

12 MYTHS

May 011, 2017

12 Myths that Christians Believe That Aren't in the Bible

A myth is a widely held but false belief or idea, a misrepresentation of the truth. Not everything believed as biblical truth is truly biblical. This series will seek to unravel 12 commonly accepted beliefs that cause bondage rather than liberty. Men need to be aware of how nuggets of truth become cornerstones for error when wrongly understood. We need help to build solid scriptural foundations that produce emotional freedom. Christian men have taken so much scripture out of context and made a whole religion out of it. This has caused so many problems for men who need help and instead of being thrown a lifeline; they are left to drown hanging on to a Bible verse thrown from the shoreline. This series looks at the adjustments that need to be made to help men who need solid direction in how to grow to full maturity.

It's Selfish to have My Needs Met.
II Corinthians 9:6-7 – Full to Give Cheerfully! - Acts 9:6-19 – Connected to Others

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: II Corinthians 9:6-11, Acts 9:3-19, Philippians 2:5-8, Ecclesiastes 4:9-12, II Corinthians 1:3,4

Videos: Bob Wiley – What About Bob
Dinner Scene – What About Bob

Resources: 12 Christian Beliefs That Can Drive You Crazy – Relief from False Assumptions by Dr. Henry Cloud & Dr. John Townsend

Music: Seasick Steve – Self Sufficient Man

Understanding the Problem.

- _____ is the way. Wrong! "I am self-centered, so I am supposed to deny myself and give sacrificially to God and others." Certainly, self-centeredness is at the core of our sinfulness. So we hear self-denying passages (Romans 1:25; Matthew 22:37-40; Philippians 2:7-8) and we conclude that the Christians life is a life of ignoring and even hating our own needs.
- _____ > This myth fails to distinguish between selfishness and a God-given responsibility to meet one's own needs. The Bible actually values our needs and propel us to growth and to intimacy with God.
- _____ > God intended us to be incomplete in and of ourselves. Dependency is built by God into the very fabric of who you are and the universe (Luke 5:16; Mark 1:35; Mark 14:34). God has made us to need others (Genesis 2:18; Eccl. 4:10).

Neglecting Your Needs Leads to More Problems!

- _____! > Accept Your Neediness and reach out and ask for help when you need it (II Corinthians 1:3-4).
- _____ – Denial of your needs leads to codependent relationships. Codependency is characterized by a person belonging to a dysfunctional, one-sided relationship where one person relies on the other for meeting nearly all of their emotional and self-esteem needs. It also describes a relationship that enables another person to maintain their irresponsible, addictive, or underachieving behavior. Symptoms of Codependency:
 - Low self-esteem** > Feeling that you're not good enough or comparing yourself to others are signs of low self-esteem.
 - People-pleasing** > Saying "NO" causes anxiety. They go out of their way and sacrifice their own needs to accommodate other people.
 - Poor Boundaries** > They have blurry or weak boundaries. They feel responsible for other people's feelings and problems or blame their own on someone else.
 - Reactivity** > They react to everyone's thoughts and feelings.
 - Caretaking** > If someone else has a problem, you want to help them to the point that you give up yourself.
 - Control** > For codependents, control limits their ability to take risks and share their feelings.
 - Dysfunctional communication** > If you don't know what you think, feel or need, this becomes a problem. Communication becomes dishonest and confusing when you try to manipulate the other person out of fear.
 - Obsessions** > They become obsessed with what others are thinking, feeling, or doing.
 - Dependency** > They're afraid of being rejected or abandoned, even if they can function on their own. Some need to always be in a relationship.
 - Denial** > They don't face their problem of dependency, so they never get help.
 - Problems with Intimacy** > They are not able to be open and close with someone.
 - Painful emotions** > Codependency creates stress and leads to painful emotions. Shame and low-esteem create anxiety and fear about being judged.
 - Over-spiritualizing** > There is a strong propensity in Christian culture to over spiritualize. The term "over-spiritualize" means interpreting events in your life that exceed their intended meaning, or when an event is over-compensated with implications that God had orchestrated it. As a follower of Jesus, it is tempting sometimes to find a profound spiritual meaning in something that moves you emotionally.

