



## Episode 3 Transcript - Uncovering the Truth About the Lies We Believe Pt. 1

**Tim:** Welcome to the Relational Impact podcast we're here to help you grow in your relationship with the Lord and in your relationship.

**Tim:** Hello everybody I'm Tim Russo here with my lovely wife Elaine

**Elaine:** Hi everyone, In today's Episode we will be doing some un-cover work. Yes you heard me right some un-cover work. We will be uncovering some of the lies we believe about ourselves. Listen in while we attempt to uncover the truth.

**Tim:** The Relational Impact podcast is all about relationships and if you are alive, you are in a relationship with lots of people. But more importantly, you're in a relationship with yourself; and that's probably the most powerful relationship you have. Paul Tripp says, "No one influences you more than you do because no one talks to you as much as you do."

**Elaine:** Do you talk to yourself, Tim?

**Tim:** Sometimes out loud.

**Tim:** We have relationships with our parents, with our children, friends and co-workers. But I am convinced that our relationship with ourselves can even skew and impact how we view the Lord. Sometimes we think the Lord thinks about us the way we think about us and that is not accurate. Sometimes our biggest problem is between our ears.

**Elaine:** We've all been shaped by our past experiences and encounters with others. Who we are today is a direct result of our life experiences and how we react to them. We've been influenced by something or someone and we've developed loyalties to whatever we believe helps us navigate to survive the world. When we come to the Lord we bring all those influences and loyalties with us. Much of the Christian Life is the undoing and the unlearning of these life

lessons.

**Tim:** Well this can be challenging. So to illustrate how we develop beliefs about relationships I want to tell you a story about a man we will call John. John is a normal curious kid and in third grade John tells his friends that he peed in his bed the night before. Well, John learns a valuable lesson that day and John makes a note in his navigation system and basically says “ It is not safe to tell people about your personal failures and struggles, not even your good friend.” John has that area blocked off and basically says “I'll never do that again.” So John gets married at age 25 and his wife says “Hey, John, I just want to know you. I want to know the real you. I want to know your struggles, your dreams.” John's alarm system goes off and says “Do not tell her! It is not safe!” John is not likely to talk to his wife on that level because he believes it is not safe to be vulnerable in that way. This is just an example of only one part of John's navigation system. Hiding his failures and his human flaws has helped so why would he change that. Sure he doesn't have any intimate relationships in his life. meaning that no one really knows him but at least he's safe or at least he believes that he is safe. John's reaction in third grade became his quote truth that its not safe to be vulnerable with anyone. Now we know that is not necessarily true but that's what he believes and we're going to have a very difficult time convincing him otherwise.

**Elaine:** Tim we all have unique reasons as to why we believe what we believe and each of us has learned what it takes to survive. For John, the fellow in the story, He was protecting himself from vulnerability. If I started listing the lies that I personally have believed through the years I'd be here all day. But, let me just share one that has impacted my life. That is when our first born daughter came into the world. She was about 11 months old when we realize that she was deaf. We took her into the professionals and they said “Oh she's fine” and then about six months later we found out that she really was having a struggle. She was diagnosed with a profound hearing loss in her left ear and a severe to profound loss in her right ear. We were very young when she was born and extremely vulnerable to the people we trusted. We struggled as a couple with the lie that the reason she was born death was because of some sin in our life. This was a difficult time for us. It seemed like everywhere we went someone wanted to pray for her healing or let us know that we needed to repent so that God could heal our daughter. It was a difficult lie because we were constantly searching our hearts and confessing everything we could possibly think of that could be a hindrance as to why she wasn't being healed. And then finally we came to a place where both of us realized that this was not the judgment of God in our life but it was the dealings of God for our instruction. That God was obviously using this difficulty in our daughter's life to shape us and mold us. We got to the place where we were able to really appreciate the fact that she wasn't like other children. She brought so many positive things into our life. I don't know what your lie is or what the lies that you believe are but what I do know is that they are lies. And, that you've chosen to believe them. Mark Twain said “If a cat sits on a hot stove he'll never sit on a hot stove again, but he'll also not sit on a cold stove either. He just doesn't like stoves.” If this fellow John had a negative experience when he was a vulnerable third-grader that caused him to believe the lie that no one

was safe he'll not put himself in that situation again. But he most likely won't be vulnerable in a safe situation either. Let's talk about why these lies exist and where they originated for our listeners.

