

Healing The Broken Heart

Part III: Negative Expectations

I. Introduction

Because of the fall of Adam, a seed of corruption entered into the human race. This corrupted seed has affected every area of human existence, including our relationships, families, institutions, churches, governments, and our entire being—body, soul, and spirit. As a result, our spirits and hearts have been wounded. The corrupted seed destroys our ability to be righteous and holy like our Creator and allows the kingdom of darkness and its demonic spirits access to us. We are a people...

...weighed down with iniquity; whole head is sick, the whole heart faint. From the sole of the foot even unto the head there is no soundness in it: but wounds, and bruises, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment. Your land is desolate (Is 1:4-7).

Yet God has provided a way of escape for us. Through His Son, Jesus Christ, we can be born again and receive Him, who is the uncorrupted Seed, into our heart, and become united with Him, thereby we are able to grow in His righteousness and in the restoration of all that sin has corrupted.

For you have been born again not of Seed which is perishable (corrupted) but imperishable (uncorrupted), that is through the living and abiding Word of God (I Peter 1:23).

Review

Christians working in the inner healing ministry have identified a number of root causes that hold us in bondage. This series of radio programs on healing the broken heart are highlighting some of the root causes so you can understand them and break free from them. These root causes may have been allowed to continue in your life simply because of lack of knowledge, especially in the completed work of Jesus Christ, the Kingdom of God, and the spiritual foundation as described in Hebrews 6:1,2. The Lord has given us everything we need to bring about a godliness. We are not lacking anything, if we know Jesus Christ, draw close to Him who lives within us and listen to His voice and do what He says. I pray that the eyes of your heart will be opened and you will begin to see more clearly the path of life.

In July, I introduced our theme, healing the broken heart. I asked the question, "What is in your heart?" I talked about how a child's heart becomes broken by the failure of parents to love and nurture the child with Godly love.

Last week, I talked about how the family tree and generational patterns of sinful behaviors have affected your life. We talked about the spiritual principle of blessing and cursing. I also briefly mentioned another root cause of the unhealed heart, ungodly soul ties. I will discuss ungodly soul ties in more detail in October's transmission on barriers to healing the heart.

Today, I will talk about two more factors that hold us in darkness: negative expectations and belief systems, and inner vows.

II. Negative Expectations & Belief Systems

When we believe something that is not true or no longer true, we call it a lie or untruth. Believing lies introduces negative attitudes and negative expectations into the fibers of our personality. Think of the personality like a basket, consisting of fibers woven together. The lies (untruths) become interwoven like fibers into the deep structure (basket) of our personality which we need to express ourselves and to relate to others.

To handle the painfulness of negative beliefs/lies, we make decisions or inner vows to ourselves that also become woven into the fabric of the personality, at a deep core level. Thus strongholds or fortresses are established in the heart, buried way below conscious awareness and act like a barrier to the person receiving God's truth in their heart.

A Personal Experience:

My husband, Jerry, asked me what my earliest memory was. I said, "My earliest memory is of looking through a window at my mother holding my new baby brother. I could not go to her because I was ill with a contagious disease (measles). I was two and half and staying with my grandmother. I started crying for my mother, wanting my baby bottle. My grandmother mocked me and made fun of me for this."

As I told this to Jerry, I began to cry like a broken-hearted child who did not know that she was loved; I laid on the bed sobbing. It was the cry of a small child. During this time, I saw "with the eye of my spirit" that the feeling that I was not loved, was all a lie—my mother had loved me. As I saw it, I also saw a hand pull this lie out the structure of my personality. Shortly, I began to cry again with the pain of not feeling that I was important. Again I saw that it was all a lie. I had been deceived. My mother had wanted me and I was important to her. I saw this lie also being pulled out of the structure of my personality.

Then I began to cry again. I saw that I had rejected myself. If I wasn't loved and wasn't valuable, then I must be rejected. So I rejected who I was, and the strands of self-rejection and self-hatred entered into the structure of my personality. I had made a judgment against myself.

The lies created a negative expectation that no one would like me or accept me, including God. People would reject me. In response to this negative expectation, I made an inner vow that I would never need anyone. That way I could never be hurt!

