

# Revolution 2010

20100228 – Part 4  
Rehabilitating Core Beliefs

*Many thoughts/statements in this article are taken from “Learning to Tell Myself the Truth” by William Backus*

*This teaching outline and notes is predicated on the previous teaching and should be viewed in the context of it. To read the previous teaching script, audio, video and train with “change exercises” go to <http://www.mylifepointe.com/audio-and-video-teachings-from-olathe-lifepointe-church.aspx> .*

## INTRODUCTION:

A lady named Kathy told her Christian Psychologist, “I just don’t have any hope anymore. If I died, my baby would at least have a chance. Somebody would adopt her and give her a life!”

Kathy’s prospects did look bleak. Her husband of two years had left her, and Kathy had no idea where he was. Her six-month-old daughter needed eye surgery to prevent blindness in one eye. An the young woman’s employer had announce he was closing the office and moving to another state; in thirty days she would be without a job, without health insurance, and without a way of making mortgage payments on the little house she and her husband, Keith, had bought eighteen months ago. Kathy was understandably overwhelmed by her circumstances.

Yet were things really hopeless? Was her interpretation of events really true? Was considering suicide the only reasonable alternative she had? Her Christian Psychologist asked Kathy to examine her situation in detail, to scrutinize what she was telling herself. She identified these beliefs underlying her self-talk:

- I would be better off dead
- My baby would be better off without me
- My parents don’t want me and would be happier if I weren’t around
- Keith didn’t want me so nobody will probably ever want me
- I’ll never be able to manage life alone

As she reexamined her situation, she began to see things differently. Her situation was difficult, not hopeless; Even if she couldn’t find a job, she and her baby would not be destitute. She could qualify for temporary welfare payments and medical assistance if necessary. Rather than making assumptions about her parent’s preferences, she asked her parents what her options might be. Her father assured her that she and her daughter could live with them until she got on her feet again.

This young woman’s assumptions about her life were false. Yet with these false assumptions she had tormented herself to the point of considering suicide. By taking a new look at reality and correcting her erroneous self-talk, Kathy discovered truth was on her side. She began refuting the self-talk born of misbeliefs by “rewriting” or “rehabilitating” her internal monologue.

- I refuse to believe I would be better off dead. My life is in God’s hands. Killing myself says that I know more about my baby’s future than God does – and I know that is not true.
- My baby wouldn’t be better off without me. I’m her mother and she’s entitled to the best of me. We can rebuild our lives together.
- My parents don’t want me? That’s absurd! Imagine my parents standing around a coffin telling each other how much better they feel now that their only daughter is gone! Living with them for a short time may be inconvenient for all of us, but it is certainly better than not living at all.
- Keith never knew what he really wanted in a relationship and he never wanted anybody for very long. I remember how often he changed girlfriends when we were in school. I deserve better than that.
- Why can’t I manage my life alone? Plenty of women have done it, and so can I! In fact, it will probably be easier not to have to manage my life and Keith’s, because that’s what marriage had become.

Kathy didn’t incorporate all this truth into her self-talk at once. She had to evaluate each of her assumptions in the light of the facts, evidence, reason and biblical truth. She had to use her will, forcing herself to replace her false ideas with the truth as she came to understand it.

## Today We Want To...

Today we want to continue a journey of self-discovery (under the light of Jesus Christ) that will bring transformation into your every area of your life. Jesus clearly came to give us life and to have that life with abundance, yet so many Christians

and obviously non-devotees to Christ have come miserably short...even to the point of giving up hope. I mean when the promise of God fails you where do you appeal next?

In this series Revolution 2010 we are going to dedicate several weekends to giving experientially, biblically and clinically proven tools for revolutionizing your deepest hopes before God.

We will talk through how to concretely replace inappropriate emotions like ...

- Anxieties, depression, habitual irritation, anger, and perfectionism
- With peace, contentment, joy, gentleness, and self esteem.

We will also, using the same Biblical truths and structure, give concrete ways to

- Change behavior
- Break tough habits
- Overcome addictions
- Empower you to fulfill a revolutionary desire

These truths will finally give you the kind of interior fulfillment that you have wanted in your...

