St. Andrew’s Lutheran Church

*Discipleship class:* **CHANGES THAT HEAL**, by Dr. Henry Cloud

Session 1: *“Ingredients of Growth” - Grace; Truth; Time*

Growth areas:

* Clinical – Feel better
* Relational – Relate better to others
* Performance – Achieve mission

Parable of the fig tree: Luke 13:6-9

No condemnation (Romans 8:1; see also John 8:3-11)

Confess to God (I John 1:9)

Confess to one another (James 5:16)

Things to think about:

* Fault vs. responsibility
* Change vs. Be changed
* Law increases sin (Romans 7:10-11; 5:20a)
* Both responsible and powerless
* Judge; Advocate
* “Confess” = agree with the truth

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