III. Inner Vows

An inner vow is a decision we set by our mind and heart, usually as small children. This decision gives direction to the development of the structures of our personality (Sandfords). We make inner vows in response to the painfulness of negative beliefs/lies and negative expectations. Inner vows generally go hand-in-hand with the negative expectations we hold.

Negative beliefs, negative expectations, and inner vows are difficult to recognize, because they are embedded in the deepest layers of our psychic, often in traumatic experiences and painful memories. We do not remember them and are unaware that they exist or could effect us.

Even though we don't consciously remember them, they program the way we will respond in certain situations into our adult life. Typically the inner vow is not manifested immediately in the child's behavior, but kicks in when it is triggered by the appropriated situations relevant to the vow. Inner vows act as a barrier to our healing, and cause the person to resist the normal maturation process. .

Scriptures to ponder

Come now, you who say, 'Today or tomorrow, we shall go to such and such a city, and spend a year there and engage in business and make a profit.' Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, 'If the Lord wills, we shall live and also do this or that.' But as it is, you boast in your arrogance; all such boasting is evil. Therefore, to one who knows the right thing to do, and does not do it, to him it is sin (James 4:13-17)

Again, you have heard that the ancients were told, 'You shall not make false vows, but shall fulfill your vows to the Lord.' But I say to you, make no oath at all, either by heaven, for it is the throne of God, or by the earth, for it is the footstool of His feet, or by Jerusalem for it is the city of the great King. Nor shall you make an oath by your head, for you cannot make one hair white or black. But let your statement be, 'Yes, yes' or 'No, no'; and anything beyond these is evil (Matt. 5:33-37).

IV. Negative Beliefs/Expectations/Inner Vows Affect Our Life

Negative beliefs/lies cause great pain, an insatiable emptiness, and much unhappiness in our lives. They determine what we will or will not allow ourselves, others, or God to do for us! It produces "negative and unrealistic expectations" which we use to measure ourselves and others by.

1. Opens Door To Demonic Spirits

Furthermore, a negative faith opens the door way for demonic energies to come in and drive or oppress us. They do not stop until we repent of the negative beliefs and receive by revelation the positive, healing truths of God. When we have a positive faith & belief system, we are able to draw upon the Holy Spirit and His power and become the person God intended us to be.

...if you have bitter jealousy and selfish ambition (strife) in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down from above, but is earthly, natural (unspiritual), demonic. For where jealousy and selfish ambition exist, there is disorder and evil thing (James 3:14-17).

2. Produces Destructive And Negative Behaviors

A negative beliefs/lies hold us in darkness and produce destructive behaviors. We act out what we believe about ourselves and the world we live in. Addictions, obsessions and compulsions are rooted in these negative expectations and belief systems (Dr. Ed Smith).

3. Distorts Our Perception of Reality

Negative beliefs/lies distort our view of the world and our place in it. This distortion deforms our sense of reality and leads to self-deception. They distort our perception of our experiences:

In the late 70s, I had arranged for a Catholic lay evangelist and his wife (Frank & Evelyn) to come to our area and minister. As I left them in the home where they were to be guests, I walked away thinking these negative thoughts: "They think I did a terrible job arranging things for them. They are wondering why I didn't have Sharon make the arrangements for them. She could have done a better job."

When I returned for the evening meeting, I suddenly told Evelyn my thoughts. She began to smile and called for Frank to come over. "Frank, tell Judy what you were saying as she drove away this afternoon." I could hardly believe my ears. He had been saying the exact opposite of what my condemning thoughts were saying to me! He was telling his wife how blessed they were to have had me do this, and what wonderful arrangements I had made for them. Thank the Lord, He exposed my negative belief that I was not loveable and my negative expectation that I would be rejected.

4. Creates Negative Emotions & Distorts Our Relationships

Negativity has a filter or a screen, between the world and you that distorts everyone you see, hence being very difficult to break through (David Seabury). Negative beliefs give rise to negative emotions like shame, guilt, fear, and pain which we inject into our relationships.