**Tim:** We're all susceptible to deception. We all believe things that are not true. Not only are they untrue but some of those things are destructive. And, they create problems in our life. The tricky thing about lies is that when you believe a lie to be true it's hard for you to see it as a lie. Because it's always true in your mind even if someone contradicted it. Even if the word of God contradicts it. Somewhere deep inside, you still believe, when push comes to shove that lie is true. Let's go back to the beginning to the Book of Genesis and look at the Inception of deception. I will pick up there... *Genesis .chapter 3 starting in verse 1. Those few verses. Now the serpent was more cunning than any beast of the field which the Lord God had made and he said to the woman has God indeed said You shall not eat of every tree of the garden and the woman said to the serpent we may eat of the fruit of the Trees of the garden but if the fruit of the tree which is in the midst of the garden God has said You shall not eat it nor shall you touch it lest you die in The Serpent said to the woman you will not surely die for God knows that in the day you eat of it your eyes will be open and you will be like God flowing good from evil.*

Now there is a lot that could be said about this passage. Just noticed the target that the serpent aims for. First, he calls God a liar. He says "You're not going to die, what did he tell you? That's not true." And then, the second thing is he accuses God of withholding good or withholding what is best for Eve. Then he accuses God of being insecure or jealous. Saying " God knows that if you eat that you are going to be like Him and He doesn't want you to be like Him." So he's again withholding things from you. Eve's actions said " I never thought about it that way until you brought it up and really I believe that to be true." Then she acted on what she believed and it cost her greatly, and Adam and us. What we observe in the serpent in this text has not changed about him. He still uses the same tactics. He wants you and me to question the goodness of God's word and God's character.

**Elaine:** Tim, I believe what we really want our listeners to hear today, more than anything, is that they have an enemy who's bent on destroying them and everything they love. The serpent, the devil, which Revelation 12:9 refers to, is God's enemy and the enemy of all of God's people. You and me and all of our listeners. So here's how Jesus characterizes the enemy of our soul in John 8:44 he says "he was a murderer from the beginning. He does not stand in the truth because there is no truth in him. When he speaks a lie, he speaks from his own resources for he is a liar and the father of it." Satan is like a dog trying to meow. It can't be done. He can't speak the truth. He's a liar and a murderer. Here's something else, John 10:10 says " The thief does not come except to steal and to kill and to destroy." Your enemy has only one primary objective and that's to destroy you. And, He will use whatever means possible to achieve that goal. He'll use your own sinful choices. He'll use the abuse of drugs, viewing porn, out of control anger or anything that he can find to convince you will lessen the pain in your life. Here's a scary

fact. Satan will use YOU. Yes, you, yourself to destroy you. You have an enemy but most of the time you are your worst enemy.

**Tim:** When you think about how my enemy might attack me. What's the target? The target is always your identity. He's always trying to convince you that you're not who God says you are. You may be familiar with the story of when Jesus was baptized in the Book of Matthew 16:28. Here is what we read in verse 16, *When baptized Jesus came up immediately from the water and behold the heavens were open to him and he saw the spirit of God descending like a dove and lighting upon him and suddenly a voice Came From Heaven saying this is my beloved Son in Whom I am well pleased.* Two facts are proclaimed here: 1) God says this is my beloved Son and 2) in Him, I am pleased. Robert Lewis, in his Men's Fraternity program, would say that the Father, in this moment, gave Jesus "the blessing." Mr. Lewis says that every son needs to hear three things from his dad, 1) I love you 2) I'm proud of you and 3) you're really good at \_\_\_\_\_ fill in the blank with whatever; you're good at.

