



Episode 5 Transcript - Uncovering the Truth About the Lies We Believe Pt. 3

Podcast Description

Will the real you please come forward? How we perceive ourselves has a lot to do with what we believe. In this series, we have been talking about how we can recognize and replace the lies we have believed. Today, Tim and Elaine conclude this series by discussing how we can move away from our pasts, and live in the new reality provided to us in Christ. They will also talk about battling mental bullies. This episode concludes this series.

Transcript

Tim: I'm Tim Russo. Welcome to the podcast!

Elaine: And, I'm Elaine, Tim's wife. We're so glad you decided to join us today. We have an interesting topic, as we conclude our series on "Uncovering the Truth about The Lies We Believe." I'm really excited that this episode is falling right after the 4th of July, which is when we celebrate our independence. This episode is talking about freedom and independence - freedom from lies and oppression. I'm really excited that we're coming off of the Fourth of July weekend, and here we are talking about our spiritual freedom.

Tim: As we get started, maybe, we should give a brief overview of what we've covered so far. We've talked about how these lies impact us. We've adopted some lies along the way, and for some of us the lies are a minor struggle, whereas, for others, it's a significant struggle. It may be beneficial for us to clarify who we think our audience is. When we sit down to record these podcasts, I, personally, am thinking that were speaking to Believers...people who are familiar with the Christian life, with the Christian faith. Our calling or goal, is to teach, disciple, and equip people. That's the purpose of these podcasts, so if you are not a Believer, certainly this is for you, and we want you to benefit from this. But just so you are aware, the direction of our message is going to people who probably are very familiar with this.

Here's some of the things we have covered:

We are shaped by our past experiences and encounters. Negative experiences cause us to believe lies about ourselves, about God, and about others.

We have developed loyalties to whatever we believe because we think it helps us navigate and survive the world. We will talk about that a little bit more today. We bring these influences and loyalties with us. Much of the Christian life is the undoing, or the unlearning, of the lessons we've learned in those years when we didn't know the Lord.

Jesus had a lot to say about truth. Here are just some of the things He said when we look at the scriptures. In John 14:6, He actually called Himself truth. He said, "I am the truth." In John 16:13, He said, "When the Holy Spirit would come, he would guide Believers into all truth," and, He said, "He would be called the spirit of Truth." In John 8:36, He talks about how the truth would make us free or liberate us. When Jesus stood before Pilate, He said, "For this cause, I was born and, for this cause, have I come into the world, that I should bear witness to the truth. Everyone who is of the truth hears my voice." Jesus came into the world to bear witness to the truth, to basically say, "This is what truth is.", and He points to himself.

Elaine: We are here today, talking about these things, because we desire to bear out the truth and just expose truth. In our last episode we talked about the sources of the lies we believe, and we talked about where those lies come from. There are three primary sources that we battle against. We battle against the enemy, which is Satan, the accuser of God's people. We talked about the world, which is the cosmos, and what we live in. We are in the world, but not of the world. Then we want to talk about the flesh, our sin nature. Speaking of how the world can contradict the Lord, listen to this passage from 1 John 2:15-17:

1 John 2:15-17 - *Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever (NKJV).*

I want to talk about the lust of the flesh, that is the carnal mind. The lust of the eyes is jealousy. The pride of life is just a self-confidence, or boasting, about our livelihood, or our living or our good life. Those are the things that represent and characterize the world in the flesh.

Tim: That's a powerful message. John says, "Do not love the world." That word, love, is the same word we get the word "beloved" from. There's a certain attachment that goes along with this, and I think what John was saying is, don't be attached to the world. If you love God, you won't be attached. You won't have this love, this loyalty, or this allegiance to the world. Our love, loyalty or allegiance just needs to be to the Lord. I think this is important because when we think about breaking free from the lies we have believed, it would be easy to say, "You know, I'm deciding today that I'm not going to give in to those lies anymore. I'm done!" We make a decision and that's good. We need to do that, but we need to be aware that we have developed loyalties to these beliefs. These beliefs are connected to us, and we are connected to them at some level. Therefore, we have to make an intentional choice to turn away. We

certainly need to repent. We need to say, "You know what? I'm done! I'm ending this relationship that I have with you, lie! I'm going to turn away from you, and I'm going to embrace God's truth." These lies sometimes behave like bullies. I call these mental bullies. If you think about a bully on a playground, you just cannot satisfy him. If you get on the swing, he comes to the swing. "Give me that swing. That's my swing!" If you give him the swing and move over to the slide, now, he's over at the slide. "Get off my slide. This is my slide" It doesn't matter where you go on the playground, this bully is going to follow you around and taunt you. You can't please him, you can't satisfy him, and you can't get away from him! Really the only way to deal with this bully is to face him, and like David faced Goliath, you're going to have to deal with these mental bullies, or these mental giants. It's going to take courage! More importantly, it's going to take a dependence on the Lord, and your faith in Him to get this done!

