

What Makes Exchanged Life Discipling Different?

The exchanged life approach to counseling is an “in Christ” ministry model. Other counseling is an “in Adam” model of ministry that relies on willpower, religious activity, coping mechanisms, and intellect to overcome feelings, behaviors, and lusts. Exchanged life discipling leads people to realize the insufficiency of our ability, so that by faith, Christ will heal, free, and lead us into victory.

Eventually, our best natural efforts will fail us. Instead of trying harder, we encourage you to trust God to complete the work He began at salvation. We believe you can experience complete, miraculous transformation through divine healing and ability and see yourself from God’s loving perspective. In Christ, you can respond to pain, rejection, offense, and setbacks from the power of Christ in the inner man. It includes everything the world labels as a disorder.

- **Exchanged Life Discipling** focuses on bringing revelation, healing, freedom, and victory.
 1. Knowing your identity in Christ and living FROM Christ, not FOR God (Romans 6:1-11)
 2. Locating and removing the lies that bind you (John 8:32)
 3. Locating and surrendering reliance on self for reliance on Christ’s life (Romans 8:5-8)
 4. The outcome is lasting transformation and excitement to share *what Christ has done*.

- **Psychology** focuses on overcoming symptoms such as anger, self-loathing, anxiety, depression, lust, resentment, compulsion, and other soulish afflictions through understanding, willpower, and sometimes prescriptions.

- **Sociology** focuses on solving symptoms such as drug abuse, alcoholism, unemployment, poverty, racism, etc. It relies on intellectualism and willpower.

Exchanged Life Discipling—“In Christ” Model	Other Counseling—“In Adam” Model
1. Christ-centered	1. Man-centered
2. “Faith” (union with Christ) approach	2. “Works” (self-help) approach
3. Rooted in a supernatural gospel of Christ as life <ul style="list-style-type: none"> • Relies on God to finish the work He started 	3. Rooted in natural ability (Christian or non-Christian) <ul style="list-style-type: none"> • Relies on man’s strength, ability, and willpower
4. Relies on the wisdom of God (His Word) <ul style="list-style-type: none"> • Absolute truth creates security and trust 	4. Relies on the wisdom of man <ul style="list-style-type: none"> • Relative truth creates uncertainty and doubt
5. Relies on indwelling life of Christ to overcome <ul style="list-style-type: none"> • Overcome by revelation and renewal 	5. Relies on coping mechanisms and behavior management <ul style="list-style-type: none"> • Overcome by understanding and willpower
6. The Holy Spirit is the Counselor, Healer, Teacher, Friend, Comforter, Advocate, wisdom, and our everything.	6. Man is the sympathetic counselor or talk therapist who cannot transform themselves or others.
7. Informs us that we have the mind of Christ	7. Labels mental disorders
8. Relies on divine revelation to renew your internal image and inspire inner appreciation of yourself	8. Relies on intellect to change your internal image and stop your inner critic
9. Encourages dependency on the Father, Son, and Spirit	9. Fosters independence and co-dependency
10. Deepens fellowship with God-Head to meet our needs	10. Deepens need for others to meet our needs
11. Weakens our reliance on self-effort	11. Strengthens our reliance on self-effort
12. Relies on grace (fruit and gifts of the Spirit)	12. Relies on do’s and don’ts plus willpower
13. Informs of inherent worth because we are righteous. <ul style="list-style-type: none"> • No one can add to or diminish our value. (internal) • <i>I am what God says about me. I am loved, accepted, and valued because God accepts, loves, and values me.</i> 	13. Encourages building self-esteem based on performance <ul style="list-style-type: none"> • Worth is based on what I do or don’t do (external) • <i>I rely on building myself-esteem through positive affirmations, both from myself and others.</i>
14. Results in freedom (rest) <ul style="list-style-type: none"> • Love God, self, others, and life • Peace, rest, enjoyment, and contentment 	14. Results in bondage (more work) <ul style="list-style-type: none"> • Hide from God, self, others, and life • Shame, denial, isolation, and endless striving

Labels May Result in Hopelessness

The LORD will accomplish what concerns me; Your lovingkindness, O LORD, is everlasting;
[You] Do not forsake the works of Your hands. Psalm 138:8

The world uses the *Diagnostic and Statistical Manual of Mental Disorders* to evaluate, diagnose, and standardize descriptions of all mental disorders. Based on the symptoms, people are diagnosed and “labeled.” **The label for their symptoms often becomes a new false identity, which hinders their healing, freedom, and victory.** Because we cannot change our identity, it is defeating. Often, people will surrender to their “label” instead of learning who they are in Christ. (“*I am bipolar,*” instead of “*I have the mind of Christ.*” Prescription drugs may take the edge off the emotional angst of a false identity, which sometimes is a needed blessing. Still, drugs cannot give us a Christ-centered self-image or mindset.

Healing, Freedom, and Victory through a Christ-Centered Identity

Psychology tells us that man is a product of his environment and life messages. God tells us that we were born in Adam, separated from the love and power of God. This left us trying to be a god unto ourselves, attempting to meet our needs through self-effort. Self-effort eventually fails or is outmatched in some areas. God’s solution is “Christ in you, the hope of His glory” transforming you, your view and opinion of yourself, and your behavior. Proverbs 23:7 says, “For as he thinks within himself, so he is [lives].” **When you see yourself from God’s perspective, you will know that God loves and accepts you.**

Supernatural Help for Lasting Change

“In Adam” ministry models can lead you to believe that you are the problem, resulting in hopelessness. Lies and the fleshly strategies to cope with the lie-based emotions are the real problem. 1 Corinthians 1:30-31 says, “By God’s doing, believers are in Christ.” Our “In Christ” exchanged-life ministry method leads you to receive healing from God that cannot be achieved through coping mechanism, behavior modification, or a therapist. God’s solution for lies is not trying harder. It is knowing the truth through the inner working of the Holy Spirit.

Instead of trying harder to overcome symptoms, the believer has “received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, which things we [Life Center] also speak, not in words taught by human wisdom, but in those taught by the Spirit.” (1Corinthians 2:12-13)

“Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.” (Romans 15:13) Why did the Apostle Paul say this? **Because hope and peace come from trusting God, not trying harder or understanding or learning more.**

At Life Center, we help you to see yourself “in Christ” so the Holy Spirit renews your view and opinion of yourself, which leads to lasting transformation, freedom, peace, and joy.