

EIBCC TRAINING
GETTING TO THE HEART: THE KEY TO CHANGE

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23

“It is not what goes into your body that defiles you; you are defiled by what comes out of your heart.” Mark 7:15

Foundational Principles:

1. Only **God** can change a heart. We **cannot**.
2. God’s Word is the **surgical tool** used for change. Hebrews 4:12
3. The **prayer** of a righteous man is **powerful** and **effective**. James 5:16

The C.A.R.E. Model:

C: Connect with Compassion

A: Assess the Heart

How? Gather data on each of the following in the counselee’s life:

W: Worship

I: Identity

L: Love

L: Lifestyle

R: Respond with Truth and Grace

E. Encourage and Equip

Resources:

Instruments in the Redeemer’s Hands | Paul Tripp

Counsel from the Cross | Elyse Fitzpatrick

Seeing With New Eyes | David Powlison

Biblical Soul Care for the Local Church | DVD series by Garrett Higbee