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# How People Change



how people change



Timothy S. Lane | Paul David Tripp



## Synopsis

A changed heart is the bright promise of the gospel. 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. It's amazing to watch people who once seemed stuck in a pattern of words, choices, and behaviors start living in a new way as Christ changes their hearts.--Timothy S. Lane, M.Div., D.Min., is Executive Director of the Christian Counseling & Educational Foundation (CCEF), a faculty member, and a counselor with twenty-five years of experience, including ten years as a pastor. He is the coauthor of the books *How People Change and Relationships: A Mess Worth Making*, coauthor of the curriculums *Change and Your Relationships* and *How People Change*, author of the minibooks *Conflict*; *Family Feuds*; *Forgiving Others*; and *Freedom from Guilt*. Paul David Tripp, M.Div., D.Min., is the President of Paul Tripp Ministries, a nonprofit organization whose mission is to connect the transforming power of Jesus Christ to everyday life. This mission leads Paul to weekly speaking engagements around the world. In addition, Paul is the Executive Director of the Center for Pastoral Life and Care in Fort Worth, Texas, as well as the best-selling author of numerous books on Christian living. He has been married for many years to Luella and they have four grown children.

## Book Information

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## Customer Reviews

It's the unspoken elephant in the room: why aren't professing Christians, by and large, any different than non-Christians? We often struggle and fail at the same sins, have the same divorce rates, and generally don't stand out as being more kind or loving than devoted moral adherents of other religions--- despite our theology that we have been "born again." Ask many, including pastors, the question, and the reply often comes down to some variant of "they aren't trying hard enough" or "they aren't really saved after all." But the question behind the question is "So, how do people really change--- how does a person who has become a child of God actually become radically more loving, more peaceful, more self-controlled, in a way that isn't mere psychology and that can't be explained or experienced by a non-Christian?" Few people can give a robust, Biblical, detailed explanation to this fundamental question. Timothy Lane & Paul Tripp can, and do, in this wonderful book. They give us a truly Biblical & congruent theology of how people change, and show us a path to meaningful personal change in our own lives. The first five chapters lay a foundation for what real Biblical life change is and isn't-- they talk about how easy it is to substitute external change like formalism and activism for true change of the heart. They lay out the crucial understanding of our marriage to Christ, and how God designed real change to take place in the context of community. There is a lot of rich thought provoking truth on every page of these foundation chapters. Next, they move onto their central Biblical picture of how God has designed change: that of the tree.

How People Change is one of the best books I've read this year. Tripp and Lane believe that the biggest area lacking in Christian counseling today is the gospel. They call this problem the "gospel gap." Too many Christians see the gospel as affecting their past (forgiveness) and their future (hope), but do not understand the practical ways in which the gospel should be brought to bear on their present choices. How People Change seeks to correct "the gospel gap" by providing biblical teaching and practical instruction. The opening chapter alone is worth the price of the book. Tripp and Lane believe that our temptation is to seek fullness and fulfillment in something or someone other than Christ. To counter this idolatry, they encourage us to apply the grace of Christ to the everyday details of our lives, not merely the big problems that we face. The rest of the book spells this theme out more clearly - how to apply grace to everyday life. How People Change avoids

moralism. It centers the gospel message, not in abstract terms, but in the story of redemption. Tripp and Lane are big on seeing the gospel within the framework of the biblical Story. They write about the Christian's past and the Christian's future in order to shine light on the Christian's life in the present. Our destination informs our journey. There are a couple of places where I believe the theological language could be a little more refined. In describing Jesus' crucifixion, the authors write: "The triune God was torn asunder so that we might be united to him and to one another as brothers and sisters in Christ." (69) They interpret Jesus' words on the cross this way: "Why have we been ripped asunder?" I understand the loss of covenant fellowship between Father and Son at the cross.

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