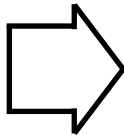
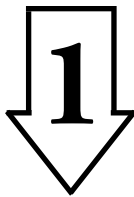


# *The Root Cause of Stress!*

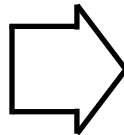
## *The Lies That We Believe*

**Painful Experiences in Childhood**



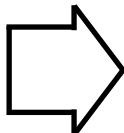
- Undeserved punishment*
  - Physical or sexual abuse*
  - False accusations*
  - Ridicule by authorities*
  - Rejection by trusted friends*
  - Divorce of parents*
  - Childhood disease*
- 

**Lies from Painful Experiences**



- "I am a failure"*
  - "I am stupid"*
  - "I will never amount to anything"*
  - "I don't belong or fit in"*
  - "I must be perfect to be accepted"*
  - "I must take charge to avoid hurts"*
  - "I don't need anyone"*
- 

**Stresses from Wrong Responses**



- Anger—frustration, irritation, or disgust*
- Guilt—condemnation, grief, or regret*
- Lust—passions, fantasies, or sensuality*
- Bitterness—deep hurts, or hatred*
- Greed—stinginess, or covetousness*
- Fear—fretfulness, worry, or anxiety*
- Envy—inferiority, or worthlessness*

**DISEASES**

# *The Results of Lies We Believe*

## **"I Am a Failure"**

- Become shy and withdrawn
- Refuse to initiate projects
- Invest only half-hearted effort to assigned tasks
- Give up easily when problems arise
- Accept ridicule and abuse as being deserved

## **"I am Stupid"**

- Easily believe things that are not true (gullible)
- Lack firmly held convictions
- Become confused when opposing view points are presented
- Lack ability to understand cause and effect sequences
- Fail to learn from mistakes and repeat them

## **"I Must be Perfect to be Accepted"**

- Apply excessive effort to do things just right
- Condemn self when perfection is not achieved
- Build life around people to get their praise
- Constantly compare self with others
- Envy those who seem better than they are
- Sacrifice health for achievement

## **"I Must Take Charge to Avoid Hurts"**

- Lack trust in leadership
- Criticise those who try to lead
- Compulsively draw people around them for support

## **"I Don't Need Anyone"**

- Fear the pain of rejection
- Become unable to form close relationships, especially in marriage
- React to the idea of being under authority
- Refuse to share personal faults and failures

# *How to Resolve Stress! Renounce Lies With Truth*

## **"I am a Failure"**

- God designed me to fail without His power in and through me. (See John 15:5.)
- By accepting my weakness, I can experience God's power. (II Corinthians 12:9.)
- Those who meditate on God's Word will not fail. (See Psalm 1:2-3 and Joshua 1:8.)
- Failure comes by trying to build "my empire" vs. God's work. (See Jeremiah 45:5.)

## **"I am Stupid"**

- Wisdom is a gift from God given to those who ask God for it. (See James 1:5.)
- Wisdom is discerning cause and effect sequences in life. (See Proverbs 22:3.)
- Wisdom is a heart "belief system" based on Christ's commands. (See John 14:21.)
- Philosophies that leave Christ out are foolishness with God. (See I Corinthians 3:19-20.)

## **"I Must Be Perfect to Be Accepted"**

- People respect humility, not perfection motivated by arrogance. (See Proverbs 15:33.)
- We humble ourselves by acknowledging our faults and failures. (See Proverbs 28:13.)
- When we are born again, we are perfect in God's eyes. (See Ephesians 1:5-6 and John 3:3-6.)

## **"I Must Take Charge to Avoid Hurts"**

- God works through structures of human authority. (See Romans 13:1-7.)
- The power of positive influence is greater than the power of position. (See Mark 10:44.)
- All things work together for good to those who love God. (See Romans 8:28.)

## **"I Don't Need Anyone"**

- Everything that we have was given to us by God or others. (See I Corinthians 4:7.)
- All the members of a body are needed in order to function. (See I Corinthians 12:21.)
- Genuine love is based on mutual needs. (See Deuteronomy 6:11-12.)

## **The Deception in Believing a Lie**

The truth will make us free. However, if we reject the truth, God will send us a strong deception and we will believe a lie. (See John 8:32 and II Thessalonians 2:11.)