

Five Lies That Will Destroy Your Life: And What Christ-centered Biblically Based Counseling Can Help You To Do About It

We are lied to every day. These lies are stored in our minds and influence every facet of our lives. Biblically based Christian Counseling helps to identify, challenge and replace these lies with God's truth. It has been said that the bible is the greatest psychology book ever written. Psychology, when filtered through and integrated with scripture, can aid in the application of God's truth to bring healing to those who are hurting emotionally, interpersonally and/or spiritually.

Christian and Pastoral Counseling is the most rapidly growing area in the social sciences over the last twenty-five years. This is largely due to an awareness of a historical, extraordinary avoidance of spiritual issues in mental health training. It is also due to the growing awareness of the tremendous need that Christians have for clinically professional help and healing. Unfortunately, many Christians have come to mistrust counseling, fearing their beliefs would be misunderstood, unappreciated or ridiculed.

When integration of Christianity and psychology is done correctly, this mistrust and fear melts away. In addition, we reap the benefits of both natural revelation (science) *and* special revelation (God's Word). Each is from God and each has much to offer to the art of Christian Counseling and towards health. Correct integration is not just the blending of two disciplines, however. **Jesus Christ** must be the *model* for integration in order to produce Christ centered, biblically based counseling.

Our Deepest Need

Our deepest human need, after salvation, is to know that we matter, that we are loved and have worth. The five most common lies are meant to destroy our self worth, rendering us ineffective for Christ. We must learn to recognize and reject these five lies and replace them with the truth as set forth in the Holy Bible. These truths are the basis of our self worth.

The Five Lies

Because we live in a fallen world in a body of sin and death, we are vulnerable to believing lies (Jeremiah 17:9). While growing up and every day we are lied to about our self-worth, our performance, approval from others, blame, shame, punishment and what God thinks of us. There are many lies, but the five* most common are:

1. **"I must meet certain standards in order to be loved and in order to feel good about myself."**
2. **"I must have the approval of certain others in order to be loved and to feel good about myself."**
3. **"Those who fail are unworthy of love and deserve to be punished."**
4. **"I am what I am. I cannot change. I am hopeless."**
5. **"If others don't do as I wish, they do not care about me."**

The first two lies can be stated in the form of an equation (see figure one). It is by human nature that we tend to base our self worth on our performance and what others think about us (Proverbs 14:12). However, since we cannot be meet certain standards all of the time, or please certain others all of the time, we are doomed to low self worth.

While there is nothing wrong with wanting to perform well or to desire for others to think well of us, it is a terrible way to determine our self worth! Our self worth must be based only on God's opinion of us. God's tells us that while were sinners (not meeting standards or pleasing God), Christ died for us (Romans 5:8). This is the ultimate in unconditional love. He loves and forgives us despite our sinful behavior when we turn to Him and confess.

Healing From Painful Feelings

By applying God's word, we can reject lies and be free of 50 to 75% of our unnecessary painful emotions. When addressing depression, anxiety, fear or anger in counseling, we must first identify the thoughts we are having in a given situation. Situations alone do not cause emotions. It is what we *think* about the situation that intensifies our emotions (see Figure 2).

Counseling teaches how to capture our thoughts (II Corinthians 10:3-5) and evaluate whether they are distorted. Distorted thoughts can be traced back to one or more of the five lies or false beliefs we've been programmed with. These beliefs are largely below our surface of consciousness, and have become strongholds from which we are controlled.

With the guidance of the Holy Spirit and by evaluating one's history, the false beliefs can be revealed. Next, we must begin rejecting and replacing false beliefs with God's truth. We apply truth in the form of God's word, through the Holy Spirit, and by a relationship with Jesus Christ.

Next we must act on the truth, behaving according to what God says about our value, which is our identity in Christ. Capturing and rejecting lies in real time is one of the most powerful actions we can take to demolish the five lies. This, and repetition of specific truths will help to reprogram our hearts and free us from the bondage of the five most common lies. Next months article will focus on the first of the five most common lies, and specifically how to reprogram our heart to produce lasting change.

If you have questions about this article or would like to know more, you may contact me through our website: healingheartcounseling.org, or by phone: (318) 222-6800, fax: (318) 222-6801 or email: MartinLPC@bellsouth.net.

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*The first four of these lies are taken from *The Search For Significance* by Robert McGee