

## False Beliefs and Destructive Thinking

A 30 Minute Talk Given at Harrison United Methodist Church

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“If you cling to your life, you will lose it; but if you give up your life for me, you will find it.” Matthew 10:39

Pray

**- Our beliefs & thoughts determine how we live life.** In general, we do what we do because we believe what we believe.

“For as he thinks within himself, so he is.” Proverbs 23:7

- A lot of the problems we have are rooted in negative/destructive thinking patterns ..... which often stem from our false beliefs.

- The Evil One, Satan is at the root of this. Among other things, He is a Deceiver.

“He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.” Jesus in John 8:44

“... that ancient serpent called the devil, or Satan, who leads the whole world astray.” Revelation 12:9

The weapons He uses are lies.

A lie is as powerful as the truth if you believe it. We are made free from the bondage of a lie when we replace the lie with the truth.

“Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”” John 8:31-32

**His target is our minds** – Our mind is where God communicates with us to reveal his will & truths to us. So, **the mind is the battlefield.**

(A Recommended Resource: The Battlefield of the Mind, Joyce Meyer)

Oswald Chambers - “Your mind is the greatest gift God has given you and it ought to be devoted entirely to him.” Feb 11, Our Utmost For His Highest.

**Satan’s Purpose** is to make us ignorant of God’s truths and his will for our life.

ASK: What are you putting into your mind? Where are you getting your information? Television, internet, magazines, romance novels, other people who are a negative influence?

“Be Our Biggest Loser” May 12, 2010

“Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature (or Satan) control your mind leads to death. But letting the Spirit control your mind leads to life and peace.” **Romans 8:5-6**

**ASK:** Do you have “Death” or “Life and Peace?”

**A QUESTION FOR YOU:** What 1 personal belief do you have that has the most significant impact on how you live your life? The Bible is truth.

Our Best Defense against the lies of Satan is the Bible, God’s Word.

**It’s Our Prescription ...** for spiritual, moral and emotional health.

Just as when Satan tempted Jesus and Jesus quoted scripture as His defense.

“All Scripture is inspired by God and is useful to teach us *what is true* and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” 2 **Timothy 3:16-17**

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” **Romans 12:2**

- PPT Diagram??

Soul is like a valve that connects the spirit and body

Mind helps us understand what God’s Spirit is telling us

Renewing the mind, w/ God’s truths, keeps the valve open

This helps us to understand God’s will for our life.

ASK: What lies or false beliefs might have been floating around in your mind.... deep in your heart?

- Perhaps some of you are burdened by thoughts and beliefs that you are not good enough... that you don’t measure up.

- Perhaps you’ve had a major setback in your job.

- Or maybe you’re still affected by a challenged life as a child.

**As a Believer, You are a Child of God** .. and He wants you to be “free” like a child is free.

“Dear children, do not let anyone(or the Devil) lead you astray.” **1 John 3:7**

“So now there is no condemnation for those who belong to Christ Jesus..” **Romans 8:1**

“How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!” **1 John 3:1**

**Our identity**, as a Christian and a Child of God, is to be who we are “in Christ” and we are to know that “being” is more important than “doing.”

“For in Him we live, and move, and have our being.” **Acts 17:28**

“...anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”  
**2 Corinthians 5:17**

“My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. **Galatians 2:20**

“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth.”  
**Colossians 3:2**

As Christians, we will never gain a healthy self-concept until we are sure about who we are “in Christ.”

Understanding and believing this “Positional Truth” is essential for us to become emotionally and spiritually mature & to be whole.

### **ASK: What are you in the habit of thinking about?**

- Faith/Belief in Satan’s lies → Bondage and DEFEAT
- Faith/Belief in God’s truth → Freedom and VICTORY

**Meditation** can be a very helpful way to absorb God’s love and truth into our spirit.

“Finally, brothers, 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.” **Philippians 4:8**

“But his delight is in the law of the LORD, and on his law he meditates day and night.” **Psalms 1:2**

### **At Tables - Affirmations to Meditate on**

**Eph 2:10** - “For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

“I am God's masterpiece, created anew in Christ, doing the work He planned for me long ago.”

**2 Cor 5:17** - “Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”

“I am a new person because I belong to Christ.”

- It's All About the Heart.

“Above all else, guard your heart, for it is the wellspring of life.” **Proverbs 4:23**

“With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. 18 Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. .... 20 But that isn't what you learned about Christ. 21 Since you have heard about Jesus and have learned the truth that comes from him, 22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God—truly righteous and holy. **Ephesians 4:17-24**

“You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You.” **Isaiah 26:3**

God wants us to have a heart change --- a spirit change.

Thru a intimate relationship... spending time with Him.

Reading his Word and meditating on it

and in this manner we allow His Spirit to mix with our spirit and transform us to be more like Him  
All For His glory.

**Prayerfully ....**

“Look deep into our hearts, God, and find out everything I am thinking. Don't let me follow evil ways, but lead me in the way that time has proven true.” **Psalms 139:23-24**

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