

“Your True Worth Through God’s Eyes”
Session 6: The Road to Truth
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INTRODUCTION

The effects of the lies and traps we’ve talked about in this series.

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 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**

At least five obstacles stem from misunderstanding Christ's love and forgiveness, and often prevent us from experiencing His presence and power

- 1. We have wrong motives**
- 2. Our approach to the Christian life is too mechanical or regimented.**
- 3. We are too mystical**
- 4. We lack knowledge about the availability of Christ's love and power**
- 5. We are harboring sin that blocks our fellowship with Christ.**

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 final turning to God- letting loose of control, and following willingly

“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)

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.

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.

The results of God's Solutions:

Freed from the Performance Trap: Increasing freedom from the fear of failure; desire to pursue the right things: Christ and His kingdom; love for Christ.

Freed from the Approval Trap: Increasing freedom from the fear of rejection; willingness to be open and vulnerable; able to relax around others; willingness to take criticism; desire to please God no matter what others think.

Freed from the Blame Trap: Increasing freedom from the fear of punishment; patience and kindness toward others; being quick to apply forgiveness; deep love for Christ.

Freed from the Shame Trap: Christ centered self confidence; joy, courage, peace; desire to know Christ.

For your reflection time on your own

A. Which of the traps do you relate to the most?

B. Is there anything that is driving you which might be unhealthy?

C. What are some lies you have told yourself in the past? Has trusting in Jesus corrected this in a specific way?

D. What are one or two takeaways from this class?

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