

The DNA of CBC:  
Who We Are and What We're About  
**Part 3– Heart Transformation**  
Luke 6:43-45  
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**I. Compare heart transformation with behavior modification.**

**A. Behavior Modification**

1. **Foundational Promise:**
  - a. You have what it takes.
  - b. Behavior is the problem.
2. **Dependent upon:** Self, specifically self discipline
3. **Goal:** Change of behavior
4. **When progress is made:** Self is exalted
5. **Long-term status or prognosis:** Ongoing fluctuation between pride and condemnation

**B. Heart Transformation**

1. **Foundational Promise:**
  - a. You are broken and sinful, and we don't have what it takes. (Genesis 3, Romans 3:9-18, 5:12)
  - b. Behavior flows from the heart. (Luke 6:43-45)
2. **Dependent upon:** God, specifically the working of the Holy Spirit (Galatians 5:16-25)
3. **Goal:** Transformation of the heart (Matthew 23:25- 28)
4. **When progress is made:** God is exalted
5. **Long-term status or prognosis:** Ongoing dependence on the Holy Spirit and appreciation for the cross (Romans 7:15-8:1)

**II. How can we align ourselves with God in order to bring about heart transformation?**

**A. Pray that God would expose our hearts. (Jeremiah 17:9)**

**B. Apply I John 1:9 daily.**

1. Confess your sin.
2. Be thankful for your forgiveness in Christ.
3. Ask God to purify and change your heart.

**C. Submit to the Holy Spirit. (Galatians 5:16, 24, 25)**

*“The Christian life is far more than sin management. Behavior modification that’s not empowered by God’s heart changing grace is self-righteous, as repugnant to God as the worst sins people gossip about.”*

From *The Grace and Truth Paradox* by Randy Alcorn © 2003 by Eternal Perspective Ministries, p. 37

**Resources:**

Christian Counseling Education Foundation- [www.ccef.org](http://www.ccef.org)  
*Shepherding a Child’s Heart* by Paul Tripp