Your Needs > God's Design.

- _____ > Your needs are designed by God to drive you to growth. See Luke 18:10-14 > the Tax Collector asked for mercy. Your needs place you in the position of having to ask for help.
- _____ > Your need are designed by God to drive you to humility. In one sense, you are responsible for yourself (Galatians 6:5). This is called functional independence. At the same time, you are relationally dependent. You need to be loved, connected, empathy, comfort, understanding, and reassurance from others. Humble people know that they cannot do life by themselves (Proverbs 3:34).
- _____ > Your needs are designed by God to draw you closer to Him. Jesus was clear about his connection to broken people (Matthew 9:12-13). We need to be in a community where it's safe to be unfinished, incomplete, and needy.

ACTION: Journal This!

- When you hear the phrase "Stop thinking of your own needs" where does that take you?
- How can getting your own needs met be good stewardship, rather than selfishness?
- When have you seen men meet the needs of other men?

Bible Verses

II Corinthians 9:6-11

6 Remember: A stingy planter gets a stingy crop; a lavish planter gets a lavish crop. **7** I want each of you to take plenty of time to think it over, and make up your own mind what you will give. That will protect you against sob stories and arm-twisting. God loves it when the giver delights in the giving. **8** God can pour on the blessings in astonishing ways so that you're ready for anything and everything, more than just ready to do what needs to be done. **9** As one psalmist puts it, He throws caution to the winds, giving to the needy in reckless abandon. His right-living, right-giving ways never run out, never wear out. **10** This most generous God who gives seed to the farmer that becomes bread for your meals is more than extravagant with you. He gives you something you can then give away, which grows into full-formed lives, robust in God, **11** wealthy in every way, so that you can be generous in every way, producing with us great praise to God.

Acts 9:3-19

3 He set off. When he got to the outskirts of Damascus, he was suddenly dazed by a blinding flash of light. **4** As he fell to the ground, he heard a voice: "Saul, Saul, why are you out to get me?" **5** He said, "Who are you, Master?" "I am Jesus, the One you're hunting down." **6** I want you to get up and enter the city. In the city you'll be told what to do next." **7** His companions stood there dumbstruck - they could hear the sound, but couldn't see anyone - **8** while Saul, picking himself up off the ground, found himself stone blind. They had to take him by the hand and lead him into Damascus. **9** He continued blind for three days. He ate nothing, drank nothing. **10** There was a disciple in Damascus by the name of Ananias. The Master spoke to him in a vision: "Ananias." "Yes, Master?" he answered. **11** "Get up and go over to Straight Avenue. Ask at the house of Judas for a man from Tarsus. His name is Saul. He's there praying. **12** He has just had a dream in which he saw a man named Ananias enter the house and lay hands on him so he could see again." **13** Ananias protested, "Master, you can't be serious. Everybody's talking about this man and the terrible things he's been doing, his reign of terror against your people in Jerusalem!"

14 And now he's shown up here with papers from the Chief Priest that give him license to do the same to us." **15** But the Master said, "Don't argue. Go! I have picked him as my personal representative to Gentiles and kings and Jews. **16** And now I'm about to show him what he's in for - the hard suffering that goes with this job." **17** So Ananias went and found the house, placed his hands on blind Saul, and said, "Brother Saul, the Master sent me, the same Jesus you saw on your way here. He sent me so you could see again and be filled with the Holy Spirit." **18** No sooner were the words out of his mouth than something like scales fell from Saul's eyes - he could see again! He got to his feet, was baptized, **19** and sat down with them to a hearty meal.

Philippians 2:5-8

5 Think of yourselves the way Christ Jesus thought of himself. **6** He had equal status with God but didn't think so much of himself that he had to cling to the advantages of that status no matter what. **7** Not at all. When the time came, he set aside the privileges of deity and took on the status of a slave, became human! **8** Having become human, he stayed human. It was an incredibly humbling process. He didn't claim special privileges. Instead, he lived a selfless, obedient life and then died a selfless, obedient death - and the worst kind of death at that: a crucifixion.

