

There's Power In Agreeing With God

Digging Deeper

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See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

1 John 3:1 NIV

His name was Moses, and he was called by God to lead his people out of slavery. God knew Moses was up to the task, but Moses didn't agree. And he told God that in no uncertain terms, saying "Who am I that I should be the one to lead? Nobody is going to listen to me. And even if they did, I have so much trouble speaking, they would never understand me. You

need to pick somebody else (Exodus 3:11, Exodus 4:1, 10, 13).

His name was Gideon, and God saw him as a mighty warrior who could save Israel from the occupying army of Midianites. He even used an angel to personally deliver the message. But Gideon refused to pick up his sword, saying "'How can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family (Judges 6:15)."

His name was Jeremiah, and he was told by God that he was special and destined to be a prophet to the nations. But Jeremiah respectfully disagreed, saying "Alas, Sovereign LORD...I do not know how to speak; I am too young (Jeremiah 1:5-6)."

Like Moses, Gideon and Jeremiah, we are often not in agreement with God's view of who we are and what we're capable of doing. Sometimes that's the product of our own negative self talk. Other times it's because of the lies other's tell us about ourselves. When we believe and agree with the lies, whether they come from ourselves or someone else, they become our identity and our reality.

We see ourselves as too young, too old, not good enough, strong enough, smart enough, or worth much.

We become convinced that we're damaged goods and nobody will ever love us because we're just not lovable.

We conclude that we're losers, we'll never amount to anything, and have no future worth looking forward to.

And we end up living in fear, burdened with worry, and suffocated by loneliness and depression.

Even worse, we begin treating others badly in order to feel good about ourselves.

Overcoming these lies is hard. And it's a constant battle no matter how old, wise, or gifted we are. But unless we confront and deal with them, they will continue to gnaw away at us, growing bigger and worse with time and ruining our life.

When we are in agreement with the way God sees us, we have the power to break whatever hold these lies have on us.

That power comes from His word, which tells us who we are and what we're capable of doing.

That power comes from talking with Him in prayer and aligning His thoughts with our thoughts.

And most of all, that power comes from calling on the name of Jesus to break the chains that keep us from answering God's call and fulfilling His purpose for our life.

When we align ourselves with what God says about us and dwell in His presence day and night, the power of the Holy Spirit is released in us and heaven comes to earth. The voices that haunt us are silenced and we know without a doubt that we're loved by God and have real value.

To be free once and for all from the lies that hold us back,

We must bring the lies into the light and acknowledge the hold they have on us.

We must use the power we have in the name of Jesus to break free of the lies.

We must read the scriptures and talk with God in prayer every day to hear first hand the truth about how He sees us.

We must step back or even step away from people who are negative and speaking lies to us. It is necessary to forgive these people, no matter how toxic they are, but reconciliation is not always possible or a safe thing to do.

And we must surround ourselves with people who are positive and encouraging and who speak God's truth over our lives.

When it comes to who we are and what we're capable of doing, it's not about what we or those around us think. It's about what God thinks.

Because we're His child (1 John 3:1), He thinks we're important, He thinks we're valuable, and He thinks we can make a real difference in this world.

And that's worth a lot.

Reflect

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Prayer

Heavenly Father, I am so grateful for the love you have poured into my life. It warms my heart and comforts my soul. It is a daily reminder that I am your child, I am valuable to you, and you have a purpose for my life that will make me valuable to others. Help me be an encouragement to all who cross my path and a reflection of your love for them so they will know how much they matter to me and to you.

Amen

Discussion

People who are prone to negative thinking and self talk:

Jump to conclusions. "My boss didn't speak to me today. I must have done something wrong."

Think in all-or-none terms. "If I don't finish everything today, I will have failed and wasted the whole day."

Blame themselves for things that are not really their fault. "My child didn't finish their homework. I'm a terrible parent."

Take things too personally. "That didn't go well. It's all my fault."

Expect to be perfect. "Everything on this project needs to go exactly as planned or it's a complete failure."

Pay more attention to the problem than the opportunity. "My life has been a complete disaster."

Over estimate the chances of failure. "This is never going to work."

Exaggerate failures. "If this doesn't work out, no one will ever give me another chance."

Minimize successes. "Oh that was no big deal."

How many of these things describe you? Where do you think your negative thinking and negative self talk comes from?

What lies have you heard about you that you believed? Compare the lies to how God sees you.

Are you someone who regularly encourages others, criticizes others more than you wish you did, or says very little of either, leaving people wondering how much you value them?