Jesus surely received the blessing that day. But notice, as we continue to read on in this book; when we jump into chapter 4, that Jesus was immediately led into the wilderness to be tempted of the devil. He had fasted 40 days and 40 nights. Afterwards he was hungry. When the tempter came to him he said, "If you are the Son of God command that these Stones become bread." Interesting God just said to Jesus, "You are my son and in you I am pleased." Now the tempter comes and questions that very fact with "If you are the Son of God prove it." do something about it. The enemy is attacking Jesus's identity. Jesus said, "it is written, man shall not live by bread alone but by every word that proceeds from the mouth of God." and the devil took him into the holy city in setting on the Pinnacle of the temple and said "if you are the son of God throw yourself down for it is written he shall give his angels charge over you and in their hands they shall bear you up lest you dash your foot against a stone." Here's a second attack. Same target. If you are the Son of God, do something. In this case he's saying "if you really believe the word of God, if you really live by the word of God and here's what the word says." So the enemy knows God's word but Jesus again says "it is written, you shall not tempt the Lord your God" and then the devil in the third attack took him on an exceedingly high mountain and showed Him all the kingdoms of the world and their glory and he said "all these things I will give you if you will fall down and worship me" and Jesus said "away with you, Satan it is written you shall Worship the Lord your God and him only shalt you serve" Then the devil left Him and behold Angels came and ministered to him. It's interesting to me that as soon as Jesus hears the blessing from the father "this is who you are, you are my son and in you I'm pleased or with you I am pleased" that Satan comes and directly contradicts what God said to him.

**Elaine:** I think it's so important to make that point, Tim, because really, truly the only way that we can withstand the attacks of the enemy against our mind telling us lies is if we know the truth. If we meditate on God's word because God's word is the truth. Nothing else matters but what God says about us as believers. Satan wanted Jesus to bow to him. That was his main objective. He wanted him to bow and he wants me and you to bow to him as well. If the enemy

of our soul can keep us believing lies and believing things that are not true about us, he can keep us from doing the work and fulfilling the purpose God has for us. Like Jesus, our time of testing may be during our time of lack. In other words, when we're in our wilderness, when we are the most weak or the weakest I should say, that is when the enemy comes against us and feeds us lies about ourselves. Because, that's when we're the most vulnerable. It blesses me so much and gives me so much strength and courage to know that in those times of weakness in those difficulties, all I have to do is 1.) Go back to the word that I've already planted in my heart. 2.)Meditate on it. 3.) Believe it and just stand on it. One thing is certain, the enemy of our soul will challenge what you say you believe about God. That's why what we believe is so important. Because we all lived out what we truly believe in our hearts.We live what we believe. Romans 1:17 says the just shall live by faith. If we don't have God's word in our hearts, of course in our minds first then it goes into our hearts, we cannot act out in faith what we believe. That's why meditating on God's word and putting it first in our lives is so valuable and so important. Otherwise we become vulnerable.

**Tim:** I think to your point, the just shall live by faith, the fact is we all live out of what we believe. I can tell myself here's what God says about me and meditate on it and memorize it but if deep down I choose to believe the lie and I let circumstances or other people's opinion of me convince me that what God says about me is really not true then I will always default back to what I truly believe. It's a great point when you think about John in our story. He came to believe lies about himself. There's a study done that asked adults to share some of the most hurtful things their parents said to them. Here are a few things that these adults shared: I wish you'd never been born. It's your fault your mom's abortion failed. I have to love you but I don't have to like you. You were a mistake. It's no wonder nobody wants to be your friend. I can't stand the sight of you. You are so ugly when you smile.

**Elaine:** Tim, these are real phrases that people have said to one another. Brokenness is what caused these things to be spoken. we just live in a broken world and people are hurting and when people are hurting they hurt other people. There are also just a lot of lies that we believe Here are some common ones: I must be perfect.How many of us have believed that lie? I have to have the approval of others to feel good about myself. When things go wrong it's always someone else's fault.Boy, that lie can keep us in a dark pit.

