



Transformed



From Brokenness
to Wholeness

Season One

Study Guide

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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:

“*Biblical Counseling and OCD*” by Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2018/03/09/biblical-counseling-and-ocd/>

Audio:

Thinking Biblically About OCD by Charles Hodges at <https://ibcd.org/thinking-biblically-about-ocd/>

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

- How is OCD viewed or labeled by psychologists? By the Bible?
- Why is it important to view OCD from the biblical perspective?
- True or False: Someone who struggles with OCD is doomed to live this way forever.

Answers

- OCD is viewed as a disorder by psychologists and as disordered thinking by the Bible.
- It's important to view OCD from the biblical perspective so that someone can gain hope through the Scriptures as they learn to think and behave in God honoring ways rather than being “stuck” with an incurable disorder.
- False; someone who struggles with OCD has hope and power to change through the Word of God.

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.

- OCD is a common problem for people, Christians included, and is expressed in various ways.
- OCD is a fruit of wrong believing and incorrect theology.
- Possible roots of OCD include a desire for certainty, an inflated view of oneself, or an inaccurate view of Jesus.
- Psychologists define obsessive compulsion as a disorder, while the Scriptures call it disordered thinking.
- Those who struggle with OCD are not doomed to live this way; rather, there is hope and power for change in the Word of God.

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

- What is the idol of certainty?
- Even though we can and should use our senses, why are our senses not the final authority of reality?
- When our senses control us, what should we do?

Answers

- The idol of certainty is an inordinate desire to consistently know all potential outcomes and to be assured of having done something to one’s satisfaction.
- Our senses are not the final authority because they are limited, not always accurate, and at times misleading, unlike Jesus Christ who is all-knowing and unchangeable.
- We should subordinate our senses to the Word of God when they control us (2 Peter 1:16-19).

Main Ideas

- One potential root of OCD is an idol of certainty.
- People ultimately cannot maintain their own innocence with any degree of certainty or assurance. Someone is declared “not guilty” or justified by faith in Christ.
- 2 Peter 1:16-19 states: “For we did not follow cleverly devised tales when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of His majesty. For when He received honor and glory from God the Father, such a declaration as this was made to Him by the Majestic Glory: “This is My beloved Son with whom I am well pleased” and we ourselves heard this declaration made from heaven when we were with Him on the holy mountain. And so we have the prophetic word made more sure, to which you do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star arises in your hearts.”
- Jesus holds everything together!
- While we can and should use our senses, they are limited and not the final authority. God’s Word is the final authority.
- Our senses should be subordinated to the Word of God.
- No idol can bring the peace that the Word of God offers.

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 is your view of your ability to control your circumstances?
- What does Colossians 1:15-18 teach us about Jesus?
- While people are to be wise in their actions, can we ultimately do anything to preserve our own lives?
- Rather than trusting in a sovereign God, what specific areas are you trying to control by relying on yourself?
- How do OCD tendencies demonstrate that a person is overly focused on themselves instead of God and others?

Answers

- Answers may vary.
- Colossians 1:15-18 teaches us that Jesus has supremacy over all things, He is sovereign over all things, and He is holding all things together.
- We cannot do anything to ultimately preserve our own lives.
- Answers may vary.
- Oftentimes, those with OCD tendencies are self-focused, fearful of losing someone or something that they love or think they deserve. Therefore, they engage in behaviors to try to prevent anything “bad” from happening rather than functionally living out their trust in God.

Main Ideas

- An incorrect view of God is a root of OCD.
- An inflated view of one’s self is another root of OCD.
- Colossians 1:15-18 states: “He is the image of the invisible God, the firstborn of all creation: for by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones, or dominions, or rulers, or authorities—all things have been created through Him and for Him. He is before all things, and in Him all things hold together. He is also the head of the body, the church; and He is the beginning, the firstborn from the dead, so that He Himself will come to have first place in everything.”
- Colossians 1:15-18 explains the supremacy and sovereignty of Jesus and that He holds everything together.
- Oftentimes, those with OCD tendencies are lovers of self, fearful of losing someone or something that they love or think they deserve. Therefore, they engage in behaviors to try to prevent anything “bad” from happening rather than functionally living out their trust in God.
- God’s sovereignty is not limited by our actions.
- One way to overcome OCD is to submit to the rule of Christ in our lives.

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

- According to Dale, OCD is rooted in what?
- Who is the ultimate ruler of everything?
- How should the knowledge that God is always reigning in good and just ways help us with intrusive thoughts?
- What are some God honoring thoughts to consider during a tempting time of obsessive compulsive behavior?

Answers

- Dale states that OCD is ultimately rooted in lies.
- God alone is the ultimate ruler of everything.
- Knowing God reigns should bring us comfort, provide hope, increase our dependence upon Him, and encourage thankfulness.
- Some God honoring thoughts to consider during a time of obsessive-compulsive behaviors may include the following: Jesus holds all things together, God is the ultimate ruler of everything, walking away (not repeating the obsessive behavior repeatedly) is an act of worship, and God is good.

Main Ideas

- While OCD is a real experience, it is rooted in lies such as “I can receive certainty” or “I have to act or bad things will happen.”
- While we should act responsibly, the Bible is clear that only God rules the affairs of men and that He is good.
- To overcome OCD, a person should plan how to practically turn to Jesus during moments of temptation.
- If someone is stuck on an unbiblical thought, they can stop and think biblically about the situation and walk away as an act of worship, believing that God holds everything together.

Episode 1

Episode 1: Additional Resources

Articles

- *A Plan and a Path for OCD* by Pat Quinn at <https://www.biblicalcounselingcoalition.org/2022/02/14/a-plan-and-a-path-for-ocd/>
- *Breaking Free from the Performance Trap* at <https://www.biblicalcounselingcoalition.org/2019/03/11/breaking-free-from-the-performance-trap/>
- *Gospel Care for Obsessive Compulsive Disorder* by Lee Lewis at <https://www.biblicalcounselingcoalition.org/2020/04/22/gospel-care-for-obsessive-compulsion/>
- *Four Important Thoughts about OCD* by Charles Hodges at <https://www.biblicalcounselingcoalition.org/2020/04/20/four-important-thoughts-about-ocd/>