



Episode 4 Transcript - Uncovering the Truth About the Lies We Believe Pt. 2

Is your perception of yourself accurate? How you perceive yourself may or may not be in agreement with God's perception. We have all received messages throughout of lives that have contributed to how we see ourselves. Some of these messages are good, Others are destructive. Join Tim and Elaine Russo as they discuss the importance of recognizing the sources of the lies we believe. And, how we can separate ourselves from these lies. This is part 2 in a 3-part series.

Tim: Welcome to the Relational Impact Group podcast. We are here to help you grow in your relationship with the Lord and in your relationship with others.

Welcome back to the podcast. I'm Tim Russo, here with my lovely wife, Elaine.

Elaine: Hi, everybody! I hope you're enjoying your summer! It's been a great summer over here in Central Texas. I just wanted to tell you a little bit. I went on a trip with two of our girls. We have four daughters. Two of the girls got a little break and we went down to the coast and enjoyed the beach with four of the grandchildren. It was so much fun! Man! We just need some time like that just to spend time with the kids and each other. It was just great, but Tim was a little bit lonely, weren't you Tim?

Tim: Well, on one hand, yes. I actually went camping, alone, and it was great to be out in nature. It was great to wake up to birds singing. I think I could actually understand what they were saying. Not really, but...

Elaine: The bird whisperer!

Tim: No, but I did detect a pattern in those birds. It's like every time we go camping, something new happens. I remember the time we were staying up late, and I heard the

crickets. It sounded like they were in a certain key, so I got my guitar out, and sure enough, they were singing or making their noises in the key of e. I love camping! I was able to do a little fishing and just had a time of relaxation and refreshment and connecting with the Lord. It was really good, but it was also good to be home. Other than getting stung by a bee, things went pretty well.

Elaine: Well, we're glad to be back here, together, sharing with you the things that we've learned, you know, one beggar telling another beggar where they found the bread! Here we go! Let's just get started. Tim, what are we talking about today?

Tim: We're continuing our conversation about uncovering the truth about the lies we believe. We talked last week about identifying what one of those lies might be in your life, so we are going to continue that. Elaine, give us a summary of what we've talked about already.

Elaine: Last week we talked about the fact that we have an enemy who wants to destroy us. He's a liar. He uses lies to keep us trapped. We also talked about how all these awful messages can come from people, and how we are all shaped by those past experiences and encounters with other people. We talked about who you are today being a result of those experiences and how you react to them. We also talked about being influenced by others or someone or something else. Today, we are talking primarily about our relationship with ourselves and our relationship with God and how those lies impact these relationships. Have you thought about the source of the lies that you believe? As we talk to you today, I just encourage you to think about not just the lie, but what is the source of that lie? Where did we get that message? Where did the lie come from that keeps you bound up? The answer will be different for each of us but it's important that we understand that something, or someone, other than God, persuaded us to draw a negative conclusion about who we are.

Tim: So true! Let's take a look at a story in the book of Genesis that helps us to see that we're not alone in our struggles. Everybody struggles with lies and this is not just a contemporary issue. It goes way, way back in history. We will pick up that story in Genesis chapter 3, starting at verse 7, where we read:

Biblical Concept/Passages

Scriptural Context:

Genesis 3:7-13 - *"Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings. And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. Then the Lord God called Adam and said to him, 'Where are you?'"*

So he said, 'I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.' And He said, 'Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?' Then the man said, 'The woman whom You gave to be with me, she gave me of the tree, and I ate.' And the Lord God said to the woman, 'What is this you have done?'

Tim: The question that stands out in this is, "Who told you you were naked?"

Elaine: Now, Tim, I know that all of our listeners just perked up because they're like, "Okay, Tim and Elaine are talking about being naked today. What we are really talking about is, who told you that something was wrong with you? Who told you that you would always fail, or that you would never be good enough? Or, if people really knew you, they wouldn't like you; or, that you have to be perfect to be accepted by others. In our last episode, we shared some of the negative statements that parents said to their children. These were awful statements that should never be spoken to anyone, much less a child. These lies have a source from which they come, but we came to the world with a sin problem that affects everyone of us. Right, Tim?"

