

## Overcoming Depression

### Taking Off Phase

#### Taking off the Old Man – Erasing Ungodly Beliefs

We program our brains and our experiences by what we believe and we reprogram our hearts by changing what we believe. With the ministry of GHS, we are able to reprogram our hearts with spiritual truths. To do so we must learn to remove the false ideas lest having believed the new idea, we create an inner conflict.

**Colossians 3:8-10** *But now also, take off: anger, wrath, malice, slander, and abusive speech from your mouth. <sup>9</sup> stop pretending to one another (wearing a mask), since you took off the old self with its evil practices, <sup>10</sup> and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him*

- Paul discusses the behavioral options from taking off the OM and putting on NM.
- Taking off & Putting on happens in stages (peeling layers) & is the same as sp. growth
- Every time we exchange old, worldly, idolatrous beliefs & motives for those given by GHS, our capacity for honesty and spiritual living increases.

**Eph 4:22** that, in reference to your former manner of life, you lay aside the old self, which is being corrupted dominated by deceitful desires.

- Old Self – entire old way of believing, thinking, feeling & behaving
- Corrupted – spoiled to believe that unrighteousness is normal & acceptable
- Dominated – **kata** = downward pressure – to be controlled by
- Deceitful – **apate** – fraud, fake, seductive, deceiving, misleading
- Desires – **epithumia** – lust, desire, want – extreme desire
- Lay aside – **apotithemi** – take off layers of clothing – remove
  - This passage describes the reasons & process by which the OMBS is put on, the opposite procedure of putting an idea on, by faith.
  - Being spiritually dead & unable to relate to God, we look for ways to meet our needs/desires apart from Him, using our own abilities from the world.
  - Paul gives his most detailed discussion of removing the demonic & worldly influence that all humans ingest to make room for the truth.

## Awake – Aware – Alert

**Awaken** – become aware of the spiritual world in which we live our lives

**Rom 13:11 And do this, understanding the present time: The hour has already come for you to wake up from your slumber, our salvation is nearer now than when we first believed -**

- We are to be awake to the reality that the rapture could occur at any time

**Eph 5:13 But all things become visible when they are exposed by the light, for everything that becomes visible is light. <sup>14</sup> For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you."**

- Light/truth makes our man centered thinking visible so that we can remove it
- We must wake up from our spiritual slumber of focusing on the circumstances and details of our earthly journey

**Asleep: Matt 13:22 "And the one on whom seed was sown among the thorns, this is the man who hears the word, and the worry of the world, and the deceitfulness of riches choke the word, and it becomes unfruitful."**

- Our instinctive & habituated state is to be focused on human relationships & our circumstances (worries/world & deceit of riches) as the means of achieving success & finding happiness.
- I call this mental status **"living in autopilot"** where we are not very aware of our own inner processing – visual & verbal thinking
- Waking up from autopilot to enter into the practice of awareness and alertness is absolutely necessary for you to be able to walk by the Spirit & live the Christian life.
  - CWL is initially an intentional choice that becomes a habituated state of mind
- God uses adversity to wake us up & knowledge of His word to guide us into awareness.
- Be grateful for your hardships and difficulties, knowing that they are for your own good to awaken you from your slumber and expose your need for God.

## **Awareness – Focusing the Mind**

**Context: Mk 2:1-12** – paralyzed man let down through the roof – Jesus celebrated their faith but the scribes criticized Jesus for saying "your sins are forgiven"

**Mark 2:8 Immediately Jesus knew (was aware) in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things?"**

- Jesus was acutely aware of His own thoughts and those of the people around Him because He practiced awareness of His Father, GHS & the people around Him

**Mk 5:25-34** – the woman with the blood disorder who touched His garment – He knew in that instant that healing had gone through Him to her

- a. Practicing awareness is simply focusing your attention onto your own behaviors, actions, feelings, thoughts (visual & verbal), the voice of GHS and your interactions with others.
- b. We have learned about the spirit world going on within us & around us & being aware is accomplished by paying close attention to yourself & how you are relating to God & others.
- c. When we practice awareness, we begin to catch ourselves using human logic (sight) as the basis for how we are relating so that we can know what is coming from within us outward.

