



The Things I Do? Understanding People & Breaking Bondages

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Love God. Love Others. Make Disciples.**

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Crossroads Christian Fellowship

Theology Café

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Introduction

- My journey
- God the Great Psychologist
 - Psychology is the study of the soul.
 - God made us and knows us.
- Listen for yourself not just for others.
- The discipleship process embraces the whole person.
- Jesus came to give us life and it abundantly (John 10:10).

Purpose

- The purpose of our time together is to help each of us find fullness as we become more fully reconciled to God, to ourselves and to others (2 Cor. 5:18-20).

- To receive the comfort of the Lord and give that comfort away (2 Cor. 1:3-4).

Human Behavior

- What we know about ourselves is:
 - Our actions don't always make sense
 - We often continue the pain done to us
 - We often are unaware of the "why's" of our behavior
 - We avoid responsibility for our lives
 - We don't like to deal with our "stuff"
 - Denial & blame are the preferred options

We Commit Soul Murder

- "Hope deferred makes the heart sick, but a desire fulfilled is a tree of life." (Proverbs 13:12)
 - To deal with the pain and disappointment of life we will deaden our longings – commit soul murder.
 - After all, if we don't hope for it then it won't hurt so bad when it doesn't happen.
 - The other option is to murder souls by living demanding and controlling lives that takes life from people to feed the hunger within.

Three Options

- Deny life: We can deaden our own longings (soul murder)
- Take life: We can take life from others, destroying the soul of others
- Give life: We can comfort others with the comfort we have received (2 Cor. 1:4)

Truth is...

A past that is not dealt with is not past; it is present.

But I thought all was washed...

***...in the blood and that I was a new creation in Christ which meant that everything old had passed away.
Right?***

Not quite!

- We have a new spirit but not a new mind (Romans 12:2)
 - Why do I need to renew a new mind?
 - The mind is a repository of lies and in need of renewal.

We are relational beings...

...that experience love, joy and pain within the confines of human relationship or the lack thereof.

- To receive love and be in need of love is biblical. Paul received encouragement from relationships (2 Corinthians 7:4-7).

Get Back in the Car

- The vehicle of life is relationship.
 - For many the vehicle is safe and enriching; for others it has led to painful crashes and awful memories.
 - If you were hurt by the vehicle of relationship then the only way to be healed is through the vehicle of relationship.

Push/Pull

- People will often provide a “push” or “pull” approach when relating with you.
- What we pull people towards reflects our need and how we have opted to handle it.
- What we push people away from reflects our wound – the distorted view of the self.



Exercise (10 minutes)

What do you pull people to see about you?

What do you push people away from?

If you were asked to share that fear publicly what would be the first thought to run through your mind?

The Greatest Trap

“These negative voices are so loud and persistent that it is easy to believe them. That’s the great trap. It is the trap of self-rejection. Over the years, ***I have come to realize that the greatest trap in our life is not success, popularity, or power, but self-rejection.*** Success, popularity, and power, can indeed, present a great temptation but their seductive quality comes from the way they are part of a much larger temptation to

self-rejection. When we come to believe the voices that call us worthless and unlovable, then success, popularity, and power are easily perceived as attractive solutions.” (Henri Nouwen)



Ask Yourself.....

In what ways do you see people do self-rejecting behaviors?

What verbal statements do hear people or yourself make that might reflect self-rejecting behavior?

Looking for the Quick Fix

“Aren’t you like me, hoping that some person, thing, or event will come along to give you that final feeling of inner well-being you desire? Don’t you often hope: ‘May this book, idea, course, trip, job, country, or relationship fulfill my deepest desire.’ But as long as you are waiting for that mysterious moment you will go on running helter-skelter, always anxious and restless, always lustful and angry, never fully satisfied. You know that this is the compulsiveness that keeps us going and busy, but at the same time makes us wonder whether we are getting anywhere in the long run. This the way to spiritual exhaustion and burn-out. This is the way to spiritual death.” (Henri Nouwen)

Our Focus

- We will deal with 3 simple things:
 - What’s Wrong (The Real Diagnosis)
 - Why we do what we do.
 - Worldview Formation (The Process)
 - How we came to be this way.
 - What Now? (The Solution)

- How to find deliverance, healing, and fullness.