For example, I brought into my into my marriage the three lies—I wasn't loves, I wasn't valuable, and self-rejection/self hatred—that were buried in the structures of my personality and discharged their resulting emotions into my relationship. These

Dr. Ed Smith, pastoral counselor, identifies the following eight categories of lies or negative beliefs: fear, abandonment, shame, tainted, confusion, hopeless, in-validation (lack of love and affirmation and value), and powerlessness (TheoPhostic Prayer Ministry).

B. Negative Beliefs & Expectations Activate Spiritual Laws

Our negative beliefs and expectations activate spiritual principles set in place by God. They include the law of sin and death, the law of faith, the law of judgment, the law of honoring & loving, the law of sowing & reaping (Virkler & Virkler (2001).

1. The Law of Faith

One of the biblical principles says that we will receive whatever it we believe for:

According to your faith be it unto you (Matt. 9:29)

All things are possible to him that believes (Mark 9:23)

If I hold in my heart the belief that I am not lovable, that people will reject me, it becomes impossible to build a trusting relationship with my husband and others around me. My own negative faith draws me into believing and expecting disappointment, rejection, and failure. I injected these poisonous beliefs and expectations into my marriage and very nearly reaped the their fruit.

2. The Law of Judgment

There is a spiritual principle that tells us that what we receive in life is directly connected to the judgments we make against others. In expecting that my husband to fail me, I made a judgment against him—that he was not trustworthy, reliable, someone I could lean on. My judgments against my husband trigger a countering force to move against me, causing me to become untrustworthy, etc.

Judge not, that you be not judged. For with what judgment you judge, you will be judged; and by your standard of measure, it shall be measured to you (Matt 7:1,2).

Do not speak against one another, brethren. He who speaks against a brother, or judges his brother, speaks against the law, and judges the law; but if you judge the law, you are not a doer of the law, but a judge of it. There is only one Lawgiver and Judge, the One who is able to save and to destroy, but who are you who judge your neighbor (James 4: 11-12).

4. The Law Of Sowing & Reaping

The inner vow ensures that all the spiritual energies being developed in your heart by your negative expectations have a focused avenue of release into the outer world. The message is sent out loud and clear through the inner vow.

Do this to me, for I am expecting with my heart and all my energies for this to happen, so please come alongside me and help me accomplish this goal

The Israelites had confessed over and over their fear of dying in the wilderness. Finally the Lord spoke that he was going to give them exact what they had been believing for and confessing. Their negative expectations and inner vows and negative confession brought them destruction rather than God's plan of promised land blessings. WE can miss God's blessings

How long shall I bear with this evil congregation, which murmur against me? I have heard the murmurings of the children of "Israel which they murmur against me. Say unto them, as truly as I live, saith the Lord as you have spoken in mine ears so will I do to you (Numbers 14:27-28).

Our judgments deposit a seed in our heart which by law has someday to be reaped. The natural and spiritual laws are similar: For every action there must be an equal and opposite reaction.

Be not deceived, God is not mocked; for whatsoever a man sows that shall he also reap (Galatians 6:7).

Interestingly the Sandfords (1982) suggest that the law of sowing and reaping was designed by God to bring about the multiplication of blessings, not punishment. However the law of sowing and reaping also works to bring about destruction.

Sow to yourself in righteousness, reap in mercy (Hosea 10:12).

They that plow iniquity, and sow wickedness, reap the same (Job 4:8).

5. The Law of Honoring & Loving

The scriptures makes it clear that when we judge others, we are not honoring or loving them, and that our lives will not go well.

Honor all men. Love the brotherhood. Fear God. Honor the king (I Peter 2:17).

V. What Determines Our Negative Belief System?

A. Three Sources of Lies and Deception

According to the Bible, there are three sources of lies and negative beliefs: Satan, the great deceiver and lying spirits, ourselves, and other.