Elaine: That such a great visual, Tim, because it's so true. We all have bullies in our lives. Some of them are very tangible, real bullies in this world, and some of them, as you said, are just in our mind. Let's look at a passage of scripture that explains this battle:

2 Corinthians 10:3-5 - *For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.*

Elaine: When we talk about strongholds in this verse, we're talking about well-developed ways of thinking. This could be lies, and these lies have to be identified in order to be torn down or dismantled. When we talk about arguments, we're talking about logical conclusions that fit within the context of the lies that we're believing. We are told to bring every one of those thoughts under the obedience of Christ. Some thoughts have never been caught and examined. We just entertain them and believe them and meditate on them. This passage tells us that we need to assess our thoughts. A lot of us don't even stop to take the time to consider what we're thinking. I had one person tell me one time, "I don't know what I'm thinking. I don't ever check in with myself." And, I thought, "You know, that is interesting because some of us probably do that too much. We get paranoid and anxious, and we meditate on our own thoughts and what we're thinking too much. Others of us don't even check in. What this passage is describing is assessing our thoughts as to whether they agree with God or not. If what I believe is exalted above what God says, then it needs to be brought lower, under the authority of God.

Tim: For example, if I've done horrible things in my life and I believe that I am unlovable, that God is not able to love me because of those, then I cannot forgive myself. This belief that I am unforgivable will block me and hinder me from living in the forgiveness and the freedom that God has provided. If I believe that people would rather not be around me, or rather not be in my company, then, that would hinder me from engaging in healthy relationships. Thus, I have to come to grips with these two choices. I'm believing that I am too bad to be forgiven, that I'm not loved, and people don't want to be around me. Whereas, God would say, "No, you are unconditionally loved. You are loved beyond measure." To know the height, the depth, length, and the width of God's love is what we are engaging in. We need to fully embrace that we are loved by God. If we believe that, then it's going to change how we interact with Him. If we

believe that people love us, and that we're uniquely gifted by God to make a contribution in the lives of others, then, we are going to act on that belief, and we're going to make a difference. The lies have to be seen as obstacles to the life that God has provided for us.

Elaine: It is time to embrace the new realities! We have to choose the truth! In episode one, we talked about the truth model, and, for me, the truth model was so significant because when I became a believer, I had a lot of anger. I think that anger was rooted in perfectionism. I believed the lie that I had to be perfect to be accepted. I had to do everything just right or I wasn't good enough. You can imagine the enormous amount of anger that would bring into a person's life. I had to overcome that anger by being able to recognize triggered events. Let's look at the acronym that we talked about in episode one. You can go back and look at the show notes and get this truth model. We can't remember where we learned it, so we can't give credit. If anybody out there in podcast-land knows where this came from, feel free to contact us and let us know so we can give credit to whoever created it. It's really been a great tool!

We're looking at the acronym T-R-U-T-H. We start with "T", triggered event. Something in your life happens that's a triggered event, and, immediately, you feel a reaction. Then, you realize that you have "R", wrong thinking. (We know that "wrong" doesn't start with "R", but for the sake of this acronym, we will say wrong thinking.) Now, because we're thinking wrong, we have an unhealthy response, which is "U" in the acronym. At this point, we need to replace the lie that we're believing, which caused us to react wrongly, think wrongly, and react wrongly, with the truth. "T" in the acronym is applied truth. Now, I can have a healthy response. You can take just about any event in your life, where you know it's a triggered event, and apply this acronym. It can be so helpful, and really help you break down lies in a very practical way.

Tim: Can you give us an example of that?

Elaine: Off the top of my head would be, an example would be: I am a young mom and I have four little girls. I just mopped the kitchen floor, and they come in with their sippy cups, and drop milk all over the floor. That's a triggered event for me! The wrong thinking would be, "I can't believe this child came onto my freshly mopped floor and poured milk!" Then, I would probably react shortly and firmly with them, and, maybe, scold them and say, "I can't believe you did this! Well, truth is, Elaine, this was an accident. This was not personal. This little one just did not realize what they were doing. A healthy response would be, "It's okay, sweetheart. No problem! Let's just clean up the mess." Now, I'm simplifying how the model works.

Tim: It's a good example of how the model works, and it helps you recognize that you're not responding appropriately.

Elaine: Yes, and, this is a good time to interject that sometimes when we start using these tools, and we start renewing our minds, it's good to start with small examples of small triggered events and practice on those before we go into something major, like, my husband came home late from work and he's been known to have had an affair. It's like we're trying to recondition our minds so that we're able to believe truth about our husbands. Start with small things, first, and practice triggered events in applying the truth acronym.

