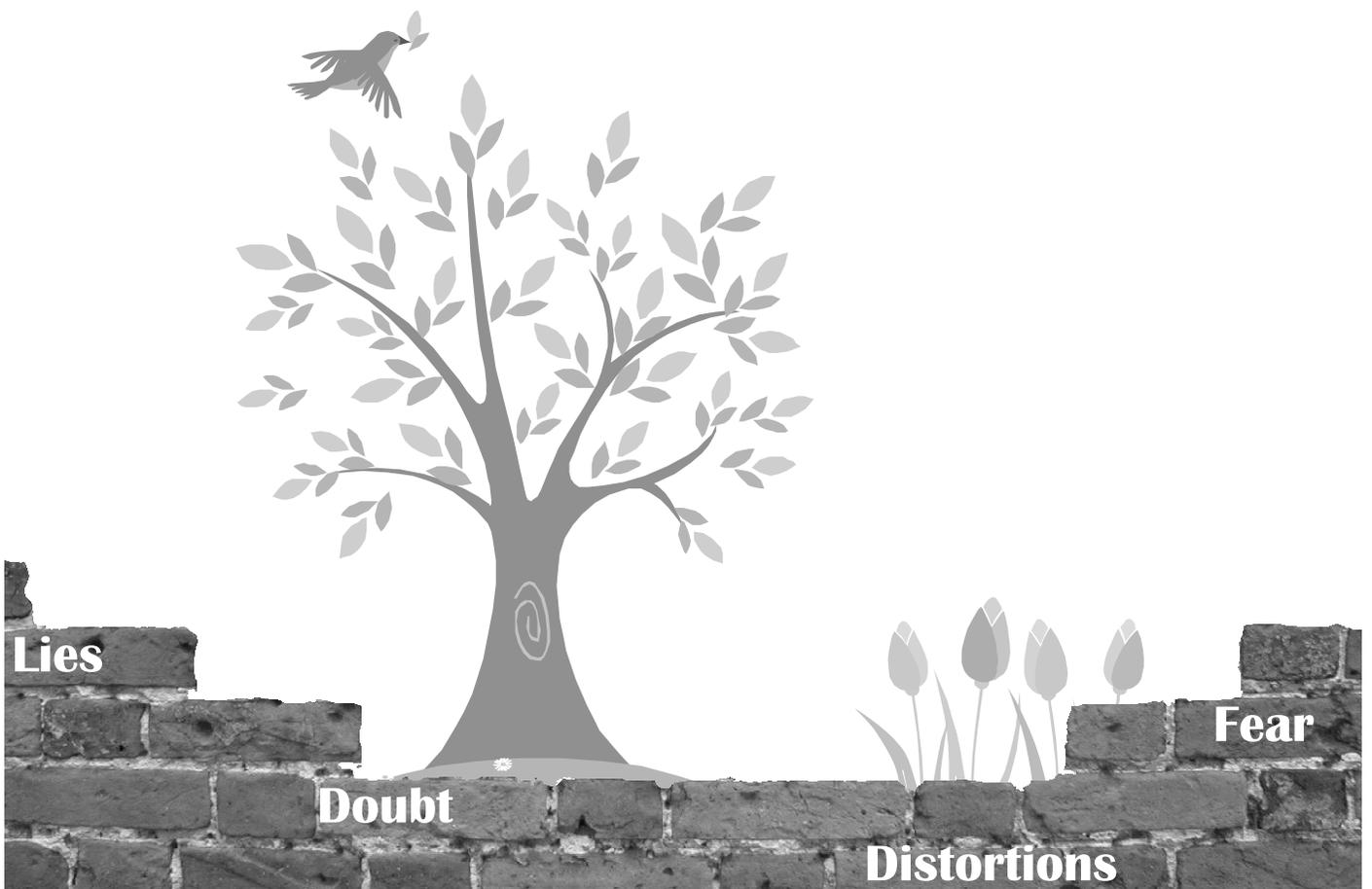

Breaking Down the Barriers—5

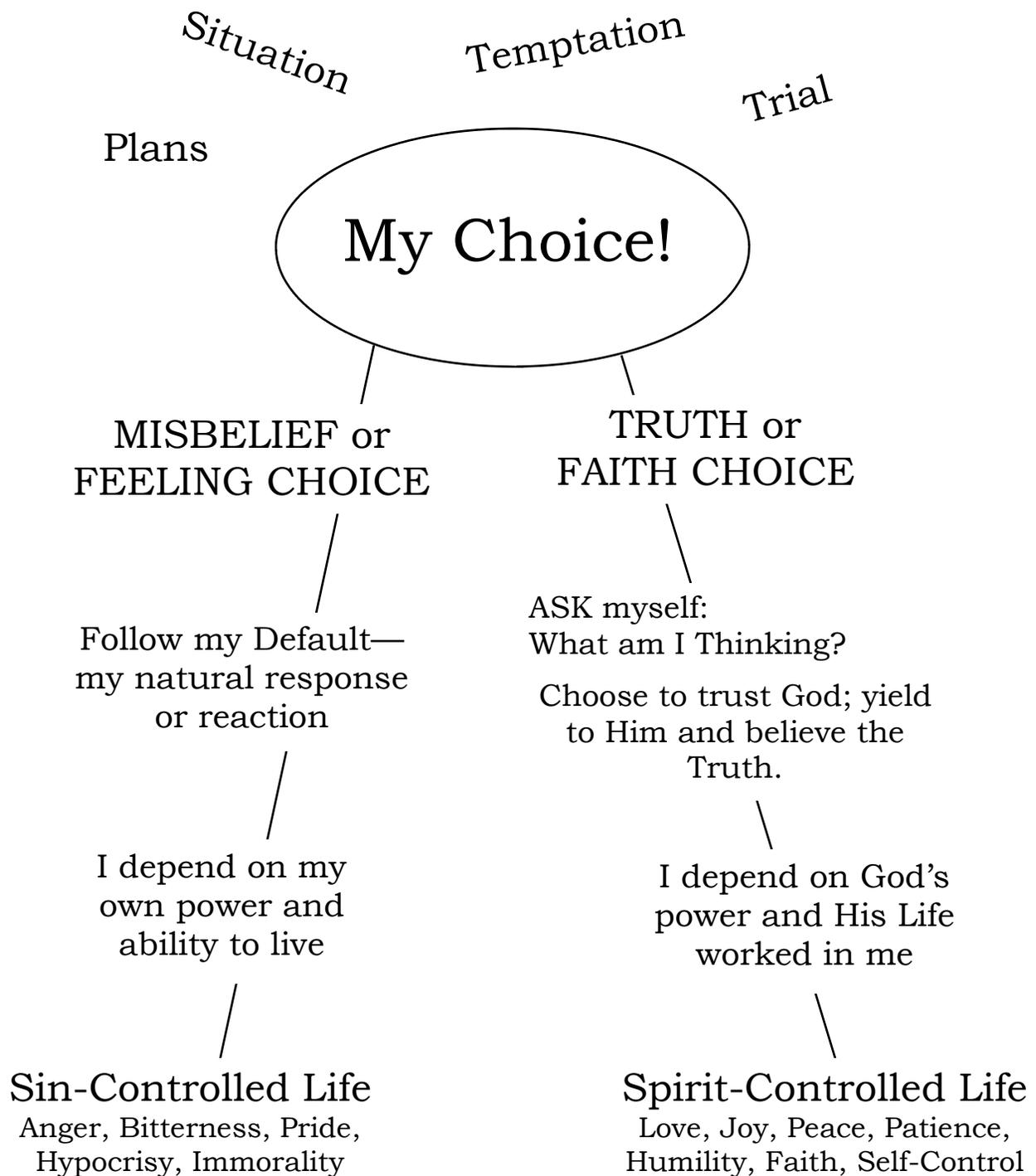
Barrier-Breaking Tools



What controls your thoughts controls you
and it shows up in your feelings, desires, and actions!

THE CHOICE!—Feeling or Faith?

5A



Feelings come and feelings go, but feelings are deceiving. Trust alone on the Word of God; it's really worth believing...*(Sing to tune of Yankee Doodle—repeat for chorus)*

Check each area that is typical of you.

