

Lies and Identity

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Soul Care Equipping Conference

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*The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters, he restores my soul.
He guides me along right paths for his name's sake.
Even though I walk through the valley of the shadow of
death, I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
You prepare a table before me in the presence of my
enemies. You anoint my head with oil; my cup overflows.
Surely goodness and mercy will follow me all the days of
my life, and I will dwell in the house of the Lord forever.
(Psalm 23)*

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What story is your life telling?

We all tell stories - through our words, actions,
behaviour, priorities, relationships, passions, pursuits

My story: pursuit of legitimization - avoidance of shame

Adam and Eve - different stories Gen. 2 vs Gen. 3
The True Self vs The False Self (lies)

*"There are three persons living in each of us: the one we
think we are, the one other people think we are, and the
one God knows we are."*

Leonard Ravenhill - *Why Revival Tarries*

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What we agree with we give power to

Romans 10:9,10 *"...if you confess with your mouth that
Jesus is Lord and believe in your heart that God raised
him from the dead, you will be saved."*

Story: Julie (syndrome)

Romans 12:2 *"Do not be conformed to the pattern of
this world, but be transformed by the renewing of your
mind."*

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Where do lies come from?

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Satan

“He [devil] was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.” John 8:44

“The thief comes only to steal & kill and destroy, I have come that they may have life, and have it to the full.” John 10:10

The first temptation was the suggestion (lie) that God was not truly good.

“Did God really say...?”

The second temptation was to pursue an identity apart from God.

“Do this and you will become like God.”

Sin becomes attempting to find that which is good apart from God.

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Key Questions for diagnosis:

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-What is the tape that plays in your mind?

-What is underneath that behaviour, reaction, emotional response / non-response, thought pattern, etc.?

Where do lies / false identity come from?

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Wounds

Painful experiences

Impactful Events

Words spoken to us

Culture (society, religious, family)

Personal sin

The Formation of the False Self

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In childhood: gaining acceptance
"The roots of our pretend self lie in our childhood discover that we can secure love by presenting ourselves in the most flattering light." - Benner

In adolescence: forming identity
 Apart from God. False self emerges.

In adulthood: default thinking and behaviour
"Seeking to avoid implosion and non-being, the false self grasps for anything that appears to have substance and then clings to these things with the tenacity of a drowning man clutching a life ring." - Benner

My False Self

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We all have a false self. To what extent do you know what it is?
 My false self is an illusion.
 I don't know who I really am.
 I don't know who God really is.
 God does not love my false self.

Lies Believed Create a False Sense of Self & Reality

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Distort our perspective
 Taint our view of self / others / God
 Make a false reality "feel" normal (condemnation, inadequacy, unworthy, etc)
 Blind us from receiving the truth
 Give power to the enemy
 (story: this is hard ground)
 Barrier to experiencing love from God, self, others

My True Self

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Many (most) of us have not yet met our true self.
 My true self already exists. It needs to be discovered, not created.
"For you died, and your life is not hidden with Christ in God." Colossians 3:3
 Many (most) of us have not yet met our true self.
 To know God is to love my true self.
 To love my true self is to know God

“There is no deep knowing of God without a deep knowing of self, and no deep knowing of self without a deep knowing of God.”

“Knowing ourselves must therefore begin by knowing the self that is known by God.”

David Benner, *The Gift of Being Yourself*

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Case Study: Peter

Striving for significance, to be “the main man.”
Walking on water, grandiose promises to Jesus
Living out of his false self
False self cratered on the night of Jesus’ arrest
Now Peter faces, for the first time, his true self. He is broken. He has no more cards to play to prop himself up.
Jesus meets this Peter on the beach - Peter’s true self.
Jesus reinstates and commissions Peter - John 21:15-19

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Dealing with Lies

Identify the lies
Our false self grabs for whatever is in reach to cover up - Fig leaves
Roots of inadequacy, fear, shame, vulnerability

Clues to false ways of being - a foundation of lies
Defensiveness
Pettiness
Compulsiveness

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Dealing with Lies

Defensiveness
“Because of its fundamental unreality, the false self needs constant bolstering. Touchiness dependably points us to false ways of being.” (Benner)

Having to be right, unteachable, blaming

Peter: Case study
Mt. 16:21-23 - *“Get behind me Satan”*
Mt. 26:69-75 - Denial of Jesus

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Dealing with Lies

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Pettiness

The thing that bothers me most about others points towards my false being (my lie).

Eg. laziness, arrogance, pride, beauty, success, etc.

Root of legalism

Judgmental attitudes

Jesus' ego was never offended

Disciples: Case study - Luke 9:46

“Which of us will be the greatest”

Dealing with Lies

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Compulsiveness / Striving

What we are compulsive about is generally what we most need.

Eg. medicating pain, pursuit of intimacy, desire for success / significance, fulfilling a personal ideal, etc.

Compulsions attempt to preserve our false self.

All of this is tremendously fatiguing

Peter: Case study

Mt 14:25-31 - Walking on water

Dealing with Lies

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Choosing to walk in the light of truth

“O Lord, who shall sojourn in your tent?

Who shall dwell on your holy hill?

He who walks blamelessly and does what is right and speaks truth in his heart...” Psalm 15:1,2

“If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” John 8:32

Dealing with Lies

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Confession: agreeing with God about what is false & true

Belt of Truth - Ephesians 6:14

Living according to truth...about God, self, others

Viewing Yourself Right

Smaller than life	True self	Larger than life
<----->		
<i>“love my neighbour, forget myself”</i>	<i>“love my neighbour, as myself”</i>	<i>“forget my neighbour, love myself”</i>

Lies directly impact matters of personal worth & value

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Dealing with Lies

Because of deception, hard to detect on one's own
 Ask Holy Spirit to show you any lies present
 We often know in our heads what is true but still feel the lie in our heart
“When did I begin to believe this lie Lord?”
 Story: trusting God for finances - buying car from authority figure
 Common faulty value beliefs
 Performance / People-pleasing / Control

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Identify Lies by Journaling:

What were the things your parents said regularly?
 What family slogans do you remember?
 Lies can develop through repeated experiences (rejection, abandonment, etc.)
 Pay attention to self talk and imaginary conversations
 Lies can manifest in emotional and relational patterns
 Lies can manifest in self-destructive behaviour
 Ask Holy Spirit if you are believing any lies about yourself or God.

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Dealing with Lies: Your Eternal Identity

The issue of my value is settled at the cross
 I am eternally loved by God and nothing can separate me from his love
 Are there places in my foundation that are not built upon this reality?

Ephesians 3:16-19
 “Declaration” worksheet - circle key truths to be embraced

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Dealing with Lies: A Pathway

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Ask Holy Spirit to identify the lie(s), the false self
Renounce the lie
Ask Holy Spirit to reveal my true self, to know God.
Allow Holy Spirit to minister the love of the Father to me. Be quiet and listen, receive.
Build new "muscle-memory" by choosing to act out of truth rather than what is false.
Be persistent. This is the renewal of your mind. Can happen in a moment and sometimes over a few years.

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