Tim: Using your example, when you walk in and realize that the freshly mopped floor is dirty, you could (or anybody could) have an emotional reaction. Then, you're not able to think through

it. Right? If we get caught in that emotional phase, we may not be able to change our thinking. I think it's important to think about how we tend to function emotionally. I tend to see people in two broad categories: I think some people are emotionally oriented, and other people are commandment (or fact) oriented. I will give you an example. Let's talk about John and Don. John wakes up one morning. He is very depressed. He feels like he cannot go to work because he's so depressed. He decides, "I'm calling in sick. I'm not going to work." Don, on the other hand, woke up exactly as John woke up, and he was as depressed as John was, but he says, "You know what? I feel so bad and so sad. I don't feel like going to work this morning." But, Don begins to think, "Well, but if I don't go to work, I probably won't get paid. If I don't get paid, I probably won't be able to pay my mortgage, etc., etc." And so Don decides, "Even though I feel depressed, I know I have to go to work, so I'm getting up, getting dressed, and going to work. The point in that example of those two guys is this: John is emotionally oriented toward life. He listens to his emotions; he puts a lot of validity in his emotions. In fact, maybe he's mistakenly thinking that his emotions are describing his true reality, and so he obeys his emotions. Whereas, Don is able to see, "I feel this way, but I can choose to do something different." I think it's important that we recognize whether we tend to be emotionally oriented or fact oriented. Let me give you an example of how I think our beliefs are connected to our emotions. I think we feel because of what we believe. Let me give you an example: You're at home and you're sitting alone. It's quiet and dark outside. You're reading, and you hear this very loud rattle at the window. You immediately interpret that loud rattle as someone breaking into the house. Because you believe someone is actually breaking into your house, you experience fear. Your adrenaline increases and you react. Now, we don't know what you would do, but, in Texas, you might get your gun. You might call 9-1-1. You might freeze. You might scream. We don't know what your reaction will be, but you will react because you're emotionally in that place. Now, let's take that same scenario for a second example: You're sitting at home, alone, reading. It is quiet and dark outside. You hear this very loud rattle at the window, but in this example, you interpret it as being the neighbor's cat. Because you believe it's the neighbor's cat, you do not experience high levels of fear, your adrenaline does not increase, you don't call 9-1-1, or get your gun (unless you don't like cats!). The point of these two examples is that we tend to feel and experience emotionally, based upon what we actually believe. This is why when we believe lies, we get emotionally involved in how we are reacting to those lies. What we really need is facts. In my two examples, we still don't know what caused the rattle at the window. I need to get out of my chair, look outside, and gather facts. If I look out, and someone is actually breaking into the house, then my first reaction was appropriate to my reality. However, if I look out and it is the cat, at least I know, and I can go back to reading. I really need these facts.

Elaine: Tim, that is so true! I love when you use that example because it's a very simple example. Boy! We can apply that to so many situations in our lives! We often have so much difficulty in our relationships because we don't gather facts. We jump into things thinking we have the truth and we don't. One of the reasons we're going to be starting our next series on communication is because we know this is true. We need to gather facts and sometimes we just don't have the tools to communicate in a healthy way to be able to gather those facts. Be sure to tune in with us for those next episodes so you can hear about how to have some healthy communication in your relationships. We are not, at all, implying that it's a simple matter that can be resolved easily. When you're exchanging lies for truth, it's very complex. The redemption process begins with a confession of sin and acknowledging your identity in Christ. We know that our identity in Christ has to be formed and secure in order for us to exchange

these lies. You're not on the journey alone. Everyone struggles through this, and, hopefully, you've surrounded yourself with people who can help you in this process. It's okay if you want to have a friend listen to the podcast with you. Maybe you can walk together and work together -- because it is work. You can work together and talk about the lies you believe and discuss how you might exchange them for the truth. The good news is that there are people there to walk with you and help you. Not only are your friends, and your church family, and your community committed to this, but God is committed to help you to become like Jesus. He promises that the work He starts in us, He will be faithful to complete it.

Tim: We've covered some sobering topics in this series. Elaine and I want you to know that we're here to walk with you through these areas. As you face these lies, or mental bullies, and you would like us to pray with you, and be on your team, please send us a prayer request. Please let us know how we can walk with you through this. We want to be with you on this journey as you grow in your relationship with the Lord and with others. As Elaine mentioned, we do this much better as a community than we do it individually, alone. God never intended us to do the Christian life alone.

Elaine: We are so glad that you joined us. We'd love to hear about how these episodes have impacted your life, if they have. You can go to relationalimpact.com and talk to us there, through email, or by leaving comments. We'd love to hear from you! Also, we would like to hear from you about the free download we've offered you. We would love for you to go through that. If you go to relationalimpact.com/podcast4, and download the free pdf worksheet, you can work on by yourself or with a friend. Be sure to do that, and enjoy the resources we have there for you. Tim, do you have any last words?

Tim: That's it! Have a great week everybody!