- ❑ **All or Nothing Thinking:** You see things as black or white categories. If your performance falls short of perfect, you see yourself as a total failure.
LIE: *If I don't get my entire list completed, I'm a failure!*
TRUTH: *I actually got a lot of phone calls and did a lot of other things, not on the list—I am not a failure!*
LIE: *I only got 98% on that test; I'm a total failure!*
TRUTH: *I actually did very well on the test. A total failure would be 0%. I'm a long ways from that!*
- ❑ **Overgeneralization:** You think that something negative that happened once will “always” repeat itself. Often uses words like always, never, everybody, nobody, forever, totally, or completely.
LIE: *I was turned down for a date. I don't know why I keep trying, since nobody will ever want to go out with me.*
TRUTH: *All girls do not have the same taste. I will very likely find someone who will want to date me. Just because I got turned down twice, doesn't mean I will always be turned down.*
LIE: *I was abused by a man, so I will never trust any men!*
TRUTH: *All men are not the same as the man who abused me. There are men out there who are respectful.*
- ❑ **Disqualifying the Positive:** You reject the positive experiences by insisting that they “don't count” for some reason or other. You tend to focus on problems or areas that need improving, which robs you of well-deserved satisfaction.
LIE: *My friends say I'm a good speaker, but they're just being nice.*
TRUTH: *I have gotten asked to speak a number of times lately. I'm glad I can use the talent God gave me.*
LIE: *I know Jesus says He loves everyone, but that doesn't mean me.*
TRUTH: *“Can a woman forget her nursing child, that she should not have compassion on the son of her womb? Yes, they may forget, yet, I will not forget you!” (Isaiah 49:15)*
- ❑ **Jumping to Conclusions:** You make a negative interpretation even though there are no definite facts that convincingly support your conclusion. Often use the words, “I know”.
 - A. **Mind Reading Error:** You arbitrarily conclude that someone is reacting negatively to you, as if you could read their motives.
LIE: *I know that he purposely ignored me!*
TRUTH: *I don't know if it was on purpose or not; maybe he just didn't see me.*
LIE: *I sinned again; Jesus doesn't want me.*
TRUTH: *Jesus says He wants me: “For the Lord your God is gracious and merciful and will not turn away His face from you, if you return to Him. (2 Chronicles 30:9)*
 - B. **Fortune Teller Error:** You anticipate that things will turn out badly, and you are convinced that your prediction is an already established fact.
LIE: *I didn't have my devotions this morning; I'm going to have a bad day.*
TRUTH: *I woke up late and had to get to work, but I can yield to Jesus right now and still have a good day.*
- ❑ **Magnification (Catastrophizing):** You make some small negative situation into a big thing. This is called “making a mountain out of a molehill.” Obsessing about what you said to someone, re-playing the conversation over and over in your mind.
LIE: *I made a mistake. How terrible. How awful. My reputation is ruined.*
TRUTH: *Everyone makes mistakes sometimes. It may not feel good. I may have some trouble with what people think, but they and I will get over it.*

Check each area that is typical of you.

- ❑ **Emotional Reasoning:** You assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore it must be true."
LIE: *I feel overwhelmed and hopeless; therefore my problems are impossible to solve.*
TRUTH: *Just because I feel hopeless doesn't mean it's true. God is here to help me. "Cast your burden upon the Lord, and He shall sustain thee." (Psalm 55:22)*
LIE: *I feel so dirty; I'm meant to be used!*
TRUTH: *I'm a precious child of God and He has made me new and I am not to be used! Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." (2 Corinthians 5:17)*
LIE: *I feel guilty; therefore I did something bad.*
TRUTH: *Just because I feel guilty from my dad's abuse, doesn't mean I am. I didn't make him do it.*
OR *I am overly conscientious and almost everything makes me feel guilty, I need to check with God's Word.*
OR *I did wrong, but I have come to Jesus and asked forgiveness and "His blood has cleansed me from all sin." (1 John 1:7)*
- ❑ **Should Statements:** You think you *should* be able to do what you expect of yourself. If you aren't able to, the emotional consequence is guilt, . When you direct *should* statements toward others, you feel anger, frustration, and resentment.
LIE: *I should be able to get this whole list done!*
TRUTH: *I would like to get my list done, but it is longer than anyone could get done. I may be interrupted and not able to do as much as I'd like, but I will do what I can and be satisfied with that.*
LIE: *They should do as I think they should.*
TRUTH: *I wish they would do as I think they should, but they are free to make their own choices and it often is not the way I would choose. But I can choose to be content.*
- ❑ **Negative Labeling:** You attach a negative label to yourself when something goes wrong: When someone else's behavior rubs you the wrong way, you attach a negative label to him:
LIE: *I can't believe I ate that; I'm a pig!*
TRUTH: *I failed this time, but I can have another opportunity and do better next time. I'm not a pig.*
LIE: *I'm a stupid idiot for spilling the juice!*
TRUTH: *That's what my dad said often, but that is not the truth. Spilling juice is just a little mistake and no big deal!*
- ❑ **Personalization—Taking the Blame:** You arbitrarily conclude that what happened was your fault or reflects your inadequacy, even when you were not responsible for it.
LIE: *My husband is angry a lot, It must be my fault.*
TRUTH: *My husband's anger is his choice. 'm responsible for my choices. I can't make him happy all the time.*
LIE: *My son failed the test, I must be to blame.*
TRUTH: *My child is responsible for his/her choices.*
- ❑ **Giving the Blame:** Blaming something or someone else for the problems in your life. Not taking responsibility for your own problems and becoming the victim of your own circumstances.
LIE: *If you hadn't said that, I wouldn't have hit you.*
TRUTH: *Though I don't like what you said, I am responsible for my own actions!*

What is the Truth?—Sample Worksheet

5D

“And you shall know the truth and the truth shall make you free.”—John 8:32

What am I Thinking? About God... About myself... About others... About the situation...	Is it a Distortion,? Doubt? Fear? or Sin? (Identify the type of thinking)	What is the Truth? Bible Promise/ God's help <i>Lord, I am your child.</i> <ul style="list-style-type: none"> • <i>I was wrong, please forgive me...</i> • <i>I need your help...</i> • <i>I renounce the lie of the enemy....</i> • <i>I choose to believe the truth...</i> • <i>I choose to trust You...</i>

