

# 12 MYTHS

June 15, 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.

**A Man knows that he will never be able to leave his past behind until he faces it, tells his story, and forgives, grieves, and deals with any shame and trauma from his past.**

### Myth #6: I Need to Leave the Past Behind – PART II Psalm 34

Highland Colony Men's Roundtable  
www.MensTable.com

**Bible Verses:** Psalm 34:18; Ezekiel 34:1-16; I Peter 4:8;  
II Cor 6:11-13; II Chronicles 30:6-9; Nehemiah 9:1-3; Ezekiel  
18:20-22; Colossians 1:19-20

**Videos:** Little Boy – My Dad

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

**Music:** Zach Williams – Chain Breaker

#### Heal from Your Past – Heal the Brokenhearted.

1. \_\_\_\_\_ > A primary way that God heals your broken heartedness is through community—His Church. You are His hands to touch each other's pain. God has commanded us to love and minister to one another with compassion, mercy, confrontation, help and strength. We are to minister emotionally, spiritually, and physically to one another.
2. \_\_\_\_\_ > God clearly gets upset when His people do not help His hurting ones (Ezekiel 34:1-16).
3. "\_\_\_\_\_ " > Wounds from your past needs to be healed through love. Claims that past wounds will be healed over time are false. Such abandoned or otherwise hurt people carry broken, abused hearts and need love to heal. They need "Jesus with skin (I Peter 4:8)."
4. \_\_\_\_\_ > Those who have been hurt by the family they grew up in need the love and care of their new family, the family of God (Luke 8:21) to heal their old wounds and give them the love they need (Luke 8:19-21).

#### Heal from Your Past – Grieve Your Losses.

1. \_\_\_\_\_ > The way through grief is to be open. This is the process of letting go of things that you were once attached to. Letting go allows you to be open to the present. Loss opens the door to new life.
2. \_\_\_\_\_ > Grieving is a conscious process by which you deliberately release your attachment to persons, goals, wishes, or religious systems that you no longer can have. Your attachment to these outgrown things keep you from connecting to new and better things that God has for you (II Cor. 6:11-13).
3. \_\_\_\_\_ > Ties to the old life keeps you from living the new life God has planned for you (Genesis 19:26 & Luke 17:31-33). You must feel the pain (Matthew 5:4). Many people experience frozen grief as depression. You must talk about the past. Acknowledge it. Grieve over it!
4. \_\_\_\_\_ > God's way of dealing with hurts and losses in your past is through grief—letting go. You are freed by realizing what you have lost, feeling anger and sadness, then then saying "Good-bye." You can be stuck in the past emotionally and spiritually if you do not grieve them and thereby release them. You can be tied to a person who is dead, tied to a person whose love you can't have, tied to the approval of someone who will never give it, tied to a fantasy impossible to realize (Eccl. 7:2-4).

#### Heal from Your Past – Confess & Repent.

1. \_\_\_\_\_ > Your past in your family of origin is an important variable to examine because you need to repent—to turn away from patterns you learned in your early years (II Chron. 30:6-9). God asks His people to see the evil of their fathers, disagree with it, and turn to His ways (Nehemiah 9:1-3).
2. \_\_\_\_\_ > When you deny the sins of your father, you are destined to repeat them. If you never acknowledge hurtful, even evil patterns of relating, you blindly go on repeating them. You hurt your own children as you were hurt.
3. \_\_\_\_\_ > Break the chains of generational sin and give hope for your future (Ezekiel 18:20-22). Confession and repentance of ungodly family ways—a common pattern—is a powerful dynamic of the spiritual life.

#### Growth: Change How You See the Past.

1. \_\_\_\_\_ > It is blatantly wrong to teach that we should just forget the past. Past, present, and future are aspects of our soul that need to be reconciled to God.
2. \_\_\_\_\_ > We cannot change our past. However, we can change how we relate to our past. We must change our internal connections to those who have hurt us by forgiving them. We must release our demand that they somehow make it up to us.
3. \_\_\_\_\_ > No process can change the past, but God is in the business of redeeming the past. God is in the process of reconciling everything that has gone wrong, including our personal past: he deals with the past, reconciling people to Himself, repairing damage, rebuilding what sin has destroyed (Colossians 1:19-20).
4. \_\_\_\_\_ > Bring your history to God, whether it happened two days or twenty years ago. Bring it to Him and to His people, allow His light and grace to transform it, bring His truth to bear on it, and experience the reconciliation of your whole life.

