

Case Studies for MOM House Training

All names have been changed and details altered to protect privacy.

1. Addictions (drugs, alcohol, pain medicine, gambling, etc.) – Helpful resources: *Just One More* mini-booklet and *Addictions: A Banquet in the Grave* both by Ed Welch, *The Cross Centered Life* by C.J. Mahaney, *The Dangerous Duty of Delight* by John Piper.

A. Gary (alcohol) – _____.

1. Angry, abusive home
2. Never felt loved
3. Left the house often at very young age (gone a lot as a kid as well)
4. Desperately wanted to fit in
5. Loved hanging out with the guys (drinking, smoking, etc)
6. Married, but when started arguing with his wife – left her.
7. All alone and miserable, started drinking heavily
8. Borrowed money from family numerous times in hopes of a fresh start
9. Keeps getting fired from job due to drinking, not convinced he needs to stop drinking. He thinks he can handle it, just needs a little more self control.
10. Desperate for help – can't find any peace, comes to TS.

B. Bill (pain medicine) - _____.

1. Hard work demanded on the farm
2. Dad cold, distant
3. Mischievous child, always trying to impress his friends
4. Starts drinking in High School (wanted to be one of the guys)
5. As young adult, rough outdoorsmen. Keeps “playing” like a kid. Body gets really beat up.
6. Starts taking medicine to escape pain (refuses to give up outdoorsmen life).
7. This activity defines who he is in his mind.
8. Smokes cigarettes, lots of Coffee/caffeine, chews tobacco
8. Lies to his wife about meds because he knows she will be mad.

2. Lust/Pornography/ Adultery (and the hurt of the offended person) – Helpful resources: *The Dangerous Duty of Delight* by John Piper, *The Purity Principle* by Randy Alcorn, *Sex is Not the Problem (Lust Is)* by Joshua Harris, *Abide in Christ* by Andrew Murray, *My Heart Christ's Home* by Robert Boyd Munger, *The Way of Purity* by Mike Cleveland and his web site www.settingcaptivesfree.com, and Pure Life Ministries and their web site of www.purelifeministries.org.

A. Peter – _____.

1. Very loving, permissive parents
2. Spoiled as baby of the family
3. Did just enough to get by in school
4. Loved to play sports
5. In High school starting going to parties/ drinking/ pre-marital sex
6. Got married, but struggled with pornography.
7. Wife constantly complained he wouldn't share his heart (Takes hard work)
8. Ministry got hard, ready to quit before his sin was exposed
9. After exposed, hard to break off relationship with other woman (it's easier to live a fantasy than actually work at a real relationship)

“Communion with Christ is a certain cure for every ill . . . Let nothing keep you from that hallowed communication, which is the choice privilege of a soul wedded to THE WELL BELOVED. Don't be content with an interview now and then, but always seek to retain His company, for only in His presence have you either comfort or safety. Jesus should not be to us a friend who calls upon us now and then, but one with whom we walk forever”

(Charles Spurgeon, *Morning and Evening* March 9 evening, pg. 139).

B. John – _____.

1. Very insecure as a child
2. Moved a lot as a child
3. Got picked on as the new kid a lot
4. In High School was great, got good in sports and became part of the “in” crowd
5. Always had a girlfriend
6. Got girlfriend pregnant, they married
7. Conflict developed in early marriage after baby born
8. A young woman at work was very complimentary of his work
9. He enjoyed her company and started eating lunch with her in the work cafeteria
10. Eventually committed adultery

- Deuteronomy 31:8 - _____.

- Matthew 14:25-27 – _____.

- Romans 8:15-16 – _____.

*** Three biblical principles to overcoming fear:

1. _____ the Lord (Psalm 34:9).
2. _____ the Lord (Proverbs 29:25, Jeremiah 17:5-8, Isaiah 50:10-11)
- John’s heart: Fear (fear of man), foolishness (adultery), anger (when wife questioned his whereabouts), despair (lost hope, very depressed).
3. _____ the Lord and other people (1 John 4:18, Galatians 5:13-14).

3. Responding biblically to serious pain (spouse of adultery, sexually abused, significant betrayal, spouse abusing drugs or alcohol, etc.) The spouse or anyone who has been abused. Helpful resources: *When God Weeps* by Joni Erickson Tada, *When People are Big and God is Small* by Ed Welch, *Relationships: A Mess Worth Making* by Paul Tripp and Tim Lane, *When His Secret Sin Breaks Your Heart* by Kathy Gallagher, and *A Steadfast Heart* by Elyse Fitzpatrick, *Angry at God?* Mini-booklet by Robert D. Jones, *Suffering* Mini-booklet by Paul Tripp .

