

Marriage Matters

Thinking Problems - Getting to the Roots

"As a man thinks in his heart, so is he." - Proverbs 23:7

- *"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;" Hebrews 12:15*
- *"Out of the abundance of the heart proceed evil thoughts..." - Matthew 15:19*
- *"Take us the foxes, the little foxes, that spoil the vines: for our vines have tender grapes. " - Song of Solomon 2:15*

Luke 6:45

A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

Matthew 15:19

*16 And Jesus said, Are ye also yet without understanding? 17 Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? 18 But those things which proceed out of the mouth come forth from the heart; and they defile the man. *19 For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: 20 These are the things which defile a man: but to eat with unwashen hands defileth not a man.*

Hebrews 12:14-15

14 Follow peace with all men, and holiness, without which no man shall see the Lord: 15 Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

These are ten distorted thought patterns that believers often indulge in that are unhealthy, untrue and ungodly. They are ROOTS OF BITTERNESS in the mind that cause anger, bitterness, and depression. They never bring blessing. They are ten lies of Satan

Hebrews 12:14-15

1) *"Look diligently"* - First we must "look diligently...lest any root of bitterness spoil our lives and the lives of our families. There must be a careful investigation of the thoughts and intents of our hearts.

See and identify the personal roots that contribute to the sewer smell in our relationships.

2) *"Let it therefore be healed!"* - Second we must be willing to be changed and healed...

(I have sinned... It's me Oh Lord standing in the need of prayer.)

"If you are not willing to take the medicine, why go to the doctor?"

3) *"Many be defiled"* - Thirdly we must discover (uncover) what those rotten roots that defile others. So we can allow the Holy Spirit to weed those roots out.

Out of the abundance of the heart the mouth speaks. Symptoms are evidence against us.

Sadness, discontentment, anger, temper, strife, adultery, uncontrolled lust, word wounds...etc.

THINKING PROBLEMS

10 Distortions of Truth, Lies of Satan,
(Harmful and Destructive Thought Patterns)

1. All or Nothing Thinking - things are either good or all bad. Exaggeration. Lying to oneself about reality. "Always, everyone, all the time, never..." I am either a winner or a loser, intelligent or stupid, top of bottom of class.

2. Overgeneralization (Murphy-ism) - everything is going bad, all the time. "Murphy's laws..." Poor me syndrome. Nobody loves me, everybody hates me... pity party.

3. Mental Filter (Negativism) - life appears pessimistic at best. Hopelessness pervades life view. Lil' Abner's friend with a rain cloud over him wherever he goes. Living with tinted glasses (or dirty glasses, a filter)

4. Disqualifying the Positive - good things are overlooked, or don't count. "Yeah, but..." "that doesn't count..." Bad things count twice as much as good things.

5. Mind Reading - you assume to know what others are thinking, usually evil, bad thoughts or assumptions. "They don't like me." "I know why you did that..." "You are trying to get even with me..."

6. Fortune Telling - you predict negative results, (assume) disappointing or bad things will happen. "I've got tickets to the ball game. You watch its going to rain tomorrow."

7. Magnification - little setbacks, arguments, etc are blown out of proportion.
"I'll never be able to show my face in public again."

8. Should Statements - your life is ruled by "oughts & shoulds." (blaming and shaming)
Related to perfectionism, approval addiction, achievement addiction.

9. Labeling - you give people or yourself derogatory labels, like jerk, stupid
"Name calling" - stupid, jerk, imbecile, idiot, nincompoop, jack____, whore, witch, etc.

10. *Personalization - you feel responsible when people or things go wrong. 'I must have done something wrong.' "What did I do?" Like blame and shame but a person feels like problems are always related to them. Always their fault - even if they had nothing to do with it.

ROOTS:

God wants to deal with the ROOT causes of our disordered lives. These the author of Hebrews calls "Roots of Bitterness." They are ROOT causes behind the sin. They are the fountains from which spring bitter waters that disrupt families and homes. They are the hidden heart diseases of which "sins" are just the symptoms.

"Roots of Bitterness" are at the core of our dysfunctional lives. There are foundational areas of our lives that do not function properly. They are out-of-order. They may work, but not very well. They are like the watch with a broken mainspring that may still keep time, but not the right time.

