

Removing OM Beliefs – Reprogramming the Heart

"Would you rather live a life by design or a life by default?" What a powerful concept.

I think we'd all choose a life by design. The problem is, we don't know how to get there. And it's not entirely our fault - humans are wired to lack self-awareness, and everything about our culture makes it even harder.

Inside Out, "The Problem of Demandingness," page 161

"When a suffering saint pours out the sorrow of his soul, our Lord reveals Himself as his Great High Priest, a caring Advocate who is touched by his struggles. But when that sorrow has been twisted into a bitter spirit of demandingness, his lament is met by the steely glare of a Surgeon, ready to cut out the disease with a glistening scalpel."

- What burdens your heart today?
 - What is the general feeling and disposition of your heart right now in your life? Are you frustrated, fearful, angry, feel betrayed, unappreciated, jealous, what?
 - Is there a specific negative emotion that is overriding everything else?
 - Who do you need to confront with the truth, no longer pretending, going along to get along & what is the issue that needs to be honestly addressed?
- Are you bringing it before God with honesty and openness to His Spirit's perspective, or are you demanding that He (and perhaps others) give you your own way?
 - Are you asking the Lord to bring this out in the open? Do you have the courage to even ask that? Are you still suppressing your own feelings so much that you can't even talk to God about it?
 - Do you know that talking about the issue with the other person will never cause it to change and you really need to just accept that?
- Take some time to consider how you have been relating to God and others and how your actions have impacted those around you.
 - Have you been irritable & difficult with those you love and who love you?
 - Are you refusing to look honestly at yourself & your refusal to open your heart to the Lord and to your life partner to take both relationships to the next level?
 - Are you blaming everyone else for what only you can change? Are you resistant to the idea that you also need to change?
- Is there anything for which you want to repent?
 - Is there a secret sin that you need to confess to God? Are you numb & secretly caught in a trap of shame about your own person because of past sins, so that you have stopped feeling and caring about yourself?
- Anything for which you want to give thanks?

- Are you making any real progress by looking for the roots behind your behaviors, feelings & thoughts? Has this year been only an academic exercise?
- Have you experienced the tremendous freedom that settles into your soul when you are able to remove an old limiting belief that hindered your trust in the Lord?
- Has the Lord entered you into a journey of self discovery, pushing you back into your past to see the wrong conclusions you believed, so that you can repent, ie change your mind about what you believed before?

As you have become more aware of the selfishness & the imperfections of your own heart, have you been willing & able to open to the idea that this can change, that you want it to change and that God has made provision for it to change? Or are you still demanding that life and all others, including God, adjust to your desires?

Stop Suppressing – Change your Beliefs

A fellow believer reports that he has a tendency to judge others for practicing behaviors that he finds offensive. He began to see this a while back and has tried to stop acting on the temptation to judge. He truly wants to obey God. So now, when he feels the urge to criticize, he stops it before it fully forms in his mind and especially before he says anything. When I asked him why he was practicing criticism interruptus, stopping in mid fault finding, he said because I want to obey God by not judging. Ok, I said, but by stopping yourself in the middle like that, has that approach lessened your desire to judge? Is the temptation to judge still there but you are no longer expressing it? Yes he said, I guess that is an accurate description. What you are doing is better than expressing your wrong thinking but is not resolving the real problem. He gave a quizzical look. By suppressing your desire to judge and criticize, you have changed nothing about what you believe about others. You have not transformed your sense of superiority into humility, recognizing that your sins are just as sinful as what you consider the more disgusting sins of others. All that you have accomplished is to keep your wrong belief to yourself. If you stop suppressing and allow your thoughts, feelings and expressions to come out (but only to yourself) then the Holy Spirit will enable you to trace backward to listen your inner dialogue. When you refuse to suppress the unacceptable thought & feeling (hurt, pain, anger, disgust, judgment, etc.) and instead let yourself feel it, it's not that feeling it helps, it's that by not suppressing, you can see & hear the ideas you are using. You can see/hear the ideas that make your behavior seem logical & appropriate. What is it you are believing & telling yourself in that moment and in general that says feeling disgust and being critical of others is the appropriate & logical response? Whatever you are believing that evokes those habits of thinking, feeling & behaving is a lie, probably related to a preference for an ascetic trend. The real answer is not to simply suppress the expression of your wrong logic, but to open it up so that you can become more aware of your faulty thinking and then change it. We can't remove our sin nature that resides in our body but we can remove the faulty ideas that we have picked up out of the world. Use your imagination (Eph 1:18) as you stand before the Lord to visualize

throwing away the idea that your ways are superior & that feeling disgust or anger toward others because of their brand of sinning is a righteous idea. Imagine removing that idea over and over, giving it to God and watching Him place it on the cross. At the same time, imagining adopting humility & confidently knowing that all sins have been paid and cancelled out before the Lord. Tell yourself that you are the same as all other sinners saved by grace and as that God has forgiven us all.

There are none righteous, no not, one (Rom 3:10) but now apart from the Law *the* righteousness of God has been manifested, being witnessed by the Law and the Prophets, even *the* righteousness of God through faith in Jesus Christ for all those who believe; for there is no distinction; (Rom. 3:21-22).

