

Life Notes *Family Matters with Pastor Cory*

9. ***Tell Yourself The Truth***

INTRODUCTION

I once read a book called, *Telling Yourself the Truth*. It was an interesting read! In essence, the book teaches to biblically reconstruct thoughts without denying reality. For instance, after a sinful mistake, one may think, "I am a failure." But the authors say we should restate this thought. It should be more like this, "I failed, but I am not a failure. I have repented, Christ has forgiven me, and I no longer live in shame." Now, I don't agree with everything in the book, but I like this concept!

This may sound like psychobabble to you. Honestly, I can see a few reasons you may feel that way. However, there is something to be said about our self-thought life. The scriptures speak often to this:

- The mind governed by the flesh is hostile to God. Romans 8:7
- Death and life are in the power of the tongue. Proverbs 18:21
- Fix your thoughts on what is true. Philippians 4:8

Though it's impossible to control every passing thought, you don't have to dwell on or believe them. I'm sure you've heard it said, "I can't keep a bird from flying over my head, but I can keep it from nesting in my hair." This is true in tempting thoughts, but also toxic self-thoughts.

Think about this: Disagreement with God's Word is agreement with Satan. Which is an odd thing to do, because Jesus said, "[Satan] has always hated the truth, because there is no truth in him. ...he is a liar and the father of lies." When we deny God's opinion of us, we believe a lie! Remember, he is the accuser of all Christians!

BE HONEST

Paul says, "I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves." This is powerful! But I don't think most of us struggle on that side of things. Most Christians struggle to believe that God would truly accept them at all.

This is so important for the child of God! Not only for yourself, but for your spouse, children, and friends. It may even skew the thought patterns of your children. How you perceive yourself will have an effect on your relationship with others. If you think too much of yourself, others will get tired of being around your arrogance. If you think too little of yourself, others will grow weary of lifting your countenance.

WHAT GOD SAYS

With that said, let me encourage your heart with some things that God says about you as a Christian! Let's go to the scriptures which are "God breathed and is useful to teach us what is true".

You Are A New Creation

If anyone is in Christ, he is a new creation. The old life is gone; a new life has begun. 2 Corinthians 5:17

You Are Forgiven Of All Your Sins

He is so rich in kindness and grace that He purchased our freedom with the blood of Jesus and forgave our sins. Ephesians 1:7

You Are Victorious

We defeat Satan by the blood of the Lamb and by the word of our testimony. Revelation 12:11

You Are Not An Accident

You made all of the delicate, inner parts of my body and knit me together in my mother's womb. Psalm 139:13-14

You Are Blessed

He has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Ephesians 1:3

You Are Loved As A Son/Daughter Of God

To all who believed Jesus and accepted Him, He gave the right to become children of God. John 1:12

You Are Not Finished

He who began a good work in you will perfect it. Philippians 1:6

You Are Being Changed Into His Image

And the Lord makes us more and more like Him as we are changed into His glorious image. 2 Corinthians 3:18

You Are Deeply Loved

Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. Romans 8:39

You Are Forgiven

He has removed our sins as far from us as the east is from the west. Psalm 103:12

You Are Cared For

Come to Me, all you who are weary and burdened, and I will give you rest. Matthew 11:28

You Are Heard

Call to Me and I will answer you, and will tell you remarkable secrets you do not know about things to come. Jeremiah 33:3