It's better to avoid problems than face them. We talked about that in our last episode when we talked about conflicts and how they can benefit us. If I fail I should be punished. That was a big one for me. I think I believed that as a young believer for sure. I will always be this way, I cannot change. Things will always turn out badly.

**Tim:** A lot of people struggle with these lies. I have had arguments with myself over some of these lies. Where I would say "no, that's not true" yet I have this prosecuting attorney in my brain that's saying "oh yes it is." Look at this, look at that,.look at this, here is evidence that this lie is true. We really have to do spiritual battle against those lies with the truth of God's word.

**Elaine:** Tim, I was just thinking recently how when we wake up in the morning we need to be in the mindset that this is a battleground. This day is today's battleground. There is never a moment when the enemy of our soul is not trying to trip us up. Whether it's lies or temptations in other areas, but lies are the big one. I know people fall prey because so much of the external can line up with the lie. That's why it's so important to fall back on the truth of God's word. Who does He say that I am?

**Tim:** A mistake we sometimes make is, we think if I'm obeying God, if I'm a believer, things should be going well. I shouldn't have any problems. Because I'm having problems that may indicate that I am doing something wrong such as with our story with our daughter. I remember the night I became a believer. I was 16 years old almost 17 and I was not a good teenager. I lived a pretty reckless life. I believe a lot of lies. My brother had given me a Bible but I didn't want anybody to know about it. I had started reading it and then had this horrible experience one night. It was actually that same night the Lord saved me. I became a Christian that night. I remember talking to my brother and he said "Hey, have you been reading that Bible?" and I said "Hey, who told you that?" He told me a story that night of a wealthy man who had a servant. He was going duck hunting and so he and his servant are walking out to the duck blind and the servant starts telling him that he became a believer, recently, in Jesus Christ. He said "I've been having so many problems." The wealthy guy said "Well that's the problem with all that religion stuff, it just makes you have problems and messes you up." he said "Look at me, I don't have any problems and I'm not a Christian." The servant thought, okay then. They went out to the duck blind and a flock of ducks flew over. The wealthy man shot and killed it. It fell to the ground and the servant was about to go and fetch it when the man said "No don't worry about it we'll get it later because he is dead.. Another flock of ducks flew over and he shot one but he didn't kill it. He winged it and so before the servant could actually get to the winged duck the master took out running after it and he was trying to beat the duck with the butt of the gun and kill it. They hunted the entire day and as they went home the servant said to the master "You know, I learned something today. "You know this morning I was telling you how since I've become a Christian I'm having problems and struggles" The man said "yeah that's what I'm talking about you don't need to fool with all that religious stuff, look at me I don't have that and I'm fine." and so the servant said " Yes, I know but here's what I learned today, " When you shot the first duck and you killed it, you knew it was dead and you weren't worried about it. I was going to go get it and you said " no don't worry about it it's dead" "But the second duck that you winged was trying to get away from you and you did everything you could to kill it before it got away. Here's what I've learned today, you are a dead duck." My brother told me that story that night and it totally made sense because I had a horrible battle with evil that night. I was trying to get away from that old life and from those lies. The enemy was trying to pounce on me and he was trying to finish me off so to speak. By the grace of God that didn't happen.

**Elaine:** That is so true and I am so glad that didn't happen. It's time for our show to come to an end so let's take some time this week to identify one lie that you're believing about yourself. It's

possible that through this entire show one lie has been on your mind. Let's just start there. I know for myself I've been thinking about one thing in particular. If you go to our website and go to the link for our show notes, there is a PDF download for you to begin your journey to uncover truth. If you download that you can start by writing your lie on that sheet and we will be working through that for the rest of these episodes. We're so happy that you joined us today and be sure to listen in next time as we continue to uncover the truth about the lies we believe part 2.  
Thanks Everybody!