The war to influence the believer's Christian life in time is won or lost in the soul, in our thought life, specifically our belief system. The goal is spiritual growth, to exchange the beliefs & influence we have accepted from the world for the beliefs and thoughts of Jesus Christ. Most people are sleep walking through their lives, operating on auto pilot, allowing their unconscious programming to control their thoughts, feelings, words and actions. God's plan for His children is for us to awaken from our spiritual sleep, become aware of what we are believing, thinking, feeling, saying & doing, to become intentional actors in control of our inner life. We must specifically be aware of our inner dialogue (discussions with self) and our inner images (Eph 1:18 – eyes of the heart). We each train these faculties of the soul (Heb 5:14) each day by what we choose to believe and on what we choose to focus our attention. Believe God and His word and focus on making Him your treasure.

Fred is consistently late for work and performing poorly. When confronted about it he is really not sure why this is so. He doesn't hate his job and he is quite capable of doing it. So he becomes alert & aware, in the moment, in the mornings when he is getting ready for work. He first notices that he feels very down and even sad when he thinks about going to work. He continues paying attention to his inner life for the next week and as he gets more into the moment, he hears himself say *"I have been doing this job for 20 years and haven't heard a positive word from anyone since my real boss retired"* Fred is a person who hungers for praise from the authority figures in his life and he has attached his hunger to the boss at work, believing that his boss should be giving him the praise he seeks. His hunger for recognition and praise is a normal need that he has attached to people rather than God. He believes that he needs praise and he has attached his hunger & faith to those over him at work. This seemed to work for him with his first boss who recognized his desire and used it to motivate him. The new boss doesn't praise anyone so Fred remains thirsty and dissatisfied & depressed. How does he detach his hunger and faith from his boss and reattach them to the Lord? Imagination.

- a. He visualizes himself at work, wanting praise from his boss. He intervenes by walking into the image and telling himself over and over that his boss doesn't have what he needs. He does this until his belief begins to change.
 - b. He visualizes himself at work hungry for approval, having attached his umbilical cord to his boss. He detaches his umbilical and humbly offers it to God, asking Him to meet his need in Christ. He does this over and over many times daily until he senses that he no longer wants approval from his boss and now he is looking for it from God.
1. All believing & thinking is performed in the soul by the use of imagination.
 2. We form the ideas that become beliefs by visually imagining situations & conclusions, telling our self it is true & that we will view it this way from now on.
 3. All of the initial conclusions that we believed in our life were simply conjured up by visually & verbally imagining the ideas being operated in our lives - thoughts
 4. We combine, change, rearrange and recombine images & dialogue to form our thoughts based on what we have concluded is true about any issue.
 5. When we effectively focus long enough to discern the content of our inner visual and verbal operations, we can choose to change our previous conclusions by imagining rejecting our old ideas and re-imagining different conclusions that we believe.
 6. We formed our existing beliefs as reactions to our life events by imagining what we thought the events meant and the lessons they taught us. We listened to others or just conjured a conclusion out of our existing beliefs.
 7. We formed our beliefs by imagining an idea & attaching our faith to it to form a belief that was installed in our heart, then habituated by using it over/over, forming it into automatic behavior.
 8. We remove beliefs by detaching our faith from the idea. We use the eyes of our heart to see our faith attached to the idea and then imaging removing our faith from the idea and seeing to go up in smoke, throw it in the trash, run over it with a tank, shoot it with a machine gun, over/over to tell your heart that we are throwing this idea away.

Eyes of the Heart

Eph 1:18 I pray that the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

1. **The soul is endowed with a number of perceptive abilities - imagination, intuition, will, perception, memory, and reason.**
 - a. Perception – nous – the capacity to take in sensory input and make some kind of sense of it for survival, learning, human development & personal growth.
 - b. Will – volition – the capacity to choose on what we focus, what we perceive, what we conclude & especially what we decide to believe because of our human experiences.

- c. Intuition – the ability to make inferences and tentative conclusions from our input as our mind compares new information to what we have chosen to believe previously
 - Make leaps of logic based on discernment of common patterns
 - d. Reason – the ability to logically categorize and sequence events, conclusions & derived ideas into coherent narratives to explain human experience
 - e. Memory – the ability to store impressions, events, conclusions & beliefs based on the experiences of our life.
 - f. Imagination – the ability to combine, change & recombine ideas to form different images & concepts for the purpose of thinking through our ideas that we have learned, concluded, believed & stored in memory
- 2. The soul processes these abilities through the faculties of seeing, saying & feeling.**
- a. Visual – eyes of the heart – the ability to visualize complex situations in mind’s eye
 - b. Verbal – inner dialogue – the ability to discuss these same ideas with self
 - c. Kinesthetic – the ability to imagine feeling different emotions based on imaging.
- 3. Gaining intentional control of these abilities & faculties by surrendering them to GHS, enables believers to cleanse the false ideas & replace them with truth**
- a. We begin life enslaved to OSN, selfish, egocentric and desperately needy
 - b. At birth & beyond until Christ awakens us, our abilities, faculties & mental processes we program our souls to operate automatically, below our level of awareness and beyond our understanding & control.
 - c. Awareness & alertness bring us into cognizance of our inner workings and our volition so that we can begin the process of becoming an intentional actor, relinquishing control of our beliefs, thoughts, feelings, words & actions to GHS.
 - d. The focus is to intentionally surrender your will to GHS who will give you the insights into your wrong motives and methods that need to be rejected
 - e. Having rejected a selfish motive or relational manipulation, we are to imagine the truth of God’s word, seeing ourselves joyfully doing His will – habituate doing the truth by visualizing your self doing it over and over.