Tim: Yes, we did. We learn these things from the Scriptures, of course, but we were born into lies, death and destruction. We were born into slavery. It's part of our sin nature. It's almost like part of our DNA, if you will. Because we were born into slavery, we think like slaves; we live like slaves. We really don't know how to live any other way. We are, in a sense, slaves to the lies in the agreements that we have embraced as we have grown up in this culture. You know, I like watching movies. Elaine, you and I don't like the same types of movies, right?

Elaine: Yes, and everyone should know that, because I don't like to go to the movies with Tim unless it's kind of a chick flick.

Tim: Yes! So sometimes I'll take one of our girls with me, and we'll go have dinner and a movie. One of my favorite movies is actually The Matrix. I don't really care for the subsequent movies that came out after the original movie, but I loved the first one. If you're familiar with the movie, you may recall the scene where Neo is sitting in a room with Morpheus. It's the first time he's met him and Morpheus asked Neo if he wants to know what The Matrix is? He goes on to explain, and, this is Morpheus: "The Matrix is everywhere. It's all about us, even now, in this very room. You can see it when you look out your window, and when you turn on your television. You can feel it when you go to work, when you go to church, and when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth." Neo asks, "What truth?" Morpheus replies, "That you are a slave. Like everyone else, you were born into bondage, into a prison that you cannot smell or taste or see or touch....a prison for your mind!"

The Matrix (scene of Morpheus explaining what the Matrix is):

<https://www.youtube.com/watch?v=qedAzTA8nY8>

Tim: Notice, it is a prison for your mind. We could call this mental slavery because the lies that we believe create an illusion of a reality that is actually not real, not from God's perspective. It is a reality of our slave-like thinking. If we could see this truth, if we could understand it, we are well on our way to freedom because seeing the problem is the first step to solving it.

Elaine: Tim, the Bible describes our lost condition pretty vividly. I'd like to just read a few passages, or just tell you what they say, because we don't have time for me to read them all, but I'm going to give you the reference so that you can go back and look at them.

- I am born an enemy of God. (Rom. 5:10) "For if, when we were enemies, we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life."
- I am born into a world of lies, and we are in bondage to them. (Gal. 4:3-4) "Even so we, when we were children, were in bondage under the elements of the world. 4 But when the fullness of the time had come, God sent forth His Son, born of a woman, born under the law."
- I am a slave to sin. (Rom. 6:5-6) "For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, 6 knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin."
- I have no power to change my condition. (Rom. 8:12-25) "Therefore, brethren, we are debtors--not to the flesh, to live according to the flesh. 13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. 14 For as many as are led by the Spirit of God, these are the sons of God. 15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, 'Abba, Father.' 16 The Spirit Himself bears witness with our spirit that we are children of God, 17 and if children, then heirs--heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together. 18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. 19 For the earnest expectation of the creation eagerly waits for the revealing of the sons of God. 20 For the creation was subjected to futility, not willingly, but because of Him who subjected it in hope; 21 because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God."

Elaine: It's so true that the condition of our soul, before coming to Christ, was a condition of blindness, being lost and without hope.

Tim: Yes, so, we come to the Lord blind in many ways. However, when we come to the Lord, the Bible tells us that those blinders are lifted. There's a scene I want to read from 2 Corinthians in just a moment, but to give you the backdrop of that passage: Moses had been on Mount Sinai, receiving instructions from the Lord. He's been in the presence of God. He is somehow affected by God's presence, to the point that there was a glow about him. People

could not look at him...could not look at his face. With this backdrop, the Apostle Paul writes to the Corinthians:

2 Corinthians 3:14-16 – (when Moses came down from the mountain and covered his head).
“But their minds were blinded. For until this day, the same veil remains unlifted in the reading of the Old Testament, because the veil is taken away in Christ. But even to this day, when Moses is read, a veil lies on their heart. Nevertheless when one turns to the Lord, the veil is taken away.”

Tim: There’s something powerful that happens when a person comes to the Lord. These blinders are lifted. Being born again is a literal reality. The person, who is born again, sees for the first time what they've never seen before. Life is experienced differently, and the Holy Spirit now is able to reveal to that person, and to you and me, what is true and what is not true. Being born again is the beginning of us seeing the lies that we believe, and the truth that God offers us.