What's Wrong

What's Wrong With Us?
Why We Do What We Do

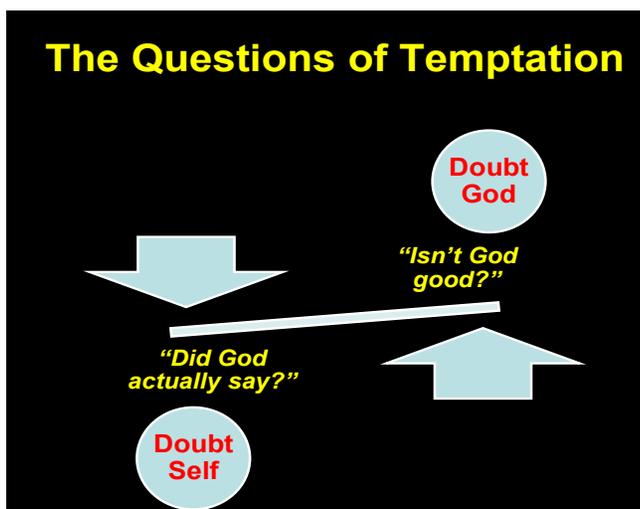
- I believe the Scripture provides the necessary answers for life and does lay the basic framework for understanding the human personality, revealing the why's of our behavior and the reasons for our emotional problems. Matthew 6:21; Isaiah 50:10-11
- “Counselors spend wasted time trying to improve what God has abandoned.” (Larry Crabb)
—What has God abandoned in your life?
- “Our life is full of brokenness-broken promises, broken expectations. How can we live that brokenness without becoming bitter and resentful except by returning again and again to God's faithful presence in our lives?” (Henri Nouwen)

Genesis 3 explains...

...the process of temptation used by the serpent

...what went wrong

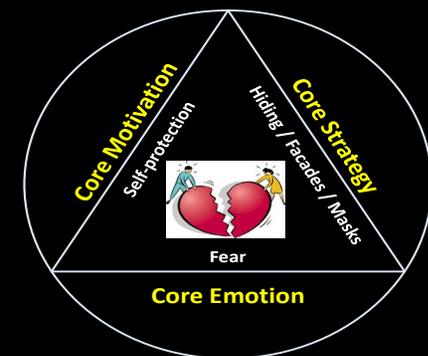
...the result and impact this has on our lives



Desired Outcomes of Temptation



The Result: We are Fear-Based



Fear does not trust

More Simply

- 3:7: Fig Leaf – we hide our shame.
- 3:8-10: We hide from God.
- 3:12: We deny responsibility, blaming self or blaming others.

- People are broken because of the Fall and as a result, in search of identity and meaning.
 - People are looking for place and purpose.
 - We find our satisfaction in things that cannot satisfy (cf. Jeremiah 2:13).

Fractured people create fractured...



Are You Wounded or Healed?

Wounded	Healed
<ul style="list-style-type: none">• Self-centered• Focus is on all that I'm missing• Life is unfair to me• Short-tempered & demanding• Dominated by the the past/bitter• Rarely enjoys life, waiting for life to happen• Waiting for life – victim posture, a life taker• Dominated by fear, anger and guilt	<ul style="list-style-type: none">• Other-centered• Focus is on what I can give• How can I make life more fair?• Calm & Tolerant• The past is settled• Enjoys the moment, living life now• Future is hopeful – Proactive, a world changer• Dominated by love

Problem of Woundedness

- When a person is wounded, life becomes about them, their pain, their loss – on what they are lacking, etc.
- Focus is then on how one can get and not on what one can give.
- Potential is set for one to become demanding and full of expectations.

— The irony is that the more we demand the less we find our expectations being met.

Leads to the Double “D” Dilemma

Two extremes can take place when we encounter unfulfilled expectations in life. Both extremes are self-protective & foster the very thing we don’t desire. Which “D” are you?

- **Disengage the heart** - Heart is perceived to be distant, uncaring and self-focused, living life from a distance.
- **Demand that the expectations be met.** Heart here is perceived as angry, mean and self-centered—the controlling and demanding person.

Answer These Questions?

How do you find yourself disengaging your heart?

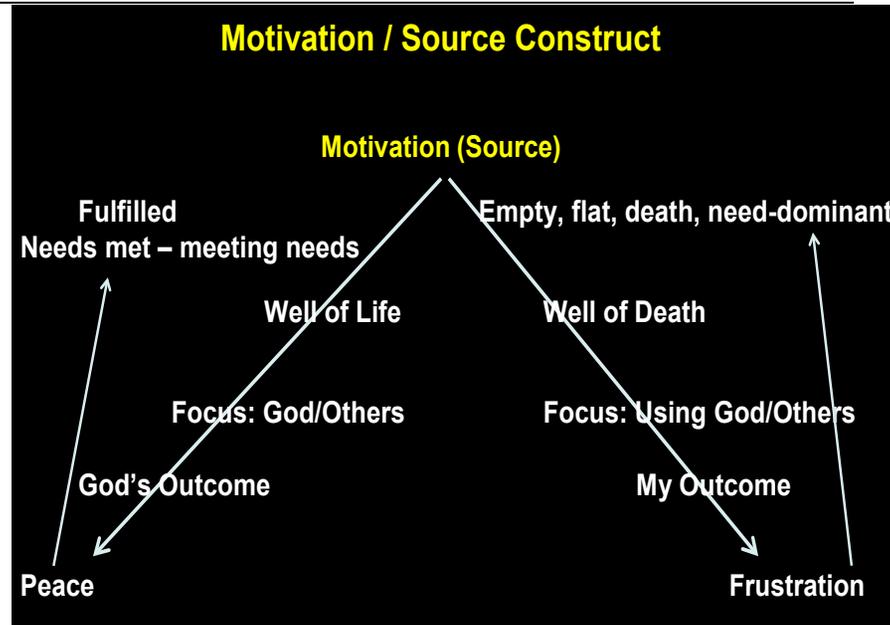
How have you sought to get your needs met?