Ecclesiastes 4:9-12

9 It's better to have a partner than go it alone. Share the work, share the wealth. **10** And if one falls down, the other helps, But if there's no one to help, tough! **11** Two in a bed warm each other. Alone, you shiver all night. **12** By yourself you're unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped.

II Corinthians 1:3,4

3 All praise to the God and Father of our Master, Jesus the Messiah! Father of all mercy! God of all healing counsel! **4** He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us.

Self Sufficient Man

Seasick Steve

I'm a self sufficient man
I take care of my own needs
I'm a self sufficient man
I take care of my own needs
I don't need you or your friends
I ain't no dog you can lead

Been takin' care of myself
Since I was 13 years old
Been takin' care of myself
Since I was 13 years old
That book ain't been wrote
That my story it could hold

While you been home safe and sound
I been wanderin' the world around
I seen and done more things
Than you could imagine
In your wildest dreams
So don't you point your finger at me
In your ignorant disbelief
I'm the original man of the world
And I'm comin' down your street
Better watch out for me
Yeah you better watch out for me
You got somethin' to say to me

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It's Selfish to have My Needs Met.

II Corinthians 9:6-11 – Full to Give Cheerfully!

Acts 9:3-19 – Connected to Others.

Understanding the Problem.

1. **Self-annihilation** is the way. Wrong! “I am self-centered, so I am supposed to deny myself and give sacrificially to God and others.” Certainly, self-centeredness is at the core of our sinfulness. So we hear self-denying passages (Romans 1:25; Matthew 22:37-40; Philippians 2:7-8) and we conclude that the Christians life is a life of ignoring and even hating our own needs.
2. **Failure to Distinguish** > This myth fails to distinguish between selfishness and a God-given responsibility to meet one’s own needs. The Bible actually values our needs and propel us to growth and to intimacy with God.
3. **Intentionally Made to be Needful** > God intended us to be incomplete in and of ourselves. Dependency is built by God into the very fabric of who you are and the universe (Luke 5:16; Mark 1:35; Mark 14:34). God has made us to need others (Genesis 2:18; Eccl. 4:10).

Neglecting Your Needs Leads to More Problems!

1. **Good to have needs!** > Accept Your Neediness and reach out and ask for help when you need it (II Corinthians 1:3-4).
2. **Codependency** – Denial of your needs leads to codependent relationships. Codependency is characterized by a person belonging to a dysfunctional, one-sided relationship where one person relies on the other for meeting nearly all of their emotional and self-esteem needs. It also describes a relationship that enables another person to maintain their irresponsible, addictive, or underachieving behavior. Symptoms of Codependency:
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 2. **People-pleasing** > Saying "NO" causes anxiety. They go out of their way and sacrifice their own needs to accommodate other people.
 3. **Poor Boundaries** > They have blurry or weak boundaries. They feel responsible for other people's feelings and problems or blame their own on someone else.
 4. **Reactivity** > They react to everyone's thoughts and feelings.
 5. **Caretaking** > If someone else has a problem, you want to help them to the point that you give up yourself.

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Symptoms of Codependency:

6. **Control** > For codependents, control limits their ability to take risks and share their feelings.
7. **Dysfunctional communication** > If you don't know what you think, feel or need, this becomes a problem. Communication becomes dishonest and confusing when you try to manipulate the other person out of fear.
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9. **Dependency** > They're afraid of being rejected or abandoned, even if they can function on their own. Some need to always be in a relationship.
10. **Denial** > They don't face their problem of dependency, so they never get help.
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12. **Painful emotions** > Codependency creates stress and leads to painful emotions. Shame and low-esteem create anxiety and fear about being judged.
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3. **Closer to God** > Your needs are designed by God to draw you closer to Him. Jesus was clear about his connection to broken people (Matthew 9:12-13). We need to be in a community where it's safe to be unfinished, incomplete, and needy.

ACTION: Journal This!

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