1. Demonic influence, Satan—he is called a liar, and the father of lies; he deceived the whole world, them that dwell on the earth. (John 8:44, Rev. 12:9; 13:14) *The god of this world has blinded the minds of the unbelieving, that they might not see the light of the gospel of the glory of Christ who is the image of God.* (II Cor. 4:4). Demonic lying spirits plant seeds of lies in our mind during traumatic moments and vulnerable experiences.
2. Man—others can deceive us. *Let no man deceive you* (Eph. 5:6; II Thes. 2:3; II John 7). Many times the original lie was implanted by another person either telling the child they were somehow to blame or by living a lie themselves. And the child absorbs the lie into their own mind..
3. Ourselves—we can deceive ourselves (I John 1:8; I Cor. 3:18; II Pet. 2:13; I John 5:7,19). From the child's own thinking and personal interpretation of what happened. Children will almost always misinterpret life. The child is incapable of making true interpretations about life.

B. Influence Of Our Family

Because our **attitudes, opinions, and feelings** were formed in a world where there was not always the love and light required to affirm us as a person, our minds are befuddled with falsehoods, delusions, and misperceptions. What happens in the child's early years—early home environment and enculturation—deeply affects his spirit, heart, and soul and the formation of his personality.

What we learn about the nature of the world and ourselves when we are growing up is determined by the actual nature of our experience in the family. It is not so much what our parents say, but rather what they do or do not do. It is not what they tell us about God and the nature of things, but rather how they behave toward each other, toward our siblings and, above

all, toward us – that provide us an understanding of the world and our place in it. It is the unique world they create for us by their behavior (Peck).

Our first concept of God's nature is a simple extrapolation of our parents' nature, a simple blending of the characters of our mothers & fathers or substitutes – harsh, punitive, loving, forgiving, or uncaring.

Frequently the essence of a person's childhood and hence the essence of his or her world view is captured in the "earliest memory" – it symbolizes the nature of a person's early experiences. The flavor of these earliest memories is so frequently the same as that of the person's deepest feelings about the nature of their existence. (Peck)

According to the Scriptures, parents are charged with the responsibility to bring children up in the love, nurture and admonition of the Lord; i.e., to fill the child's inner core with the experiential knowledge that they are loved. When they fail to do this, it breaks the heart of the child. The child's understanding of himself and his experiences forms the template with which to understand all other experiences. This is why parents are so powerful in shaping a child's perception of himself and the world around him. Godly parents help the child to interpret the meaning of its experiences through the eyes of God's love and truth.

C. Understanding We Give To Our Experiences

As human beings we need to understand the meaning of our experiences. The meaning and understanding we give to our experiences influences the formation of our personality and our understanding of who we are and of our place in the world. However, born with the corrupted seed of Adam (Ps. 51:5; Gen 8:21), the heart of a child is unable to interpret his experiences in the light of God's truth. The bible tells us that foolishness is bound in the heart of the child (Prov. 22:15). The darkened, unredeemed heart of the child, if left to itself, is full of deceit and will either create its own lies or readily accept the ones spoken to it by others (Jer. 17:9; Eph. 4:22-25), and the development of a lie takes root in the child's heart.

D. Influence of Others

We can receive negative beliefs as a result of what others teach and tell us. Because we are respecters of people, we are easily deceived and receive others ideas and words as gospel truth. We do not know how to spiritually discern and test things properly.

...there will also be false teachers among you, who will secretly introduce destructive heresies, even denying the Master who bought them...and many will follow their sensuality, and because of them the way of the truth will be maligned; and in their greed they will exploit you with false words...Enticing unstable souls, having a heart trained in greed, accursed children; forsaking the right way they loved the wages of unrighteousness...For speaking out arrogant words of vanity they entice by fleshly desires, by sensuality, those who barely escape from the ones who live in error, promising them freedom while they themselves are slaves of corruption, for by what a man is overcome, by this he is enslaved (II Peter 2: 1-3, 14, 18,19).

E. Influence of Words

Negative belief systems may also become established in the heart as a result of words spoken over the you or as result of words you speak to yourself. These words carry spiritual energy,

creative negative expectations which bring into the effect a curse, causing you to fulfill the words.

The scriptures give many warnings about the importance of our words. (See Prince, 1990, p. 122-134, for biblical teaching on self-imposed curses.)

You have been trapped by what you said, ensnared by the words of your mouth (Prov. 6:2).

Death and life are in the power of the tongue...(Prov 18:21).

A wholesome tongue is a tree of life...(Prov 15:4).

