

# **The Things I Do? Understanding People & Breaking Bondages**

**Mike Chong Perkinson  
Love God. Love Others. Make Disciples.**

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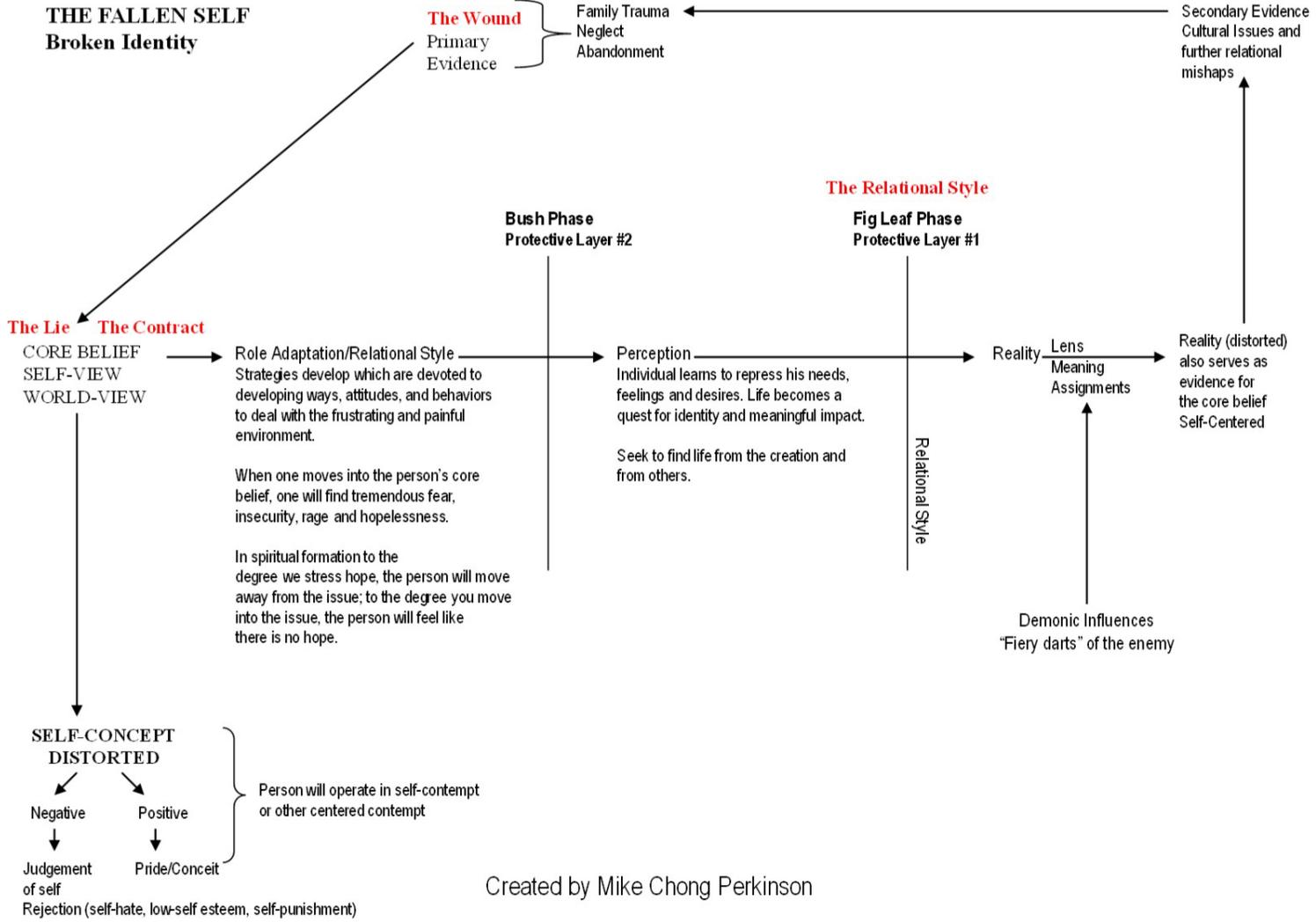
***THE THINGS I DO***

