

## PRESSING INTO PAIN

Mary Ann Nguyen

I am a staunch believer that as children of God in Christ, we have been delivered from God's wrath (punishment) and bondage to sin. The problem is that so often so many of us still live lives in bondage to a lot of things. Whether it expresses itself in repeatedly falling back into a certain sin over and over or comes out as angry explosions over some "touchy" subject or self-deprecation, ultimately, it comes from some "core lie" about ourselves that we believe. The result of believing in these lies causes us to live a life that is hampered by insecurities; we lack confidence and we lack victory. We are unable to really trust God at His Word.

These lies often come from past sins, past hurt and past experiences. More often than not, we have buried over these wrongs and hurts, refusing to really think about them. The reality though is that the only way to be set free from these lies is if you uncover what the lie is that you are believing. Once the lie is exposed, the Truth should destroy the lie, and you will be set free. (Jn 8:32) Just think that lies are like "darkness" and the truth is like the light. Once the darkness is exposed to the light, there is no more darkness because the light has swallowed it up.

If you have found yourself hampered by insecurities or caught in a cycle of repeated sins or bad habits, perhaps this bondage is a good indicator that you may need to go into the past and think about what things have been said to you which hurt you so tremendously that has never gone away – or think about the dark sins which you committed and ask the question of why you did it and what were you hoping to accomplish by it (what desire did you want to satisfy)? What lie were you believing? As you walk into these memories, keep reverting back to the Truth that God has forgiven you completely for the sin, the guilt and the shame, you are accepted by Him despite those things and you are of great worth in His eyes. Counter the lies with the truth. You must *choose* to press into this in order to be healed...

Below are some helpful tips from "Search For Significance", by Robert McGee.

In order to really be set free...

**Obey** the Lord by:

1) Choosing actively to STAND FIRM on what God is revealing about false beliefs (rather than staying with old beliefs [i.e. "I am a failure", etc.]

**Confess** to God by:

1) Agreeing with God that you are believing lies about yourself  
2) Recognize how really destructive these false beliefs are in your life.

**Repent** by:

1) Turning from relying on old beliefs and begin to live by what God says is true

**Forgive** :

1) Forgive those people who may have been involved in forming your false beliefs (parents, old friends, etc). This is so crucial, you cannot experience freedom without forgiveness!

Here are **common false beliefs**:

- I must meet certain standards to feel good about myself (Romans 5:1, 2 Cor 5:21)
- I must be approved by certain others (e.g. parents) to feel good about myself (Col. 1:21-22)
- Those who fail (including myself) are unworthy of love and deserve to be punished. (1 John 4:9-11)
- I am what I am. I cannot change. I am hopeless (John 3:3-6, 2 Cor 5:17)

**Core truths** to pound into your heart to fight the war described in (2 Cor 10:4-5):

- I am deeply loved by God (1 John 4:9-11)
- I am completely forgiven and am fully pleasing to God (Romans 5:1)
- I am totally accepted by God (Col. 1:21-22)
- I am a new creation, complete in Christ (2 Cor 5:17)

Just remember as you press into the pain that God will go with you in the pain. He will be there, so have no fear. He will be there, and He is enough.

Let His Truths seep deeply into the very core of you.

.