

“SOULed OUT”
Session 12: Telling yourself the truth
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INTRODUCTION

Psalm 145:18

“The Lord is near to all who call on him in truth.”

John 8:44

The devil was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

The essence of all temptation is the invitation to live independent to God and fulfill legitimate needs in the world, the flesh and the devil instead of in Christ.

- Desire to acquire possessions
- Desire for personal pleasure
- Desire for power or prestige

What fools us?

- a. We are fooled by the clock
- b. What we worship isn't God at all
- c. We miss God's good intentions

Lies and false beliefs are our greatest Nemesis

"Nemesis" is often used as a term to describe one's worst enemy, normally someone or something that is the exact opposite of oneself but is also somehow similar.

Psalm 120:1-2 (NKJ)

In my distress I cried to the LORD, and He heard me. Deliver my soul, O LORD, from lying lips (deceptive speech) and from a deceitful tongue (false language).

Proverbs 15:4 (NIV)

The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.

The lie: is the false interpretation a person carries from a historical event. It is an emotional belief statement. A misbelief

Much of our daily lives is being dictated by what happened earlier in our lives.

1. I'm a nobody
2. I'm useless - of no use to anyone
3. I can't do anything. I'm a failure.
4. I'm ugly.
5. My birth was a big mistake. (or a girl inwardly saying "I should have been a boy")
6. Nobody loves me.
7. I'm not smart or clever. I'm not successful.
8. Nobody accepts me.
9. I hate myself.
10. My parents didn't love me; OR didn't respect me; OR didn't trust me; OR didn't have time for me, etc. I feel unloved, uncared for, of not much value.
11. I can never forgive OR I can never forgive myself

These build over time into:

Fear: something bad is about to happen

Abandonment: feeling forsaken, deserted, rejected

Guilt: carrying blame, no forgiveness in sight

Shame: hiding, something is wrong with me

Until we find freedom from the historical wounds we carry, we still struggle with the symptomatic sins these wounds manifest.

Typical Emotional Responses

- Devaluing Self
- Devaluing the situation
- Devaluing prospects for the future

Accompanying Self talk

- I must never get angry
- I must earn love
- I shouldn't offend people
- If others think poorly of me it is a moral blow
- I failed before so now it is impossible
- I cannot wait

The controlling factor which hinders our lives is not in the memory or feeling itself, but in the lie (misbelief) embedded in the wound. Real hurt and loss, when buried within, morphs into lies over time.

The Effects of Lies

- 1. Lies affect the way we interpret life**
- 2. Lies affect our relationships**
- 3. Lies create a void which we seek to fill**

Think back to when you began your relationship with Jesus. Which of the following was the primary emotion that you were feeling at that time?

1. A sense of freedom or release
2. A feeling of acceptance – understanding God as father, being his child, being special, set apart
3. A sense of being forgiven – peace with God, intimacy with Him
4. A giving up and and final turning to God- letting loose of control, and following willingly

Jesus came to give truth and freedom, but it must start at the level of our emotional beliefs

“If you dwell in my words” - in what I say

Jesus said: *“You will know the truth, and the truth will set you free.”* John 8:32 (NIV)

What God thinks and says about me:

1. I'm a special unique person
2. I'm useful, of worth. God made me for a purpose.
3. I can do all things through Christ Who strengthens me.
4. I'm beautiful to God and to my fellow brothers & sisters,
5. God planned my birth. He knew me and formed me.
6. GOD loves me!
7. GOD has given to me everything I need in order to obey Him and be His child.
8. GOD accepts me.
9. I accept myself and can have a healthy self-love because God has forgiven me and accepted me.
10. GOD loves me, respects me, accepts me, cares for me. My parents may have failed, but God calls me to forgive them, so that I can be set free from this burden.
11. We can accept God's total, amazing forgiveness of us. He will enable us (help us) to forgive. "I can do all things through Christ who strengthens me!"

Countering Misbelief and Lies

2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Psalm 34:13-14

Keep your tongue from evil and your lips from speaking lies. Turn from evil and do good; seek peace and pursue it.

Truth Talk

- I'm feeling bad, but it is not the end of the world
- With God's help I will overcome
- God is with me in my emotional state. I am not alone. I give Him the pain.

A. Seek God for sound judgment and inner strength (ie Self-Control)

B. Reward yourself for success (vs putting self down)

C. Disconnect the unhelpful triggers

Clean out the Garage: For your reflection time on your own

A. Admit you have a stockpile of sin and misbelief

B. Believe you can enjoy a clean heart

1 John 1:7-9 (NIV)

If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

- C. Prepare for doubts and attacks
- D. Ask God to reveal what is there
- E. Confess sins and false beliefs you identify
- F. Act on anything you can do something about

Philippians 4:8-9

Finally, brothers and sisters , whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things. Whatever you have learned or received or heard from me, or seen in me-- put it into practice. And the God of peace will be with you.

Coming up...

December 12th Great Expectations

December 19th Hearing God's Whispers

New series begins Jan 9th - World View

The audio and notes for this and previous sessions of this series are available at www.sequimcommunitychurch.org in the Sunday Seminar section