4. Depression/ Suicide/ Cutting – Helpful resources: *Depression: A Stubborn Darkness* by Ed Welch, *Depression* mini-booklet by Ed Welch, *Out of the Blues* by Wayne Mack, *Self-Injury* mini-booklet by Ed Welch, *When People are Big and God is Small* by Ed Welch.

A. Wendy – _____.

1. Very loving home
2. Parents very laid back and somewhat permissive
3. The youngest of 5 children, parents busy serving in the church, less attention given to her that they would like.
4. Siblings all love the Lord and are serving Him as young adults
5. Their family is well know in the community and she felt pressure to uphold the family name.
6. Very protective of herself and doesn't let others know her well (except boyfriend).
7. Small group of girls at school pick on her a lot.
8. In moment of sadness when all alone starting cutting on herself.
9. Hid it for months, constantly beat herself up in her mind.

B. Jennifer – _____.

1. Abuse from an uncle, didn't tell anyone for over 10 years.
2. Worked hard to do the right thing, I was a people pleaser.
3. Outwardly very silly, life of the party type; but "I had low self-esteem."
4. Loved serving others tirelessly (RA in college, missions trip to Africa, inner city ministry in college, etc.
5. Slowly opened up to a young man and eventually got married.
6. Moved to a small town and he was arrested for having sex with a prostitute.
7. His arrest was on the front page of the town paper, my dreams came crashing down.
8. He blamed me for how I failed him as a wife.
9. Went to a "Christian counselor" who asked her what she did to drive him to do this.
10. Constantly criticizes herself in her mind. "I have a constant war in my thoughts."

5. Marriage conflict – Helpful resources: *Sacred Marriage* by Gary Thomas, *When People are Big and God is Small* by Ed Welch, *Overcoming Fear, Worry, and Anxiety* by Elyse Fitzpatrick, *Exemplary Husband* by Stuart Scott, *Excellent Wife* by Martha Peace, *Relationships: A Mess Worth Making* by Paul Tripp and Tim Lane, *Peacemaking for Families* by Ken Sande, *Sex, Romance, and the Glory of God* by C.J. Mahaney, *Renewing Marital Intimacy* mini-booklet by David Powlison. *For the sake of time I will just give you the heart issue and get right into the passage for this couple.*

A. Jim – fear of man

B. Carrie – control

*** I will certainly address their fear with the biblical principles mentioned above, but a key passage for this situation is James 3:13-4:12.

6. Bi-polar – Helpful resources: Colossians 2:8, 4 Hearts Worksheet , *Rest* mini-booklet by Winston T. Smith, *Running Scared* by Ed Welch, *When People are Big and God is Small* by Ed Welch, *Depression* mini-booklet by Ed Welch, *Abide in Christ* by Andrew Murray, *The Cross Centered Life* by C.J. Mahaney, *The Discipline of Grace* by Jerry Bridges.

Bi-polar is a mood disorder that has a manic phase and a depressive phase

- Manic phase: “euphoric, unusually good, cheerful, or high . . . it [the mood] is known to be excessive by those who know the person well. . . Almost invariably, there is a decreased need for sleep. The person usually awakens several hours earlier than usual, feeling full of energy. When the sleep disturbance is severe, the person may go for days without sleep and yet not feel tired” (DSM-IV-TR, Pg. 357).
- Depressive phase: depressed mood that leads to the loss of interest or pleasure in nearly all activities (DSM-IV-TR, pg. 349).

A. Mark - _____.

1. Loving, Christian home
2. Excellent student
3. Talked with parents from a young age about being in missions
4. Popular as a kid
5. Enjoyed family vacations, happy childhood
6. Always wanted to do great things for God
7. Would be crushed by criticism from parents, teachers, spouse
8. Served on the mission field. If it wasn't being done, he would add it to his list of responsibilities.
9. The need was so great he was working 18-20 hours a day for a number of months when he increasingly had trouble sleeping.
10. He became very depressed, shut down, and unable to continue
11. He was extremely discouraged and had no interest in ministry anymore

B. Tom - _____.

1. Oldest son – very high expectations from parents (always seemed out of reach)
2. Siblings were favored, he was the “black sheep” of the family
3. Very legalistic church background
4. Mom and kids would hide things from Dad to keep him happy/ keep peace.
5. Parents never attended his school plays (too busy with family business)
6. When married, I regularly allowed my parents to guilt me into doing things against my wife's wishes.
7. Thoroughly enjoyed singing because it “built my self-esteem.”
8. Wife has complained for years that everything had to be done in the home to keep me happy (just like my Dad).
9. When my wife was sobbing -I thought “I must be a terrible husband.”