But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.” (Matt. 12:36-37).

1. Mouth Produces Blessings and Curses

The Bible reveals the existence of two spiritual dynamics, blessings and curses. These *invisible* forces influence our lives, either for good or for evil. The blessings of God bring about good and beneficial results, whereas curses produce bad and harmful results (Prince, p. 32). Both blessings or curses are considered to possess an inherent power to carry itself into effect (Murphy, 1992/1996). The intent of a curse is for it to release negative spiritual energy or power against the object, person, or place being cursed: to rob, steal or kill. This negative spiritual power makes a connection to the kingdom of darkness, the realm of Satan and the work of demons.

Out of the same mouth proceed blessing and cursing...(James 3:5-6, 9-10).

2. We Pronounce Negative Beliefs Over Ourselves

When we speak negative words about ourselves, we close ourselves off from the blessings of God and expose ourselves to curses (Prince, 1990). If we make a negative confession, we expose ourselves to evil, demonic forces. God’s people in the wilderness were not able to enter the promise land because of a negative report. Making a positive confession releases the ministry of Jesus Christ to help us and to meet our need.

Examples of negative beliefs/expectations that can bind us to darkness:

- My kids are driving me crazy.
- I am no good. No one likes me.
- I will never find a good man.
- I can never remember anything.
- I can never win anything.
- They won’t like me.
- I always fail.
- My child is just like.....
- I just can’t take any more.
- Life is unfair.
- Whenever there’s a bug, I catch it
- I’m sick and tired

- It runs in the family, so I guess I'm next.
- What is the use of living?
- Over my dead body.
- All men want is sex.
- No matter how hard I try, it is never good enough.
- I would rather die that go on the way I am.

➤ Your Response

A. Be Committed to Love Truth

In my search to know God better, find inner healing, and more wholeness, I discovered that a commitment and openness to truth—both in the psychological and spiritual dimension—is a powerful resource and essential to walking in peace, joy and righteousness.

According to American Psychiatrist, M. Scott Peck (*The Road Less Traveled*), one of the roots of mental and emotional ills and neurotic symptoms is an inter-locking system of lies we have been told and lies that we have told ourselves.

The Holy Scriptures demonstrate the importance of truth to our well-being. From these scriptures we can see that truth keeps us from distress, tribulation, withering up, friction in our relationships. It enables us to come into more wholeness, keeps us safe, atones for our sins and failures, and sets us free. And most importantly, it is necessary to our resisting the devil and its demons.

To those . . . who do not obey the truth...there will be tribulations and distress . . . (Rom. 2:8,9).

He that speaks lies will "perish" (wither, dry up) (Prov. 19:9; 21:8).

Constant friction between men of depraved mind and deprived of the truth...(I Tim. 6:5).

and with all the deception of wickedness for those who perish, because they did not receive the love of the truth so as to be "saved" (to being delivered, protected, healed, made whole, kept safe and doing well (II Thes. 2:9-10).

By loving kindness and truth, iniquity is atoned for (Prov. 16:6a).

You shall know the truth, and the truth shall set you free (John 8:32).

Stand firm therefore—against the devil's schemes—having "girded" (dressing/ encircling) your loins (area of strength/procreative power) with truth ...(Eph. 6:14).

Key Scriptures

True worshipers shall worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. God is spirit, and those who worship Him must worship in spirit and truth (John 4:23-24).

Lord, who may live in Thy holy hill? He who walks with “integrity” (unified parts, completeness, wholeness) and works righteousness and speaks truth in his heart (Ps. 15:1,2).

Thou dost desire truth in the “innermost being” (inward parts) (Ps. 51:6).

Word Study

Truth is that which is real, genuine, honest, not concealing anything; that which is false is unreal. Truth signifies the reality lying at the basis of an appearance. Reality is the quality of being true to life, not merely seeming, pretending, imagining. Reality is that which is authentic, genuine, absolute, essential, ultimate.

Jesus Christ Is The Truth

Christianity is not a set of principles or systems of truth or a formula, but a living person.. Truth is in Jesus. Thus we need to draw close to Him and Because of Jesus we can know the truth and find inner freedom and healing from the lies and illusions we carry.