- Marriage
- Singleness
- Parenting
- Stage of Life
- Stage of career achievement
- Self-perception-acceptance
- Simply being you

I realize that all that sounds a lot like an infomercial and that you might hear that and feel a primary skepticism. That is quiet all-right and not too uncommon at first. But I have to tell you that the things that I am about to unleash on you in this series is some of the most insightful, life changing stuff that I have ever preached on. You also need to know it has impacted the lives of hundreds and thousands of hopeless people before you. These truths will bring impactful and surprising changes in areas of your life you have wrestled with for decades. If you cannot make it to the entire series go to [www.mylifepointe.com](http://www.mylifepointe.com) and click on media to watch the videos (you can also podcast on itunes). **WEB SITE AND BLOG**

**TEXT: Please open your Bibles to...**

**Eph 6:10-20 NKJV** Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 ABOVE ALL, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God;

- Belt of Truth
- Breastplate of Righteousness
- Shoes of Peace
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit

The choice to be "strong in the Lord" or not is ours! We do that by putting on the whole armor of God. The belt of truth is what holds all the other pieces in place. In other words when we are under a spiritual attack it is centered upon the issue of truth. How we work with truth has everything to do with whether the rest of the armor is effective or not.

Above all we are to take the shield of faith (core beliefs rooted in the Word of God). The shield quenches all the fiery darts of the enemy. Notice the enemy's strategy is to impact us with fiery darts. These darts in the Roman soldiers armament were combustible and would ignite on impact. Anytime the bible uses the concept of fire or burning in the context of human personality it always is a metaphor for emotions being inflamed. Notice that the enemy's goal is to inflame our emotions. If he can rule us, distract us or weaken our resolve through unhealthy emotional responses we will be defeated in life. Our success is in quenching those fiery darts with our rooted core beliefs established in the Word of God...or Scripturally labeled the shield of faith.

These verses show us again the model of human behavior; what we believe in our hearts (core beliefs) is what we will think (self-talk) which consumes our emotions and then controls a predictable behavior. We may rationally believe something one way and in our core beliefs be chisled to believe it another which then moves the falling of our dominoes in either positive or negative ways.

## Model of Behavior

- Core Beliefs
- Compulsive Thoughts
- Consuming Emotions
- Controlling Behavior

## CORE BELIEFS (SHEILD OF FAITH)

From a Biblical worldview, what is crucial in our lives is...

- Not what happens to us, but how we interpret or understand what happens to us;
- Not what others do, but how we explain what they do;
- Not what is, but what we believe about what is.

Our understanding of events, our circumstances, and the ways in which we relate to others are all affected to a significant degree by the nature of our faith.

- Faith is the way we explain to ourselves, at a deep level, what life brings our way, the way in which we deal with the mysteries of our existence.
- Christian faith interprets life – all the wonder, beauty, and joy, as well as the pain, sorrow, and strife – according to what God has revealed in Christ Jesus.
- A believer is simply someone who looks at his or her life experiences, both positive and negative, in the light of God's Word.

A believer doesn't have to know sophisticated theological terms or be a bible scholar or "know all the answers". Believers are simply individuals who realize their need for God, who accept the saving grace of Jesus Christ's love and who have chosen to commit their lives to an ever-deepening relationship with Christ as their Lord.

## REVEALED TRUTH

### 1. Hear

**Rom 10:17 NKJV** So then faith comes by hearing, and hearing by the word of God.

### 2. Understand

**Matt 13:19, 23 NKJV** When anyone hears the word of the kingdom, and does not understand it, then the wicked one comes and snatches away what was sown in his heart. This is he who received seed by the wayside... 23 But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty."

### 3. Choose

#### The Roman Centurion

**Mark 5:35-43 ESV** While he was still speaking, there came from the ruler's house some who said, "Your daughter is dead. Why trouble the Teacher any further?" 36 But overhearing what they said, **Jesus said to the ruler of the synagogue, "Do not fear, only believe."**

**Mark 9:21-23 ESV** And Jesus asked his father, "How long has this been happening to him?" And he said, "From childhood. 22 And it has often cast him into fire and into water, to destroy him. **But if you can do anything**, have compassion on us and help us." 23 And Jesus said to him, **"If you can! All things are possible for one who believes."**

**Vs 23** – "If thou canst believe..." –

- **AMP** – "And Jesus said, [You say to Me], **If You can do anything?** [Why,] all things can be (are possible) to him who believes!"
- **NLT** - **"What do you mean, 'If I can'?"** Jesus asked. "Anything is possible if a person believes."

