

Study Notes: Session 4

“Problem Solving Tools: Dedication to Reality, Balancing”

Key Concepts

- Developing a good character
- Hearing God’s voice
- The spirit of man
- The work of the Holy Spirit
- Beliefs we live by
- Dedication to truth
- The problem of lies
- Concept of transference
- Balancing: flexible response system

Your Scriptures to Read

- ⇒ Character: Romans 5:3-5; 2 Peter 1:5-10; 1 Thessalonians 1:4; 2:5-12; 4:1-12; 5:11-22
- ⇒ Hearing God’s voice: Proverbs 1:23; John 10:27; 2 Corinthians 3:3
- ⇒ The spirit of man: Proverbs 20:27; 1 Thessalonians 5:23
- ⇒ The Holy Spirit: John 7:38; Romans 8:14-16; Galatians 5:18; Hebrews 5:13-14
- ⇒ The Spirit of truth: John 14:16-18; John 15:26-27; John 16:13; 2 Corinthians 3:17-18
- ⇒ Truth/Reality: Psalm 25:5-6; 51:6; John 1:14,17; 8:31-32
- ⇒ Lies/Deceit: John 8:44; Ephesians 5:6; 2 Thessalonians 2:3; 1 Corinthians 3:18

Other Suggested Reading

- ⇒ M. Scott Peck, MD, *The Road Less Traveled*, Section 1: Discipline, pgs. 18-32
- ⇒ <https://judithdoctor.com/wp-content/uploads/2020/06/Rebellion-vs-Acceptance.pdf>
- ⇒ <https://judithdoctor.com/wp-content/uploads/2020/10/Bible-Study-Notes-on-Truth-Lies.pdf>

Quotations

- It is impossible for God to lie – Hebrews 6:18.
- Truth is never expressed in words – Anthony deMello.
- Truth exists, only lies have to be invented – George Braque.
- Truth is in Jesus; the essence of the New Testament is to find the indwelling Christ in the depth of our being. Christianity is not a set of principles or system of truth or a formula, but a living person – Bruce L. Morgan.
- All growth come by “seeing” truth, not by trying to change, conform, or reform: see who you already are in God and who He is – Bruce L. Morgan.
- We cannot consider ourselves to know something unless we have experienced it – M. Scott Peck.
- We become fully conscious only of what we are able to express to someone else. We may already have had a certain inner intuition about it, but it must remain vague so long as it is unformulated – Paul Tournier, *The Meaning of Persons*.
- One is always in the dark about one's own personality. One needs others to get to know oneself – Carl Jung.
- Co-dependency requires another individual for survival, i.e., parasitism. No freedom involved in relationship; it exists out of necessity, not out of love. – Dr. M. Scott Peck.¹
- Intellectual or mental knowledge has no power to bring you more of God's life; it is only when our heart has received the truth that we will experience the power of God's life – Unknown.

Reflection Points

What is truth?

Truth is reality; that which is false is unreal. No theory adequately describes reality. Neither can truth be expressed in words. For instance, how can you describe light to people who have been sitting in darkness all their lives? Truth is like that.

The Holy Spirit, Our Teacher – Ralph Nault²

“We cannot come into a place of spiritual maturity without the Holy Spirit. The Holy Spirit is the teacher, the guide, who reveals Jesus Christ in us and guides us into the truth. No one else can lead us into a place of spiritual maturity. I can point to the way, but the Holy Spirit must teach you and guide you into the fullness of whatever the Lord has for you. This is the work of the Holy Spirit. We must go to the Holy Spirit and allow Him to teach us.”

¹ Dr. M. Scott Peck, *The Road Less Traveled* (New York: Simon & Schuster, 1978).

