



# How People Change Facilitator's Guide: How Christ Changes Us by His Grace

*Timothy S. Lane, Paul David Tripp*

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If you've ever tried, failed, and wondered why, you need *How People Change*! When the Bible talks about the gift of a new heart, it doesn't mean a heart that is immediately perfected, but a heart that is capable of being changed. Jesus' work on the cross targets our hearts, our core desires and motivations, and when our hearts change, our behavior changes. A changed heart is the bright promise of the gospel and the goal of CCEF's *How People Change* by biblical counseling experts Timothy S. Lane and Paul David Tripp. *How People Change* explains the biblical pattern for change in a clear, practical way you can apply to the challenges of daily life. But change involves more than a biblical formula: you will see how God is at work to make you the person you were created to be. That powerful, loving, redemptive relationship is at the heart of all positive change you experience. Based on principles from the book, Lane and Tripp now offer the *How People Change Study Guide* for use in church-wide training, small group, Sunday school, youth group, or one-on-one discipleship settings. These materials help participants to understand the underlying motivations for their actions and give them specific, practical help in changing long-standing patterns of behavior, so they grow in love for God and others. Each of the twelve lessons includes teaching, homework discussion, CPR, Central truth, Personal application, Relational application, detailed illustrations, group discussion guide, and "Make It Real" life applications. A self-explanatory *Facilitator's Guide* provides twelve lessons, directions on how to guide a small group through the *Study Guide*, extra content, homework discussion, detailed illustrations, and "Make It Real" life applications. Both the study guide and the facilitators guide are also available in Spanish as *How People Change Workbook* (study guide) and *How People Change Leaders Guide* (facilitators guide). In the *How People Change Seminar* (DVD) Paul Tripp and Tim Lane guide people in understanding how Christ's life, death, and resurrection bring lasting change. Through the introduction, twelve sessions, and conclusion participants will be challenged to experience the deep-down change that the gospel of Jesus Christ brings and given the tools to understand the basic principles in the *How People Change Study Guide*. Like the study guide, the seminar is designed for church-wide training, small group, Sunday school, youth group, or one-on-one discipleship settings and includes bonus material for equipping leaders to facilitate the seminar. This 2 DVD set includes the following sessions: Bonus Material for Leaders (21:01) Introduction (28:10) 1. Here's Where God Is Taking You (13:40) 2. So, You're Married to Christ (17:38) 3. Change Is a Community Project (26:02) 4. Life as God Sees It, Change as God Does It (17:29) 5. HEAT 1: The Real God in the Real World (16:26) 6. HEAT 2: The Real You in the Real World (14:47) 7. THORNS 1: What Entangles You? (25:35) 8. THORNS 2: Why Do You Get Entangled? (21:07) 9. CROSS 1: New Identity and New Potential (15:12) 10. CROSS 2: The Cross and Daily Living (21:31) 11. FRUIT 1: Real Heart Change (29:34) 12. FRUIT 2: New and Surprising Fruit (25:45) Conclusion (14:35) The *How People Change* small group materials are part of CCEF's core curriculum.

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