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Distinctively Christian Professional Counseling

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Five False Beliefs; Reprogramming

1. "I must meet certain standards in order to be loved and in order to feel good about myself."

- "The performance trap"
- GOD'S SOLUTION: Justification; declared righteous
- GOD'S TRUTH: I am completely forgiven and fully pleasing to God. I no longer have to fear failure.
- **Scriptures:**
 - **Romans 5:8** *But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.*
 - **Romans 5:1** *Therefore, having been justified by faith we have peace with God through our Lord Jesus Christ.*
 - **Ephesians 2:9** *For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast.*
 - **Romans 11:6** *And if by grace, then it is no longer by works; if it were, grace would no longer be grace.*
 - **2 Corinthians 3.6** *For the letter (of the law) kills, but the spirit gives life.*
 - **1 John 1:8** *If we claim to be without sin, we deceive ourselves and the truth is not in us.*
- **Reprogramming:**
 - Having unrealistic expectations are the main cause of our dissatisfaction and pain.
 - Perfectionism destroys; being reasonable promotes health.
 - Strive for excellence, not perfection.
 - To err is human.
 - Perfectionism is the root of procrastination. I don't begin something because I'm afraid I won't be able to do it perfect.
 - God's love does not depend on my performance.
 - I have limits of time and energy.
 - People care for me even when I'm not perfect.

2. "I must have the approval of certain others in order to be loved and to feel good about myself."

- "The approval trap"
- GOD'S SOLUTION: Reconciliation; Those who were enemies have become friends.
- GOD'S TRUTH: I am totally accepted by God. I no longer have to fear rejection.
- **Scriptures:**
 - **Galatians 1:10** *For am I now seeking the favor of men or of God? Or am I striving to please men? If I were trying to please men, I would not be a bondservant of Christ.*

- **Colossians 2:13-15** *When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having cancelled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.*
 - **Colossians 1:21-22** *Once you were alienated from God and were enemies in your minds because of your evil behavior. But now He has reconciled you by Christ's physical body through death to present holy in His sight, without blemish and free from accusation...*
 - **I Thessalonians 2:4** *On the contrary, we speak as men approved by God to be entrusted with the gospel. We are not trying to please men, but God, who tests our hearts.*
 - **Colossians 3:23-24** *Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know you will receive an inheritance from the Lord as a reward.*
- **Reprogramming:**
 - You can't please all the people all of the time.
 - Approval is nice, but not essential.
 - It is unrealistic to expect everyone's approval all of the time.
 - We cannot be a source of strength unless we nurture our own strength.
 - To tie my self-assessment to the opinions of others is to put myself at their mercy and give them control over my emotions.
 - We are incapable of loving another unless we love ourselves (love thy neighbor as thyself).
 - Some people love me even when they don't approve.
 - God's love is forever, whether or not I have approval from others.
 - Different people have different expectations and values. To gain approval from one might mean to lose it from another.
 - As long as I'm pleasing God it doesn't matter much who else I please or displease. Doing His will is the most important.

3. "Those who fail are unworthy of love and deserve to be punished."

- "The blame game"
 - GOD'S SOLUTION: Propitiation; paid in full
 - GOD'S TRUTH: I am deeply loved by God. I no longer have to fear punishment or punish others.
- **Scriptures:**
 - **Isaiah 53:4-5** *Surely He took up our infirmities and carried our sorrows, yet we considered Him stricken by God, smitten by Him, and afflicted. He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed.*
 - **1 John 4:9-11** *By this the love of God was manifested us, that God has sent His only begotten Son into the world so that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another.*
 - **II Corinthians 7:10** *For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation; but the sorrow of the world produces death.*
 - **Reprogramming:**
 - It is not my place to judge others, but God's.
 - When I judge myself after God has forgiven me, I am making the blood of Christ of no account.
 - Failure is an opportunity to begin again more intelligently.
 - To excel means to make mistakes and go on, to keep starting over.
 - When I allow myself to be fallible, my ability to achieve and excel actually increases.

4. “I am what I am. I cannot change. I am hopeless.”

- “Shame”
- GOD’S SOLUTION: Regeneration; the impartation of new life.
- GOD’S TRUTH: We have been made brand new, complete in Christ. We no longer need to experience the pain of shame.
- **Scriptures:**
 - **Colossians 2:10** ...and in Him you have been made complete, and He is the head over all rule and authority...
 - **I Corinthians 5:16-17** So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!
 - **Titus 3:5-7** He saved us through the washing of rebirth and renewal by the Holy Spirit, whom He poured out on us generously through Jesus Christ our Savior, so that, having been justified by His grace, we might become heirs having the hope of eternal life.
 - **Romans 8:10** But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness.
 - **Romans 8:16** The Spirit himself testifies with our spirit that we are God’s children.
 - **Romans 12:2** Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.
- **Reprogramming:**
 - I am a new creation, complete in Christ.
 - God is not through with me yet.
 - God’s plans for me are beyond what I can ask or think.
 - I am of infinite worth to God.
 - There has never been another person like me in the history of mankind, nor will there ever be.
 - God has made me an original, one of a kind, a special person.
 - If I fall down six times, I must stand up seven.
 - There are things I am powerless over, but therein lies hope in God’s power.

5. “If others don’t do as I wish, they do not care about me.”

- “The control trap”
- GOD’S SOLUTION: The second greatest commandment.
- GOD’S TRUTH: Love your neighbor as yourself. I no longer have to control others.
- **Scriptures:**
 - **Mathew 22:39** And the second is like it: ‘Love your neighbor as yourself.’
 - **Philippians 2:3-4** Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.
 - **I Corinthians 13:4-5** Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, **it is not self-seeking**, it is not easily angered, it keeps no record of wrongs.
- **Reprogramming**
 - Other people have minds of their own and still care for me.
 - Others don’t need to please me.
 - Others have different values and perspectives than I.
 - I will live obediently before God and allow others to make their own choices.
 - Others do not have to do as I wish to show their love for me.
 - Trying to control others to gain security usually drives them away.

2 Corinthians 10:3-5

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds** [ingrained false beliefs].*

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought** to make it obedient to Christ.*

Key Ingredients:

1. Honesty
2. Christian Fellowship
3. Right Thinking
4. The Holy Spirit
5. Time
6. Truth
7. Act on the Truth

Our Self-Worth = God's Truth About Us

THIS IS OUR IDENTITY IN CHRIST AS RESULT OF OUR
REDEMPTION; GOD SAYS WE ARE:

1. Fully pleasing
2. Completely forgiven
3. Totally accepted
4. Absolutely complete in Him
5. A new creation in Christ
6. Free from condemnation
7. The light of the world
8. A child of God
9. Christ's friend
10. A joint heir with Christ
11. Fearfully and wonderfully made
12. Crowned with honor and glory
13. Made in His image
14. More than a conqueror
15. A saint
16. God's handiwork
17. Righteous, holy and blameless before Him
18. A member of the body of Christ
19. A member of a royal family
20. Strong in the Lord and in the power of His might
21. Blessed with every spiritual blessing