Would you consider yourself a person in process of healing or someone who is still wrestling with the wound?

In what ways do you hide behind the bush when talking with God?

What do you think your fig leaf is? In other words, what do you try and get people to see or not see?

Are you prone to take all the responsibility ("It's all my fault") or blame someone else?



The "Why's" of Behavior

- The "why's" of a person's behavior can be best understood by looking at the direction, or goals they are pursuing.
 - Everyone is disciplined (T.E.R.M.)
 - Jesus says: "For where your treasure is, there your heart will be also." (Matthew 6:21)

Goal is revealed in the behavior

“Human behavior is goal-oriented, and cannot be explained without reference to final causes and future strivings. Phrased another way, all human behavior has meaning, and its meaning lies in its purpose.” (R. Paul Olson)

Why am I?

- The right question is “why am I?”
- “Who am I?” is the existential question that cannot be answered by contingent, dependent beings like us.
- “The **why** informs the **who**, while the **who** clarifies **what is my life about** with the **how do I live my life** flowing from all three.”

Can you answer the why? The who?

Fear Hides

- Because we are afraid, we hide, resulting in hiding the self (pull the covers over our heads).
 - We believe people would not like what they see, would reject the person we truly are and so, we hide.
- We believe that the mask is what people want
- We can control pain better from behind the mask.
- The mask helps us feel better about ourselves.

Mask Polarities of Men & Women

- **The Wizard of Oz (Insecurity)**

- The Wizard is nothing but a small, white-haired old man who hides behind a curtain while portraying a frightening image to all who come. Giving the illusion that what you see is the man himself, while all along a frightened little man runs the controls hoping you never look behind the curtain.

- **The China Doll Syndrome (Exploitation)**

- The key to enjoying a china doll is found in our eyes; one enjoys looking at the doll but does not handle it for fear of damage. People who live the shallow existence of the china doll will find they must be handled with care or damage will result.

Protective Strategies to Hide

- One of the best ways to hide who we really
- Let's take a few minutes to view some masks



are is by wearing a mask.
people wear.

Group Exercise

Get together with your group or some saints you trust and go over the masks with them. This exercise is a time for you to recognize which masks you might be wearing and let others help you process this and pray with you as you take steps to remove the mask

Below is a list of masks that we employ to cover up. Take the next week and look at the list and see which one(s) you might have used or maybe still using.

Our Masks: The Pull

- **The Data Mask:** This is the mask of intelligence and rationality – no or little emotion is permitted (e.g. Mr. Spock or Data of Star Trek).
- **The Shrek Mask (the Wizard of Oz):** Like Shrek, this person acts big to protect the small fragile ego – acts like they are always doing fine and needing nothing.
- **The Princess Fiona Mask (the China Doll):** This is the person who hides behind their looks, success, money, etc., and keeps people at arm's length because they fear if people get too close they'll discover that she is really an ogre. Self-contempt is strong here in anticipation of rejection—rejects the self before others will reject it.
- **The Friendly Nark Mask:** This person never assumes responsibility and spends most of their time judging and criticizing others. Although this person might be critical or blame others for their issues, the problem is one of not taking responsibility more than being critical.
- **The Eeyore Mask:** “Why bother” as Eeyore would say – it won't work out anyway. This individual believes that no matter what happens, it will always be negative.
- **The Porcupine Mask:** This individual has various relational styles that keep people at arm's length. The individual is not always aware they are doing this. The lack of trust has allowed for these quills to develop to protect the individual from further harm. This person will find himself or herself alone and will hate it simultaneously not understanding why people won't come any closer.
- **The Pharisee Mask:** This person is quick to judge others, likes to talk about people (of course to pray – prayer gossip), critical of people who are not godly. In reality, this person acts in ways that are contrary to what he really feels or does – this is the classic hypocrite. This is the individual who believes his/her life is better than anyone else.

THE THINGS I DO

- **The Incredible Hulk Mask:** This individual is impatient, quick-tempered, judgmental, and tends to be demanding, lurking deep within is an angry monster that wants to right all the wrongs and injustices of their life.
- **The Constant Comic Mask:** Individual utilizes humor and sarcasm to deal with pain, redirecting anger by way of jokes and/or sarcasm. Hard to get a serious or real emotional response from this person. On the other hand, an individual might use humor to bring peace to situations (The “Placater” or “Fixer” types).
- **The Martha Stewart Mask:** This is the person who is afraid to stop, because it is the doing that provides identity and protects the heart (e.g. the workaholic, in churches sometimes it is the one who serves the most but not for the right reasons).
- **The Sweet and Syrupy Mask:** This person acts in ways that are kind and sweet. In reality, they are full of anger and rage. They are fearful of what is inside or do not know and have discovered kindness as a great means to cope with the pain that is within.