**ACTION: Journal This!**

1. What present feelings about certain events in your past are affecting you today?
2. When have you seen confession lead to transformation and freedom either in your own life or in the life of someone you know?
3. How have you seen forgiveness transform your life or another's life?

**Bible Verses****Psalms 34:18**

**18** If your heart is broken, you'll find God right there; if you're kicked in the gut, he'll help you catch your breath.

**Ezekiel 34:1-16**

**1** God's Message came to me: **6** Scattered - my sheep! - exposed and vulnerable across mountains and hills. My sheep scattered all over the world, and no one out looking for them! **7** "Therefore, shepherds, listen to the Message of God: **9** listen to what God has to say: **10** "Watch out! I'm coming down on the shepherds and taking my sheep back. They're fired as shepherds of my sheep. No more shepherds who just feed themselves! I'll rescue my sheep from their greed. They're not going to feed off my sheep any longer! **11** "God, the Master, says: From now on, I myself am the shepherd. I'm going looking for them. **12** As shepherds go after their flocks when they get scattered, I'm going after my sheep. I'll rescue them from all the places they've been scattered to in the storms. **13** I'll bring them back from foreign peoples, gather them from foreign countries, and bring them back to their home country. I'll feed them on the mountains of Israel, along the streams, among their own people. **14** I'll lead them into lush pasture so they can roam the mountain pastures of Israel, graze at leisure, feed in the rich pastures on the mountains of Israel. **15** And I myself will be the shepherd of my sheep. I myself will make sure they get plenty of rest. **16** I'll go after the lost, I'll collect the strays, I'll doctor the injured, I'll build up the weak ones and oversee the strong ones so they're not exploited.

**I Peter 4:8**

**8** Most of all, love each other as if your life depended on it. Love makes up for practically anything.

**II Corinthians 6:11-13**

**11** Dear, dear Corinthians, I can't tell you how much I long for you to enter this wide-open, spacious life. **12** We didn't fence you in. The smallness you feel comes from within you. Your lives aren't small, but you're living them in a small way. **13** I'm speaking as plainly as I can and with great affection. Open up your lives. Live openly and expansively!

**II Chronicles 30:6-9**

**6** The king gave the orders, and the couriers delivered the invitations from the king and his leaders throughout Israel and Judah. The invitation read: "O Israelites! Come back to God, the God of Abraham, Isaac, and Israel, so that he can return to you who have survived the predations of the kings of Assyria. **7** Don't repeat the sins of your ancestors who turned their backs on God, the God of their ancestors who then brought them to ruin - you can see the ruins all around you. **8** Don't be pigheaded as your ancestors were. Clasp God's outstretched hand. Come to his Temple of holy worship, consecrated for all time. Serve God, your God. You'll no longer be in danger of his hot anger. **9** If you come back to God, your captive relatives and children will be treated compassionately and allowed to come home. Your God is gracious and kind and won't snub you - come back and he'll welcome you with open arms."

**Nehemiah 9:1-3;**

**1** Then on the twenty-fourth day of this month, the People of Israel gathered for a fast, wearing burlap and faces smudged with dirt as signs of repentance. **2** The Israelites broke off all relations with foreigners, stood up, and confessed their sins and the iniquities of their parents. **3** While they stood there in their places, they read from the Book of The Revelation of God, their God, for a quarter of the day. For another quarter of the day they confessed and worshiped their God.

**Ezekiel 18:20-22**

**20** The soul that sins is the soul that dies. The child does not share the guilt of the parent, nor the parent the guilt of the child. If you live upright and well, you get the credit; if you live a wicked life, you're guilty as charged. **21** "But a wicked person who turns his back on that life of sin and keeps all my statutes, living a just and righteous life, he'll live, really live. He won't die. **22** I won't keep a list of all the things he did wrong. He will live.

**Colossians 1:19-20**

**19** So spacious is he, so roomy, that everything of God finds its proper place in him without crowding. **20** Not only that, but all the broken and dislocated pieces of the universe - people and things, animals and atoms - get properly fixed and fit together in vibrant harmonies, all because of his death, his blood that poured down from the Cross.