1. Ask God to reveal to you the lies, fears, doubts and distortions you have believed whether from the past or current situations.
2. In the second column identify the type of thinking it is.
3. In the third column write down the truth and a Bible promise (if appropriate).
4. Ask God to change your thinking from lies and distortions to truth. Yield up your way to Him.
5. If there are lies or fears that you struggle with often, place the truth and a Bible promise on a 3X5 card or memorize a promise to counteract it.
6. Write down your negative thinking for a week along with the truth. You can also do this exercise whenever you feel out of control, anxious, nervous, depressed or frazzled or other negative feelings. You may be surprised at how your thinking is causing your feelings and how you can have a change of thinking and feeling.

What am I Thinking?

If the thoughts are wrong, the feelings will be wrong.—2MCP, p.660

Who has the heart? **With whom are our thoughts?** Of whom do we love to converse? Who has our warmest affections and our best energies? **If we are Christ's, our thoughts are with Him**, and our sweetest thoughts are of Him. All we have and are is consecrated to Him. We long to bear His image, breathe His spirit, do His will, and please Him in all things.—SC 58

The only security for any soul is right thinking. As a man thinks in his heart, so is he. (Proverbs 23:7). The power of self-restraint strengthens by exercise. **That which at first seems difficult, by constant repetition grows easy**, until right thoughts and actions become habitual.—2 MCP 666

My Will/Choice

God does not design that our will should be destroyed, for it is only through its exercise that we can accomplish what He would have us do. Our will is to be yielded to Him, that we may receive it again, purified and refined, and so linked in sympathy with the Divine that He can pour through us the tides of His love and power. However bitter and painful this surrender may appear to the willful, wayward heart, yet it is profitable for thee.—MB 62



The **will is the governing power** in the nature of man, bringing all the other faculties under its sway. **The will is not the taste or the inclination, but it is the deciding power** which works in the children of men unto obedience to God or unto disobedience.—5T 513

The tempted one needs to understand the **true force of the will**. This is the governing power in the nature of man-- the power of decision, of choice. **Everything depends on the right action of the will**. Desires for goodness and purity are right, as far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. They do not **yield the will to God**. They do not **choose to serve Him**.—MH 176

Do not wait to feel that you are made whole. Believe His word, and it will be fulfilled. **Put your will on the side of Christ. Will to serve Him, and in acting**

upon His word you will receive strength. Whatever may be the evil practice, the master passion which through long indulgence binds both soul and body, Christ is able and longs to deliver. He will impart life to the soul that is "dead in trespasses." Ephesians 2:1. He will set free the captive that is held by weakness and misfortune and the chains of sin.—DA 203

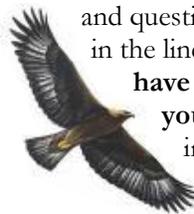
Believe

Many pass long years in darkness and doubt because they do not feel as they desire. But **feeling has nothing to do with faith**. That faith which works by love and purifies the soul is not a matter of impulse. It ventures out upon the promises of God, firmly believing that what He has said, He is able also to perform. Our souls may be **trained to believe, taught to rely upon the Word of God**. That Word declares that "the **just shall live by faith**" (Romans 1:17), **not by feeling**.

Let us put away everything like distrust and want of faith in Jesus. Let us commence a life of **simple, child-like trust, not relying upon feeling, but upon faith**. Do not dishonor Jesus by doubting His precious promises. He wants us to believe in Him with unwavering faith....

Feeling and faith are as distinct from each other as the east is from the west. Faith is not dependent on feeling. Daily we should dedicate ourselves to God, and believe that Christ understands and accepts the sacrifice, without examining ourselves to see if we have that degree of feeling that we think should correspond with our faith. Have we not the assurance that our heavenly Father is more willing to give the Holy Spirit to them that ask Him in faith than parents are to give good gifts to their children? We should go forward as if to every prayer that we send to the throne of God we heard the response from the One whose promises never fail. Even when depressed by sadness it is our privilege to make melody in our hearts to God. When we do this the mists and clouds will be rolled back and we will pass from the shadow and darkness into the clear sunshine of His presence.—OHC 119, 120

You have educated yourselves so much in doubts and questionings that you have to educate your souls in the line of faith. **You have to talk faith, you have to live faith, you have to act faith, that you may have an increase of faith.** Exercising that living faith, you will grow to strong men and women in Christ Jesus.—FW 78



For we walk by faith, not by sight.—2 Cor. 5:7.

Faith is not believing in my own unshakable belief. Faith is believing an unshakable God when everything in me trembles and quakes.