

## (re)BUILD | PART 4

### PASTOR NATHAN ELMS

*"For from the very beginning God decided that those who came to him – an all along he knew who would – should become like his Son..."*  
Romans 8:29a (LB)

*"For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom... And the Lord – who is the Spirit – makes us more and more like him as we are changed into his glorious image." 2 Corinthians 3:17, 18 (NLT)*

*"But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22a (LB)*

When I am in control of my personality, I will leave damage in my wake. When God is in control of my personality I will leave blessing in my wake.

The most dangerous lies are the lies we tell ourselves. Why do we lie to ourselves?

### LIES ARE HOW WE COPE

PAIN  
PRIDE  
FEAR  
LAZINESS  
STUBBORNNESS  
TRAUMA

*"How can I know all the sins lurking in my heart? Cleanse me from these hidden faults. Keep your servant from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin. May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer."* Psalm 19:12-14 (NLT)

*"Don't criticize, and then you won't be criticized. For others will treat you as you treat them. And why worry about a speck in the eye of a brother when you have a board in your own? Should you say, 'Friend, let me help you get that speck out of your eye,' when you can't even see because of the board in your own? Hypocrite! First get rid of the board. Then you can see to help your brother." Matthew 7:1-5 (NLT)*

What do we do when we realize that we have been trapped in a dysfunctional lie?

Bill Brock was quoted "Let me tell you about the law of holes: If you find yourself in a hole, stop digging."

How do people respond when confronted with the truth?

### FOUR UNHEALTHY RESPONSES:

**DOUBLE-DOWN ON THE LIE: REJECT IT – IT'S NOT TRUE**

**BLAME OTHERS: EVEN IF IT IS TRUE, IT ISN'T MY FAULT**

**DECLARE DEFEAT RATHER THAN FACE THE TRUTH: I DID THE BEST I COULD (EVEN WHEN, HONESTLY, THEY DIDN'T EVEN TRY)**

**ACCEPT IT, BUT RESPOND TO THE LIE WITH ANOTHER LIE (BE UNREALISTIC ABOUT YOUR PLANS TO CHANGE)**

### FOUR HEALTHY RESPONSES:

**ACCEPT THE TRUTH ABOUT YOURSELF, BUT REMIND YOURSELF THAT GOD LOVES YOU, AND IS COMMITTED TO YOU.**

*"So now there is no condemnation for those who belong to Christ Jesus."*  
Romans 8:1 (NLT)

**ACCEPT THE TRUTH, AND ACKNOWLEDGE THAT EVEN IF IT ISN'T ALL YOUR FAULT, THE ONLY PATH TO CHANGE IS TO TAKE RESPONSIBILITY.**

2 Thessalonians 3:11-18 ESV

11 For we hear that some among you walk in idleness, not busy at work, but busybodies.

12 Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living.<sup>[a]</sup>

13 As for you, brothers, do not grow weary in doing good.

14 If anyone does not obey what we say in this letter, take note of that person, and have nothing to do with him, that he may be ashamed.

15 Do not regard him as an enemy, but warn him as a brother.

**ACCEPT THE TRUTH AND CONFESS YOUR STRUGGLE TO GOD.**

Pray for understanding. Ask...

*Proverbs 28:13 ESV*

*Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.*

**ACCEPT THE TRUTH AND CREATE A REALISTIC PLAN TO MAKE CHANGES.**

**Checklist for a realistic plan**

- Have you written down what I'm trying to do?
- Are you praying about it daily?
- Have you identified your stress points?
- Have you learned your patterns?
- What am I pretending not to know?
- What am I pretending is not a problem?
- What am I pretending I've overcome?
- What do I think I'm good at but others tell me I'm not?
- What is it like on the other side of me?

**ESTABLISH A DAILY PRACTICE OF HUMILITY BEFORE GOD**

*"Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt.. Purify me from my sins, and I will be clean..." Psalm 51: 2, 7 (NLT)*