Elaine: Let’s talk about how we can practically separate ourselves from the lies that we believe. Tim, you mentioned earlier that seeing the problem is the first step to solving it. Once we see the difference between what we believe (the lie) and what God says (the truth) we will have to take action and we may need some help during that process. Let’s look at a story in the book of John where Jesus raises Lazarus from the dead. We know from the story, in chapter 11, that Jesus received word that Lazarus was very sick, but he deliberately waited until Lazarus died before heading back to Bethany, where Lazarus lived with his sisters, Mary and Martha. It's a great story that you might want to take some time to read later. Today, we want to focus on verses 43 and 44, where Jesus actually called Lazarus out of the grave:

John 11:43-44 - *“Now when He had said these things, He cried with a loud voice, ‘Lazarus, come forth!’ And he who had died came out bound hand and foot with graveclothes, and his face was wrapped with a cloth. Jesus said to them, ‘Loose him, and let him go.’”*

Elaine: Like Lazarus, we come to the Lord wrapped in lies and things from our old life that keep us bound. Lazarus’ grave clothes represent his dead life...the life before Christ intervened. Although we are very much alive and experiencing new life in Christ, we still have to address removing our grave clothes from our old lives . One of the lies that I believed prior to coming to the Lord was that I had to be good enough. If I was good, then I would be accepted by God. I lived in a lot of bondage, functioning as a perfectionist, trying to be good enough to be accepted. That crossed over into my new life with Christ because even after I realized I was saved and I was a new creation, I carried those grave clothes with me into my Christian walk, trying to be perfect and still working for my salvation. It was only later after I came to know the Lord that I begin to realize that my salvation was by grace and grace alone. There was nothing... nothing... absolutely nothing I could do to merit favor with God. It was all because of what Christ did for me. That was a freeing of being bound. That's when my true grave clothes came off as a believer.

Tim: Wow! Thanks for sharing that. So these grave clothes are the remnants of our old selves, before we come to Christ. When we come to Christ, internally, we are brand new, but

externally, there are still remnants of these grave clothes. God has given us a powerful and transformative way of getting rid of these grave clothes and it's called repentance. It is the experience of being transformed. Let me read what Paul writes in Romans:

Romans 12:1-2 – *“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”*

Tim: This is a powerful passage! Paul is basically giving us the what and the how of being transformed. If we say, “Paul what are you talking about?” He says, “We’re talking about transformed. Don't be conformed to the world but be transformed.” Then, he tells us how. He said, “You're to be transformed by the renewing of your mind.” I will talk about that in the moment. He then answers the question why? Why should we be transformed? What's the point? He answers it: To show or to prove what God's will is. As believers, you are your Father's son or your Father's daughter. You are created to reflect Him to the world around you. Paul says that we are to be transformed so that the world around us so that God's will would be known. The way we do this is through the renewing of our mind. It's interesting that the word renew means to renovate...to renovate the mind. Let's illustrate this point by thinking about renovating your bathroom at your house. To renovate your bathroom, we would first have to remove all the old stuff. We'd have to remove the sink, the bath tub, the cabinets, etc. Then, we would install the new stuff. We removed the old. We installed the new. When we finished, your old bathroom is renovated. It is renewed. It is different. This is a picture of repentance. We remove the old lies and we embrace the new truth.

Elaine: This is a process that takes time but the Holy Spirit is faithful to show us what needs to be removed and what needs to be replaced. Let me read a passage to you from Ephesians 4:

Ephesians 4:17-24 - *“This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.”*

“But you have not so learned Christ, if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.”

Elaine: Here, we see the removing of the old, and replacing it with the new. It's a beautiful, necessary exercise for all believers. We could easily say that transformation comes through repentance.

Tim: We have been talking about the “what” of repentance, and what repentance is. Elaine, you did a great job sharing that. Then, I talked about renovation. Let me share how we actually

go through the process. There's a biblical principle that implies that what we focus on changes us. We could say it this way: what you focus on has power over you. Let me read the rest of where I began in 2 Corinthians 3, and let you hear, in verse 16, what the apostle Paul says about this concept:

2 Corinthians 3: 16-18- *“Nevertheless, when one turns to the Lord, the veil is taken away. Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”*