FOUR COMMON HEART THEMES

FOUR HEARTS					
Flesh Bent	Flesh Statement	Flesh Question	Renewed Statement	Renewed Question	Renewed Heart
ANGER <i>Torch lighter</i> Isaiah 50:10-11 <i>Divisive</i> Proverbs 29:22	"I deserve some _____!" "My will be done"	"Is God really on my side?" "How do I get respect?"	"Christ is my Lord", "His will be done"	"Who Can I serve?" "How do I forgive"	Yielding and Submissive Tender & Kind
FOOLISHNESS <i>Broken Cisterns</i> Jeremiah 2:13 <i>Self-reliant</i> Proverbs 28:26	"I want it now" "I can't help myself"	"Is God really enough?" "How can I get more?"	"God is worthy and awesome" "God is enough"	"Who can I bless?" "Can I wait upon Him?"	Reverent Fear, Seeking Wisdom, Self-control
DESPAIR <i>Vain Striver</i> Eccl. 2: 20 <i>Giving Up</i> Isaiah 61:1-3 Romans 15:13	"I need to be understood" "No one knows my pain"	"Is God compassionate?" "Does anyone really care?"	"God is compassionate and near" "I am in His sovereign hands"	"Who can I give to?" "Where is my hope?"	Hopeful Giving Praise and Worship of God
FEAR <i>Man Pleaser</i> Gal 1:10 <i>Eyes on trial</i> Matt 14:25-31 <i>Forgetting God</i> Deut 31:8	"I am unlovable" "I can't risk it" "I can't see a way out of this situation"	"Is God trustworthy?" "Does anyone love me?" "Does anyone really care about me?"	"I trust God with all my heart" "My esteem comes from Christ's love"	"Who should I need less & love more?" "With Christ as my friend who or what shall I fear?"	Trusting, and Loving more than needing" Gratitude for <u>All</u> things,

Anger – The person characterized by an angry heart has a propensity to make an idol of power, control, having their own way, or to be covetous. This person might find themselves making conscious and/or unconscious statements like, "I want respect or peace...!" or "I can't believe so and so...!" A person who chooses not to deal with an angry heart may be characterized by bitterness, judgment toward others, discontentment, lack of joy, and strained relationships and/or continual conflict in relationships. Others might comment that their actions and attitude can be volatile, ungrateful, condemning, grouchy, intimidating, irritable or difficult.

Foolishness- The person characterized by a foolish heart has a propensity to make an idol of escape, pleasure, self-sufficiency, or self gratification. They may find themselves constantly in the pursuit of certain feelings, objects or the accumulation of things. This person may find themselves making conscious and/or unconscious statements like "I want it now!" or "I just can't help myself!" The person who chooses to not deal with a foolish heart may be characterized by consuming addictions, blame-shifting, irresponsibility, and self-destruction. Others might comment that their actions and attitude are cavalier, irresponsible, lazy, selfish or immature.

Despair – The person characterized by a despairing heart has a propensity to make an idol of easing pain, feeling good, and creating comforts. This person may find themselves making conscious and/or unconscious statements like "I deserve!" or "I'm totally helpless!" The person who chooses to not deal with a despairing heart may be characterized by a victim mentality, an inordinate need for security, self-pity, strained relationships and a propensity to self-medicate or escape through fantasy or self destructive behavior. Others might comment that their behavior or moods are melancholy, or down in the dumps, when relating to others they can be distant, isolating, draining, or self-absorbed.

Fear - The person characterized by a fearful heart has a propensity to make an idol of security, perfection, or looking better than they are. This person may find themselves making conscious and/or unconscious statements like "Will they reject me?" or "I can't risk it!" or "Where is God?" The person who chooses to not deal with a fearful heart may be characterized by false guilt and shame, social and/or spiritual paralysis, fear of man, and a shaken faith. Others might comment that their behavior or moods are up and down, nervous, tentative, and their social interactions are sometimes avoidant, or even paranoid in nature.