

# EIBCC Meeting Notes

*April 16<sup>th</sup>, 2015 at Kava House in Swisher, Iowa*

Present: *Prairie Flower Baptist*: David Cotner

*Wildwood*: Gary Davidson

*Stonebridge*: Jason Poling, Robin Werling, Trisha Young

*Grace Community*: Dave Kirk, Aimee Marino

- I. Welcome and Prayer
  - a. Regional counseling conference brochures will either be mailed to you, or brought to the next EIBCC meeting
  
- II. Targeting the Heart in Biblical Counseling
  - a. Lasting change will not happen by changing behavior, but this is often how we approach counseling (which is pretty much like this: [https://www.youtube.com/watch?v=LhQGzeiYS\\_Q](https://www.youtube.com/watch?v=LhQGzeiYS_Q) )
  - b. We must address the motivation and desires of the heart
    - A. "We do what we do because we want what we want."
    - B. Overview: Root vs. Fruit-focused Counseling
      1. Jeremiah 17:5-8, Ezekiel 36: 25-27. Proverbs 4:23. Matthew 15:18. James 4:1
      2. These passages illustrate how behavior, good and bad, flows from the heart.
  - c. Biblical Teaching on the Heart
    1. Jeremiah 17:5-8,
    2. Ezekiel 36: 25-27.
    3. Proverbs 4:23.
    4. Matthew 15:18.
    5. James 4:1
      - a. These passages illustrate how behavior, good and bad, flows from the heart.
  - d. Heart Assessment Tools
    1. Heart Tree Tool (to illustrate the root versus fruit principle) and Life Story (Garrett Higbee; used to identify patterns and major life events)
    2. "Let me draw you a picture," by Garret Higbee Biblical Soul Care- a care model. This breaks the secular "disorder labels" into their biblical categories, from heart issues to responses
    2. Journal of Upsets (helps counselees identify and take thoughts captive) and Heart Revealing Questions (HRQ)
    3. Other helps: X-Ray Questions, Heart Throne, Discerning Treasure
  
- III. Case Study: Bill and Susan
  - a. What are the fruit issues?
  - b. What are the thought patterns?
  - c. What are the motivating desires/ root issues?
  
- IV. Assigning "Fruit" homework from a "Root" perspective

V. Conclusion and Prayer

VI. Next Meeting: TBD.

- a. Please let us know what dates work for you! Follow this link to let us know:  
<http://goo.gl/forms/GRrQyc80Nz>