We live in a dysfunctional society, a broken world. Sin invaded the planet and human kind when Adam and Eve sinned in the garden. We are reaping the consequences of their sin. That consequence is "DYSFUNCTION," a broken mainspring that only the Watchmaker, God himself can repair. Dysfunction invades our lives daily in our distorted, ungodly thinking patterns, and in our ruined relationships. Paul says in Hebrews 12:15 that the "dysfunction", that is, the "root of bitterness" in us needs to be healed. The consequence of roots of bitterness is we are troubled and many others are defiled (hurt and wounded) by our disorders. God's concern is that it be HEALED! LET IT BE HEALED!

LIVE IN THE PROMISES OF GOD

Proverbs 15:15 All the days of the afflicted *are* evil: but he that is of a merry heart *hath* a continual feast.

1. Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.
2. Philippians 1:6 Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ:
3. Romans 8:37 Nay, in all these things we are more than conquerors through him that loved us.
4. Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.
5. Thessalonians 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
6. Lamentations 3:22 *It is of* the LORD'S mercies that we are not consumed, because his compassions fail not. 23 *They are* new every morning: great *is* thy faithfulness.
7. Philippians 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.
8. Malachi 3:17 And they shall be mine, saith the LORD of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him.

Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

ASSIGNMENT:

Work at home together as a family to REMEMBER your past. It will help you as you get into uncovering parental patterns that you may have picked up over the years.

MEMORIES

(No one really forgets, we just misplace memories.)

1. A significant argument in the home.
2. The worst punishment you received.
3. A disappointment while growing up.
4. An accident you remember.
5. A sickness you had.
6. A loss you experienced.
7. A death of someone close.

Discuss all that you can remember about that past experience and how it impressed you. Describe places, people, sounds, smells, everything you can recall. Then on another day do some positive memories.

1. A day you felt special (birthday, party etc)
2. An exciting adventure you had.
3. A great vacation memory.
4. Your best time with Dad.
5. Your most pleasant moments with Mom.
6. The funniest thing that happened at home.
7. A great Christmas.

FAMILY DISORDERS

12 Typical Dysfunctional Traits

1. Conditional Love - love not freely nor amply given. It is expressed sparingly and usually with some condition attached. "Mommy won't love you if you do that." "Jesus won't love you if you do that again." It is tentative love with a threat, of hint, that it might be withdrawn IF certain conditions are not met.
2. Blaming and Shaming - is the pointing finger that humiliates, blames, accuses, finds fault with others. It frequently blames others for the troubles of the family.
3. Unhealthy Comparisons - measures each person by the standard of someone else who may be smarter, prettier, better behaved, a more loving spouse, more obedient, etc.
4. Denial and Delusion - though there are problems in the home when outside the home all appears to be right and wonderful. It is the put-on-the-happy face syndrome.
5. Compulsive Behavior - from workaholics to alcoholics family members are driven by need to do (drink, clean, eat, etc.) more and more to get satisfaction.
6. Perfectionism - the drive to make everything the way it should be -- perfect. It constantly finds fault with things, people, and life in general.
7. Frozen Feelings - the inability to express ones' true feelings be it sadness, anger, happiness, love or whatever. It sees feelings as weakness.
8. Depression - a deep prolonged sadness that permeates ones' life. It sees life as a drag, a meaningless existence. It is a dissatisfaction with ones' self, the home, the church, the job, with life in general, even with God.
9. Labeling - giving derogatory names to people and things. Name calling labels are given to children (jokingly we say) spouses, neighbors, irritating people. The problem is they hurt, they are derogatory, insulting and robbers of self worth.
You can label yourself or wear a label given to you by others as well.
10. Word Wounds - use of words and phrases that sting, bruise, and wound the emotions. They are threats used to intimidate and manipulate other family members.
(i.e. "I'll beat you within the inch or your life!" or "I hate you" or I wish you'd never been born!")
11. Abuse (physical/emotional/verbal/sexual) - abuse uses people for ones own needs usually hurting, discarding, then blaming the same people for not being more helpful, submissive, or satisfying. An abusive person can never be pleased.
12. Codependancy - an attitude of being the Messiah, or savior of the family. It is overprotective, accepts the blame for the way things are, and believes that it can solve anyone's problem by just trying harder, being better, doing more. It takes the blame for the way things are.