### 4. Meditate

**Josh 1:8-9 NKJV** This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. 9 Have I not commanded you? **Be strong** and of **good courage**; **do not be afraid**, nor be **dismayed**, for the LORD your God is with you wherever you go."

**Matt 17:20-21 NKJV** So Jesus said to them, **"Because of your unbelief**; for assuredly, I say to you, if you have **faith as a mustard seed**, **you will say** to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting."

## 5. Act

**James 1:22-25 AMP** But be doers of the Word [obey the message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth]. 23 For if anyone only listens to the Word without obeying it and being a doer of it, he is like a man who looks carefully at his [own] natural face in a mirror; 24 For he thoughtfully observes himself, and then goes off and promptly forgets what he was like. 25 But he who looks carefully into the faultless law, the [law] of liberty, and is faithful to it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience).

### Many people ...

- Sing the Word
- Talk the Word
- Quote the Word
- Analyze the Word
- Put the Word on magnets and bumper stickers
- Tatoo the Word to their arms
- Study the Word
- Write papers on the Word
- Set Word promises on small cards around their house
- Listen to the Word on Cd and MP3
- Go to conferences for the Word
- YET still refuse to do the Word!

## RATIONAL TRUTH

**Phil 4:6-9 NKJV** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Notice how peace is the concept. The concept won't change your life. So Paul breaks it down and tells how peace will guard your heart and mind; by thinking on things that are true, noble, just, pure, lovely and of good report. It is NOT irresponsible to avoid meditations on negative reports and potential happenings. By thinking on right things you will become anxious for nothing!!

**Adam and Eve** – Rational Truth went haywire when they separated from Revealed Truth

## Spotting Misbelief Makers

Each time we allow our thinking to be infected with a misbelief, we violate truth, logic and reason. Just as infectious or harmful germs violate our physical immune system creating weakness so does a misbelief. Once we are secure in the REVEALED TRUTH of God's Word then we must identify the specific "germ" causing the misbeliefs in our lives. By doing so we can turn to the appropriate "antibiotic" of truth to kill the germ and bring health to ourselves.

Misbeliefs are deceptively easy to believe, yet surprisingly easy to identify – when you know what to look for.

## Marsha and Brent

Marsha and Brent are newlyweds. Brent comes home, announces that he has invited his college roommate, Dave, to stay at their house for a few days. Dave will be in town on business next weekend. He and Brent are delighted that they'll have a chance to "catch up." Marsha is shocked. Brent has made these arrangements without discussing it with her.

### Marsha's self-talk refrain...

- I wouldn't dream of inviting a houseguest without discussing it with him. How can he do this to me? Such decisions should be mutual.
- We have been so happy, so in love, have had such a blissful marriage – now this!
- He must not respect me, doesn't care what I want, values our love less than his old friend!
- This is a terrible violation of how it ought to be. I thought we would discuss things, make decisions together. Is our whole marriage going to be like this? Boy I was wrong!

### Brent is thinking...

- I can't ask her first. What would my friends think of me if I had to ask my wife for permission to have a houseguest? No man should have to get his wife's permission to invite his best friend over! They probably already think I'm henpecked.
- I'm not asking her to do much. We'll go out for most of the meals, go to a ball game, do a lot of catching up. I might want her to cook dinner once, but she does that anyway.
- What's the big deal? She ought to be willing to entertain once in a while.

