



How People Change

Timothy S. Lane, Paul David Tripp

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A changed heart is the bright promise of the gospel.

When the Bible talks about the gift of a new heart, it doesn't mean a heart that is immediately perfected, but a heart that is capable of being changed. Jesus' work on the cross targets our hearts, our core desires and motivations, and when our hearts change, our behavior changes. It's amazing to watch people who once seemed stuck in a pattern of words, choices, and behaviors start living in a new way as Christ changes their hearts.

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Timothy S. Lane, M.Div., D.Min., is Executive Director of the Christian Counseling & Educational Foundation (CCEF), a faculty member, and a counselor with twenty-five years of experience, including ten years as a pastor. He is the coauthor of the books *How People Change* and *Relationships: A Mess Worth Making*, coauthor of the curriculums *Change and Your Relationships* and *How People Change*, author of the minibooks *Conflict*; *Family Feuds*; *Forgiving Others*; and *Freedom from Guilt*. Paul David Tripp, M.Div., D.Min., is the President of Paul Tripp Ministries, a nonprofit organization whose mission is to connect the transforming power of Jesus Christ to everyday life. This mission leads Paul to weekly speaking engagements around the world. In addition, Paul is the Executive Director of the Center for Pastoral Life and Care in Fort Worth, Texas, as well as the best-selling author of numerous books on Christian living. He has been married for many years to Luella and they have four grown children.

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