### Alert – Looking for Specifics

**1 Cor 16:13** Be on the alert, stand firm in the faith, act like men, be strong.

**Eph 6:18** With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,

**Col 4:2** Devote yourselves to prayer, keeping alert in it with *an attitude of* thanksgiving;

**1 Pt 5:8** Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour.

- a. Practicing alertness means to be on the lookout for specific behaviors that are sabotaging your relationships – more narrowly focused than practicing awareness
- b. When working on the “taking off” (erase) process, you will find yourself dealing with one issue at a time, one layer at a time, looking for specific behaviors causing specific problems
- c. Sinful or problematic behaviors & negative emotion are your starting clues that lead you to look for specific inner images & dialogue that are the roots of the feelings & behaviors.
- d. The specific false content of our inner images and dialogue is what must be refuted and rejected so that you can break the habit of believing it – must be alert to it.

*When you find problematic behaviors that are still reactions to past events, one of the ways to explore the roots of your behavior is to remember it in discussion with a friend or to write about it with yourself or in a letter to the people involved or to God.*

### Recognition – Discernment - Understanding what we are experiencing

**1 Kings 3:9** "So give Thy servant an understanding heart to judge Thy people to discern between good and evil. For who is able to judge this great people of Thine?"

- Solomon asking for wisdom to discern what is best for his people

**Heb 5:14** But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

- **Diakrisis** – to distinguish, to compare, to understand distinctions between good and bad
- Good/evil – **kalos & kakos** – not divine good and demonic evil – what is best or not

- Discern the distinction between what is producing God's will and all the beliefs, thoughts, feelings & actions that are producing something other than God's will.

1. The goal is to Recognize behaviors that are motivated by anything other than God.
  - Essential to be able to cleanse the heart from the influence of man centered beliefs.

**2 Cor 7:1 Therefore, having these promises (intimacy with God – renewing the mind), beloved, let us cleanse ourselves (take off OM) from all defilement of flesh and spirit, perfecting holiness (putting on NM) in the fear of God.**

2. Look for different kinds of actions, words, feelings & thoughts not motivated & empowered by GHS – any behaviors that have not been brought into captivity to Christ (2Cor 10:5)
  - a. Sins – mental, verbal & overt – the initial & primary distinctions
  - b. Legitimate behaviors that are distractions from God – work, hobbies, finances
  - c. Legitimate behaviors motivated for self or man rather than God – please parents/mate
    - Pleasing legit people in legit situations must subordinate to pleasing God
3. Beliefs & behavior patterns are installed in layers resembling an onion, with all of the outer layers being built & based on the layers before – looking for the roots
4. Beliefs & behaviors are developed from the core outward, they are recognized & removed from the outside moving inward.
  - Overt → Verbal → Emotions → Thoughts (inner images & dialogue) → Beliefs
5. Actions are the outward expressions of feelings that are the emotional expression of thoughts (visual & verbal) that are direct results of beliefs interacting with circumstances.
  - Beliefs interacting with situations produce thoughts, feelings, verbal & overt actions

## **Emotion – The Signal**

1. Every time we think something different that has meaning attached to it, we will feel our emotions change for better or worse – positive or negative feeling
2. The emotional change is the clue that we have just said something to ourselves and created a visual scenario that evoked the feeling.
3. It is the content of the visual & verbal mechanics that tells us what we are believing, either divine or human viewpoint.
4. Being aware that our beliefs are consistently producing thoughts using our visual & verbal faculties, producing feelings, allows us to be alert & observe the process.
5. As we observe the content of our images & inner dialogue, initially we will be aware of our thoughts after we have chosen to use an idea.

Ex: Feel fear → look into your mind for an image or scenario & listen to what you are saying to yourself; look/listen for content – **what** are you seeing/saying; you have already chosen to believe the image & dialogue causing you to feel fear – now you know what images you are creating & what you are saying to yourself that is causing the fear.

6. As you continue to monitor yourself for fear you will be able to bring your awareness into the moment, watching/listening as you are choosing to believe the thoughts that cause fear
7. Once you get into the moment to watch yourself choosing, then you can stop a thought before we choose to believe it and feel the fear.
8. Once we have gotten ahead of our habit of thought, we can then not only resist the temptation and pull of the old habit but we can actually remove the habit from our mind.
9. You purposely evoke the process with the feelings and tell yourself to stop believing it, erase it from your mind – visualize it and erase the white board in your mind; listen to the logic and refute it, using the truth to replace it.
10. We developed the beliefs that caused the entire process by using our imagination to create the process and we use our imagination to erase the beliefs and thoughts.