² Author & spiritual life teacher Ralph Nault (1929 -2022): *How Are We Led by The Spirit: Learn how to know what God is saying to you* (1984).” <https://www.amazon.com/Led-Spirit-Learn-know-saying/dp/1984238264>

Your Responses

Questions

1. What is truth? Can you write a definition of truth?
2. Why is truth important?
3. Can you remember times when you did not want to know the truth about something? Why do you think that was?
4. Name the three sources of lies and deception.
5. Who has lied to you?
6. How have lies affected you?
7. Using a scale of 0-10, how honest and truthful do you think you are?
8. How do you decide to withhold truth, perhaps only giving half-truths?
9. Identify some beliefs that you held as a child but have now discarded.
10. Can you identify moments when you experience inner tension building up in you?
11. What do you need to give up so you can experience less tension inside of you?

What map are you living by?

“On the basis of early experience with the breast, the bottle, in the bedroom, kitchen and living room, children acquire their convictions, make their decisions, and take their position. Then from what we hear we choose a prediction and a plan: how we will go about being a winner or a loser, on what grounds, and what the payoff will be. The plan we make for the eternal future is drawn to the family specification.” – Unknown.

How is this true of you?

Recalling childhood beliefs

We need help in sorting out our beliefs, our ways of seeing reality, lest we live in self-deception. The process of self-disclosure and feedback can enlarge our understanding of ourselves and others.

- ❖ Beliefs refer to an acceptance that a statement is true or that something exists. It is trust, faith, or confidence in someone or something said.

Find a picture of yourself as a child. Choose a place where you can be quiet and undisturbed. Get comfortable, with feet on the floor, back erect. Breathe slowly and deeply. Let go of any tightness in your body. Look at the picture of yourself as a child.

Let yourself be that child in your imagination. Visualize yourself that size again. Close your eyes and recall the place where you live—your room, the kitchen, the yard, your neighborhood, your school, and so on.

When you have immersed yourself sufficiently in that world of your childhood (involve yourself deeply in that world), begin to recall some of the beliefs you held then and write them down.

- What did you believe about yourself?
- What did you believe about your parents?
- What did you believe about your siblings?
- What did you believe about your place in the family?
- What did you believe in your neighborhood?
- What did you believe in school?
- What did you experience and believe in your teenage years?

Answer the following:

How were your beliefs the same or different from those of your parents? Your siblings?

What beliefs do you need to examine?

Are you still drawing plans for the future based upon your early experience in your home?

1. Your beliefs about who you are, what your purpose in life is?
2. Your beliefs about your childhood?
3. Your beliefs about your parents, your family, your children?
4. Your beliefs about your partner, your marriage?
5. Your beliefs about God, the church, the leaders in the church?
6. Your beliefs about your values, your judgments?
7. Your beliefs about how you see yourself, your talents, your gifts?

Suggested Creative Exercises

Drawing Activities

Drawing a picture of your earliest memory.

Often our earliest memory captures for us how we see the world and our place in it.

Draw a map of how you viewed the world at age 8

Draw an illustration (map) of how you viewed the universe when you were 8 years old, of your life when you were 8 years old.

Sit comfortably and silently, closing your eyes, while you let come into your awareness the world as you saw and understood it around the age of 8. After a few minutes, draw a representation of your map of your world at that age.

1. Was it closed in, or open?
2. Restrictive or freeing?
3. Scary or safe?
4. Uncertain or predictable?

Draw a map of when your world changed

Now recall a time when your world changed. Draw a new map.

1. When did it happen, and why?
2. Did you leave home, enter world of work?
3. Were you ill or disappointed by a broken relationship?
4. Were you drawing closer to God at that time?
5. What was happening the world at that time? War, depression, rapid social change?
6. How did your map of reality change?

Journaling Activities

- What are some of the major letting go's you have accomplished? How did you feel at the time? Did you allow yourself to mourn losses? Have you completed the mourning process? How have you grown from the experiences?
- Where and what are you needing to give up now of the old, in order to grow?
- What securities do you need to give up that are no longer appropriate to your stage of development?

Imaginative Exercise

Imagine you are a tightrope walker in training, daily trying to keep your balance between conflicting needs, goals, duties, desires, and directions. What kind of mind-set is required to live with the tension of juggling all these things? Where do you feel the tug of war?

Journal about the particular tensions you are aware of in your life. What you are finding helpful in living within these tensions?

- ❖ You can fly, but first the cocoon has to go.