**Chain Breaker**

Zach Williams

If you've been walking the same old road for miles and miles  
If you've been hearing the same old voice tell the same old lies  
If you're trying to feel the same old holes inside

There's a better life  
There's a better life

If you've got pain  
He's a pain taker  
If you feel lost  
He's a way maker  
If you need freedom or saving  
He's a prison-shaking Savior

If you've got chains  
He's a chain breaker

We've all search for the light of day in the dead of night  
We've all found ourselves worn out from the same old fight  
We've all run to things we know just ain't right  
And there's a better life  
There's a better life

If you believe it  
If you receive it  
If you can feel it  
Somebody testify

**Philip K. Hardin, M.A., M.Div.**

Director of Business & Professional Outreach, Intl.  
Licensed Marriage & Family Therapist & Licensed Professional Counselor  
Email: [phil@bpoinl.org](mailto:phil@bpoinl.org) Webpage: [www.bpoinl.org](http://www.bpoinl.org)

12

MYTHS

# 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.

**Myth #6: "I Need to Leave the Past Behind." – Part II**

*Psalm 34*

# Heal from Your Past – Heal the Brokenhearted.

1. **Community** > A primary way that God heals your broken heartedness is through community—His Church. You are His hands to touch each other's pain. God has commanded us to love and minister to one another with compassion, mercy, confrontation, help and strength. We are to minister emotionally, spiritually, and physically to one another.
2. **God's Anger** > God clearly gets upset when His people do not help His hurting ones (Ezekiel 34:1-16).
3. **"Time Heals All"** > Wounds from your past needs to be healed through love. Claims that past wounds will be healed over time are false. Such abandoned or otherwise hurt people carry broken, abused hearts and need love to heal. They need "Jesus with skin (I Peter 4:8)."
4. **New Family** > Those who have been hurt by the family they grew up in need the love and care of their new family, the family of God (Luke 8:21) to heal their old wounds and give them the love they need (Luke 8:19-21).

# Heal from Your Past – Grieve Your Losses.

1. **Openness** > The way through grief is to be open. This is the process of letting go of things that you were once attached to. Letting go allows you to be open to the present. Loss opens the door to new life.
2. **Conscious Process** > Grieving is a conscious process by which you deliberately release your attachment to persons, goals, wishes, or religious systems that you no longer can have. Your attachment to these outgrown things keep you from connecting to new and better things that God has for you (II Cor. 6:11-13).
3. **Embrace New Life** > Ties to the old life keeps you from living the new life God has planned for you (Genesis 19:26 & Luke 17:31-33). You must feel the pain (Matthew 5:4). Many people experience frozen grief as depression. You must talk about the past. Acknowledge it. Grieve over it!
4. **Free to Live** > God's way of dealing with hurts and losses in your past is through grief—letting go. You are freed by realizing what you have lost, feeling anger and sadness, then then saying "Good-bye." You can be stuck in the past emotionally and spiritually if you do not grieve them and thereby release them. You can be tied to a person who is dead, tied to a person whose love you can't have, tied to the approval of someone who will never give it, tied to a fantasy impossible to realize (Eccl. 7:2-4).



# Heal from Your Past – Confess & Repent.

1. **Explore Your Past** > Your past in your family of origin is an important variable to examine because you need to repent—to turn away from patterns you learned in your early years (II Chron. 30:6-9). God asks His people to see the evil of their fathers, disagree with it, and turn to His ways (Nehemiah 9:1-3).
2. **Danger of Denial** > When you deny the sins of your father, you are destined to repeat them. If you never acknowledge hurtful, even evil patterns of relating, you blindly go on repeating them. You hurt your own children as you were hurt.
3. **Insight & Confession & Repentance** > Break the chains of generational sin and give hope for your future (Ezekiel 18:20-22). Confession and repentance of ungodly family ways—a common pattern—is a powerful dynamic of the spiritual life.

# Growth: Change How You See the Past.

1. **Reality** > It is blatantly wrong to teach that we should just forget the past. Past, present, and future are aspects of our soul that need to be reconciled to God.
2. **Transformation** > We cannot change our past. However, we can change how we relate to our past. We must change our internal connections to those who have hurt us by forgiving them. We must release our demand that they somehow make it up to us.
3. **Redeem the past** > No process can change the past, but God is in the business of redeeming the past. God is in the process of reconciling everything that has gone wrong, including our personal past: he deals with the past, reconciling people to Himself, repairing damage, rebuilding what sin has destroyed (Colossians 1:19-20).
4. **Bring ALL to God** > Bring your history to God, whether it happened two days or twenty years ago. Bring it to Him and to His people, allow His light and grace to transform it, bring His truth to bear on it, and experience the reconciliation of your whole life.



# **ACTION: Journal This!**

1. What present feelings about certain events in your past are affecting you today?
2. When have you seen confession lead to transformation and freedom either in your own life or in the life of someone you know?
3. How have you seen forgiveness transform your life or another's life?