I am the way and the truth and the life (John 14:6).

And the Word became flesh, and dwelt among us, and we beheld His glory...full of grace and truth (John 1:17).

. . . just as truth is in Jesus . . . (Eph. 4:21).

Prayers:

Teach me Thy way, O Lord; I will walk in Thy truth (Psalm 86:11).

Lead my in Thy truth and teach me for thou art the God of my salvation (Psalm 25:6).

Oh send out Thy light and Thy truth, let them lead me; Let them bring me to Thy holy hill, and to Thy dwelling places, then I will go to the altar of God, to God the gladness of my joy (Psalms 43:3,4).

Lord, I pray that the eyes of my heart may be enlightened that I may know what is the hope of Your calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of Your power toward us who believe...(Eph. 1:18-19).

B. Learn To Hear God’s Voice and Obey Him

Revelation In our Heart

The truth of God must be united with faith in the heart. Just saying a verse, does not mean we have its reality in our heart. It is the revelation of God in our heart combined with faith that changes our heart, not the words we parrot with our mouth.

Faith comes by hearing, and hearing by the word of God (Rom 10:17)

“but the word they heard did not profit them, because it was not united by faith in those who heard (Hebrews 4:2b).

Suggestion: Read in the Bible truths appropriate to your negative belief and meditate on them, until the Lord gives you a personal word of direct revelation—they become alive to you, touching you deeply in every area of your personality . The words on paper must be transformed by the Holy Spirit into a “living voice” (Prince, 1990).

The basic requirement throughout the Bible for the blessings of God is that people listen to and hear God’s voice and do what He tells them.

All these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the Lord thy God (Deuteronomy 28:1-2).

Now then, if you will indeed obey My voice and keep My covenant, then you shall be My own possession...(Ex 19:5).

My sheep hear My voice and I know them, and they follow Me (John 10:27).

Under the new covenant, God communicates with us Spirit-to-spirit. He speaks by His Spirit to our spirit. We know His voice in the innermost depths of our being. “Hearing the Lord’s voice implies an intimate relationship with Him in which He can speak to each one of us personally” (Prince, 1990, p. 41).

The Living Word enables us to replace negative beliefs

Replacing negative beliefs needs much more than a cognizant truth: We need more than a scripture verse, we need revelation from the living God, speaking directly into our heart His truth. We need to hear His voice. We need the Holy Spirit to illuminate a word in Scripture, making it come alive to us.

1. He sent His Word and healed them, and delivered them from their destructions (Ps. 127:20).
2. My soul languishes for Thy salvation; I wait for Thy Word (*a deposit that which was delivered in His visit*). (Ps. 119:81).
3. Putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted which is able to save your souls (James 1:21).
4. Revive me according to Thy Word (*a deposit, that which was delivered in a visit*) (Ps. 119:25b).

↳ Doing Business With God: Replacing Negative Beliefs

Start by welcoming the Holy Spirit's presence to guide and empower you. Prepare your heart in humility to go before the Lord. Here you will pray a prayer in which you repent and renounce your ungodly beliefs and vows, break off attendant spiritual forces and confess your newly established faith and purposes in the Holy Spirit.

The following prayer is taken from Virkler & Virkler (2000), *Contributing Strands Worksheet*, p. 6).

My Father in Heaven,
I confess and repent of my sin (and if appropriate, my ancestors' sin) of believing the lie that
and for the ways I have judged others and/or institutions based upon this negative belief.
I forgive for contributing to my forming this negative expectation/belief.
I ask You to forgive me, and I receive Your forgiveness. I forgive myself for believing this lie.
I now confess with my mouth, God's divine truth that
In the name of Jesus Christ of Nazareth, I thank You, Amen.

↳ Renouncing Inner Vows

My Father in Heaven,
I confess and repent of my sin of vowing that.....
I forgive for contributing to my forming this vow and myself for making this vow.
I now purpose by the power of the Holy Spirit to
In the name of Jesus Christ of Nazareth, I thank You, Amen.

Taken from Virkler & Virkler (2000), *Contributing Strands Worksheet*, p. 7).

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