## **Revealed and Rational Truth**

### **Marsha's self-talk refrain...**

- I wouldn't dream of inviting a houseguest without discussing it with him. How can he do this to me? Such decisions should be mutual.
  - What if your core belief was that "I get the opportunity to make Brent have an awesome experience that will refresh him, give him laughter and recalls of past times"? The Bible calls this love, or to give. What if you approached this from a core belief that love is what will fulfill me? From our model of behavior you would begin having a surge of positive self-talk statements of joy, peace, fulfillment, etc that would trigger the emotional and physiological reactions giving you an emotional tank that is full, respected and loved. See how REVEALED TRUTH and RATIONAL TRUTH WORK TOGETHER?
- We have been so happy, so in love, have had such a blissful marriage – now this!
  - So you are not going to be happy now? So you are not in love now? So you can't have a blissful marriage now?
- He must not respect me, doesn't care what I want, values our love less than his old friend!
  - Really...he doesn't respect you? Really...he doesn't care what you want? He values you less than his old friend?
- This is a terrible violation of how it ought to be. I thought we would discuss things, make decisions together. Is our whole marriage going to be like this? Boy I was wrong!
  - So you whole marriage is a sham...really?

### **Brent is thinking...**

- I can't ask her first. What would my friends think of me if I had to ask my wife for permission to have a houseguest? No man should have to get his wife's permission to invite his best friend over! They probably already think I'm henpecked.
  - There is two questions here, 1) are you henpecked? and 2) if you aren't who cares what your friends believe? YOU CANNOT LIVE IN A FULL EMOTIONAL TANK while you worry what other people are thinking about you. Truth be told they aren't even thinking of you because that would distract them from thinking of themselves.
  - What would Christ do? Would he prefer others before himself? Could you do that knowing that in honoring her you are honoring Christ. In honoring her, you are helping her emotional tank be full. AND MEN don't we all know the benefits of that?
- I'm not asking her to do much. We'll go out for most of the meals, go to a ball game, do a lot of catching up. I might want her to cook dinner once, but she does that anyway. What's the big deal? She ought to be willing to entertain once in a while.
  - These statements are based in "expectations." You set yourself up for emotional disappointment when you expect things from people that they haven't agreed to.

## **Corrine**

Corrine, by all outward appearances, had it all! A petite, attractive woman, with thick auburn hair who had two healthy toddlers, a loving husband, and a comfortable home. Good looks, good friends, good income – Corrine was living the American dream. Yet, as she sat in her Counselor's office, she was falling apart.

*"I ought to feel on top of the world. I've got two beautiful kids, I'm married to a great guy, we've got plenty of money. But I'm miserable," she said tearfully. "I would kill myself if I didn't want to face God afterward."*

For those who've never struggled with depression, anxiety, or emotional turmoil, it can be difficult to understand how anything could have been wrong for her. Yet, Corrine was her own worst accuser. All that she had going for her only served to make her feel like a terribly ungrateful woman who failed to appreciate her blessings. By telling herself what she should not feel, she only madder herself feel more depressed. Fearful of the disapproval of others, she had suffered in silence for two and a half years, fighting suicidal tendencies despite taking prescription medication for clinical depression.

*"When did you first begin feeling so depressed?" the Counselor asked her.*

*"Well, I remember when we came home from the hospital after the birth of my second baby, I walked into the house and felt overwhelmed by the thought of taking care of two babies, keeping up the house, being a wife and all that. I just didn't think I could handle everything. Since then, I wake up dreading each day. I know I'm a terrible mother."*

*"Why do you say you're a terrible mother?" The Counselor asked.*

*“Oh, I don’t know. It’s just that I hurt he kids’ feelings all the time. I lose my patience over little things. I yell at them all the time. I can’t wait to put them down for their naps so I can have time to myself. Then I feel guilty and selfish. Things like that.”*

The Counselor pressed for more examples of why she thought she was a terrible mother, she couldn’t come up with anything. Yet the “evidence” she had offered would convict almost any young mother with two preschoolers. She wasn’t, in fact, a terrible mother. She was an overly tired, normal young mother with unrealistic expectations of herself, and a head full of incriminating self-talk found on significant misbeliefs. Although for some individuals medication is helpful, medication was not the answer for Corrine. Learning to listen to her self-talk, identifying those pesky, pervasive misbeliefs that formed this basis for what she was telling herself, and deconstructing her beliefs based on truth brought Corrine out of the darkness of depression.