

Taking Off the Old Man Belief System

Intro

We have discussed the necessity for a spiritual awakening to realize that we are deeply caught in the middle of a spiritual war. The focus of the war is who (God – devil) will be the primary influencer of your soul. The big problem is that we were born into the devil's system with OSN that instinctively fit with the devil's self-centered ideas about life. We have already been influenced by the devil's system, to our very core and have habituated patterns of thinking that reside in the neural structures of our brain (the flesh).

For us to live free from this worldly influence we must follow the grace process to remove it from the soul and replace it with the divine principles that guided Jesus in His incarnation. Our instinct is to suppress these patterns, trying to live out the CWL. This will not work because our old ideas will continue to influence us under the level of awareness. We must practice awareness and alertness

Awareness – generally aware of the taking off process, awake to the spiritual war

Alertness – Focused on recognizing actions, words & feelings that point us to thoughts (visual & verbal) that expose the root beliefs of these patterns.

- We are awake, practicing awareness and alert to specific behaviors (emotions) that lead us back into the moment where we can observe our inner images and dialogue

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: Suddenly 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.

Roots – Core Causes

1 Tim 6:10 *For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith, and pierced themselves with many difficulties.*

- Love of money – in love with money, wealth, gain – Rich Fool
- Root motive for all kinds of bad things – core source of many unhealthy pursuits
- Desire → faith attached to wealth & its pursuit causes us to falsely expect money to give us happiness → love money = false priorities, neglect truly important relationships with God, mate, family, etc.

Hebrews 12:15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;

- Come short of God's grace – 1century Jews were reacting to the adversities God was allowing for their growth rather than trusting Him and being grateful.
 - Emphasis on human agenda rather than divine plan so that adversity that blocks our human agenda gives us logic that says anger & bitterness is appropriate.
 - Root of bitterness – root ideas that tell us that bitterness is the logical reaction to the losses they were experiencing – believe lie → tell self the lie → feel anger of bitterness
- a. Behind every action, word & emotion is a root idea being believed & repeated.
 - b. When we recognize feelings, words or actions, the proper approach to gain victory over this behavior is to find the root thinking & believing causing it.
 - c. Only by removing the root idea behind your behaviors will you be able to permanently eliminate feelings, words & actions that are not from God.

Ex: When Fred, a believer, was growing up his parents always seemed to be in a struggle to pay the bills. They didn't discuss it with the kids but they all knew that money was tight. Fred especially took the issue personally and made a vow to himself that as an adult, he would never live that way, from paycheck to paycheck. He began to imagine having plenty of money and never having to worry about having enough, his kids having the best of everything, no hand me downs for his family. He secretly (even to himself) began to think less of his father for not working harder to make more money. He resented how his dad seemed to give away any extra that they had, always putting himself back close to zero. As he grew into adulthood he had put his trust in money as his life solution, spending more and more time at work, becoming fearful and enraged at anything that hindered his financial goals. He finally lost his girlfriend of many years his first Christmas in his new job. Once again he blew off their family plans because of some business opportunity and she finally realized that in his mind she would always come in a distant 2nd with money always first. When she left, he became angry with her and blamed her for not understanding that he was "only doing it for them". She understood but wanted a present husband, not one with money. By the time he came to the counselor, he had lost most everyone, 2 wives, kids, family and friends, all neglected and left behind to pursue another wad of dollars. At first he tried to just cut back on working hours but that didn't ease up his obsession with the financial tally in his head, looking at his investment totals numerous times during the day. Any other obsession like sex or alcohol would have been labeled an addiction but because his addiction was socially acceptable, it seemed harmless. For Fred to ever find a proper balance in the Lord, he would ultimately have to find and change his original vow that was rooted in the belief that money could/would solve all of his problems.

Process: Fred began to purposely change his overt behavior by working less and by practicing awareness, being alert to his emotions. When he chose to work less, he would immediately felt fear come into his soul but he was unsure of its root thinking. He continued to purposely put himself in situations where he pursued money less to evoke the fear, trying to hear what he was saying to himself that was causing the fear. As he progressed in his pursuit of self knowledge, he began to hear himself say "I will never end up like my father who lived month to month." This phrase in his inner dialogue was rooted in the belief that his father and mother had been miserable and fearful living the way they did and that if he had to live like that he would be very unhappy. He had chosen to love money because he believed the lie that living poor caused people to be very unhappy. There was no place for God in his thinking, no trust for God and no understanding that his parents valued their spiritual pursuits more than comfort and that they were very content living as they did. When Fred began to hear his lies, he was able to confront them as he was about to say them again and refute them & visualize erasing them. Every time they came up, he caught them, refuted them and erased them. He then chose biblical principles to replace them, saying them over and over, seeing himself embracing them, making the new ideas part of him.