Tim: Let me read that last verse again. “...we all, with unveiled face, beholding as in a mirror the glory of the Lord...” So, we're seeing the Lord's glory, as though we were looking into a mirror. By looking and gazing upon Him, we are actually being transformed into that same image by the Spirit of God. Here's that concept that what you behold, you become. What you focus on has power over you. As we focus on the Lord, we are transformed and we are becoming more and more like Him. That principle also works in reverse, which is why we need repentance to help us break free of that. Let me give you an example of repentance and, how we may do it, and how we could make some adjustments. Let's say I have a problem with sinful anger, meaning I use anger in destructive ways, and people and things usually get damaged when I am angry. If that's the case, let's say the Lord now begins to convict me and says, “Tim, this anger thing is sinful. You need to repent of that. You need to get rid of that.” I am now compelled to repent of this sinful anger. Typically, when we want to repent, our prayers might sound something like this: “Lord, help me to not be angry today.” “Lord, don't let anyone cut me off in traffic this morning.” Even though our prayers are genuine and sincere, our focus is still on the anger; therefore, anger probably still has power over me. My repentance prayer needs to sound something like this: “Lord help me to be patient today. Help me to be calm. Help me to be kind today. When I am offended, help me to respond graciously. Help me to assume and to adopt Your attitude toward people.” What we are doing now is turning our backs on anger. We're not even thinking or focusing on anger. We are actually focusing now on the character of Christ or the fruit of the Spirit on patience and kindness and gentleness, etc. As we behold these things, we become more like them. As I focus on patience, I become more patient. As I focus on being kind, I become more kind. As we turn our backs on the lies we've believed, we turn our face toward the truth. We're pursuing what we're becoming. This is the power of repentance. Therefore, we become what we behold. At some point, we begin to realize, “You know, I'm not that angry person anymore. I'm actually different. I have changed!” This is the product of transformation.

Elaine: You know, Tim, I deal with people all the time, just as you do. Over and over I hear people say, “I am trying so hard to stop (fill in the blank)”, and “I'm working so hard to stop” What I find is that often cannot find the strength, within ourselves, to stop anything. We need to look at this because while we always know what to put off, but we don't always know what to put on. In Philipians 4, we read:

Philippians 4:8 - "...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."

Elaine: What you said is so true. We need to find a way to seek God's word out, to see what it says. If I'm trying to be a more patient mother, then I don't need to just focus on trying to stop being impatient. I need to find out what God's Word says about patience and I need to do that. Do those things that focus on the Lord. We've discussed a lot of things today: powerful and life-changing truths. Like Lazarus, we came into our new life in Christ with old grave clothes. These need to be removed. This affects our relationship with ourselves and our relationship with the Lord. If our relationship with God is not what it needs to be, and our relationship with ourselves is not what it needs to be, we don't really have anything to offer one another. Sometimes we need help to overcome these obstacles and to believe truth. I can remember a time in my life when I was believing so many lies. I told Tim I needed him to feed me God's word. And, he would; he read God's Word aloud to me because I had believed so many lies, I was just in a dark place. I needed truth, but I didn't have the strength to get it on my own. Sometimes, we need other people in our life. Just like Jesus told Lazarus's friends, "loose him and let him go", he needed help getting those grave clothes off. Talk to someone about your struggles... someone who can help you figure things out. That's the way God planned it. We are to help one another in the body of Christ.

Tim: You know, Elaine, sometimes just talking to someone, a safe person, just hearing yourself articulate the things that you are struggling with, can have a freeing effect on you...just by letting someone else know, and just by hearing your own voice articulate it.

Elaine: That is so true. I remember when I was a younger woman, I would meet with my mentor at that time, who has now gone on to see Jesus. She would say to me, "You just talked yourself right through that difficulty!" I knew what the answers were, but somehow just hearing myself say them made them clear. That is so true, for sure.

We hope this has been beneficial to you as you grow in your relationship with the Lord and in a better understanding of your relationship with yourself. We would like to offer you another free resource today. If you go to our download link in the show notes you can receive that free worksheet for this series of Uncovering the Truth About the Lies You Believe. If you missed the previous episode, we encourage you to go back and listen. You can find that, also, on our website at relational impact.com. Please help yourself to whatever you find there that's beneficial. We invite you to join us next week for episode five as we talk about Disconnecting from The Lies and Addressing the Mental Bullies. It's going to be a great episode! Thank you for joining us. We're enjoying this so much and we hope that you are benefiting, as well.

Tim: Goodbye, everybody.