kelly at <https://www.biblicalcounselingcoalition.org/2012/09/03/how-to-pray-when-youre-depressed-a-look-at-psalm-13/>

Conference Messages

- *Helping the Discouraged* by Randy Patten at <https://biblicalcounseling.com/resource-library/conference-messages/helping-the-discouraged/>