**Crossroads Christian Fellowship**

**Theology Café**

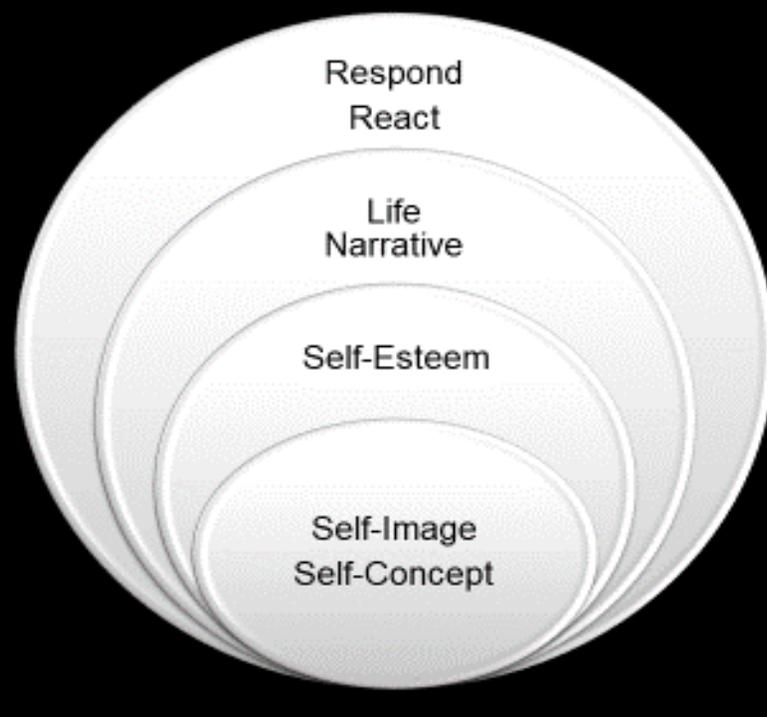
**Thursday, May 23rd, 2019**

**Session 3**





## **Self Perception Grid**



## Moses Reacts

- “Who am I, that I should go to Pharaoh and bring the Israelites out of Egypt?” (3:11)
  - The “I can’t do it” syndrome.
- “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them.” (3:14)
  - The “I don’t know what I’m doing” or “I have no authority” syndrome.
- “What if they do not believe me or listen to me and say, ‘The Lord did not appear to you.’” (4:1)
  - The “I’m afraid it won’t work out” or “They won’t believe me” syndrome. Often, we do not believe in what God has given us. It’s hard to have faith in God for things that involve us.
- “O Lord, I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue.” (4:10)
  - The “I’m not smart or gifted enough” syndrome.
- “O Lord, please send someone else to do it.” (4:13)
  - The “Lord, I really don’t want to do this” syndrome. There is nothing like fear to cause people to hesitate or not want to do something for Christ.

## **Worldview Formation Explained**

There are four sets of worldviews that shape our values and framework (e.g. The Matrix). Simply, it is how we see (lens or glasses = values) the world:

- (1) **Socio-cultural**, e.g. Western – U.S. An example of this cultural worldview system is our need for information, comfort, beauty, intelligence, individualism – the one above the many, rights, etc.
- (2) **Clan or Family Unit:** Each family deciphers the cultural values within its own framework. For example, your interpretation of communication, definition of love, affection, how a father and mother love each other, etc.
- (3) **Religious:** Each religion and even sub-group within Christianity has their own set of value structures that set the basis for one's worldview. Our religious worldview is based in fear, faith, rules, or love.
  - Fear Based: Numbers 13:33
  - Faith Based: Numbers 13:30
  - Rule Based: Mark 7:18-19; Acts 10:9-16, 28-29, 44-48; Acts 1:6
  - Love Based: John 3:16

- How we relate to one another is then based in fear, faith, rules, and/or love of our faith tradition, our family unit and the culture we were born in.
- Keep in mind that love is fully expressed when there is justice, grace, and truth.

(4) **Personal:** From each of the above mentioned frameworks, we interpret the self, understanding our world through the values we have come to embrace which informs the lens or filter we use to see the world and create our version (narrative) of reality.

### **Worldview Formation Explained (Continued...)**

- It is where our identity and self-image is most strongly formed.
- A person is a “we” before and “I.”
  - In other words, identity is shaped by relationships: our parents and our culture.
  - It is from these that we learn to interpret and understand our world, e.g., our view of God is often based in our experience of our earthly fathers and mothers.

## **We Live By a Life Grid**

- Life grids are shaped by our worldview.
- Worldviews are shaped by culture, clan or family unit, religion, and personal interpretation.
- **S.I.R.** Life is interpreted or perceived
  - **S = Situation:** What happens to you.
  - **I = INTERPRETATION:** How you perceive the event which is determined by your worldview.
    - Encounter / Experience / Pain / Trauma = Code
  - **R = Response:** Emotional outcome experienced.
- “Men are not moved by things but the views which they take of them.” (Epictetus)

## Summary of Woundedness

- **The Wound:** Is what happened to us or the atmosphere we were raised in – the basis of our emotional and spiritual development.
- **The Lie / Contract:** How we interpret the self, our past, present, and future.  
— This is the grid by which we see ourselves and life.
- **The Relational Style or Lifestyle:** Protective measures taken to survive our past. Helpful in the past but ironically becomes the fuel that keeps the past alive in the present.  
See Graph on Structure of Self Esteem



**Exercise (10 minutes)**

What is your Wound?

Primary?

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Secondary?

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What is the lie?

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What is your support system?

How do you maintain this with your mask(s)?

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Who are the characters that are always present in your narrative?

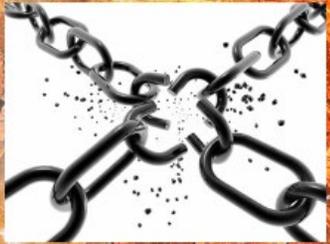
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***Conclude by having someone pray over your group.***

**Breaking Free!**



**Disengaging the Auto Pilot  
Knowing Your Relational Style**

*How to find deliverance, healing and fullness*

**Key to change is...**

- The key then to change is changing from within (Mark 7:20-23).
  - As noted earlier, behaviors are not arbitrary acts, but intentionally designed to move you closer to the goal or end you are desiring (cf. Matthew 6:19-21).
    - We are then looking for the reason (end, purpose, goal) and why to your behavior
- Rhythm & Pattern.
- Love that understands & listens
- “*The purpose in a man’s heart is like deep water but a man of understanding will draw it out.*” (Proverbs 20:5, ESV)

**“I own it. No more. No less!”**

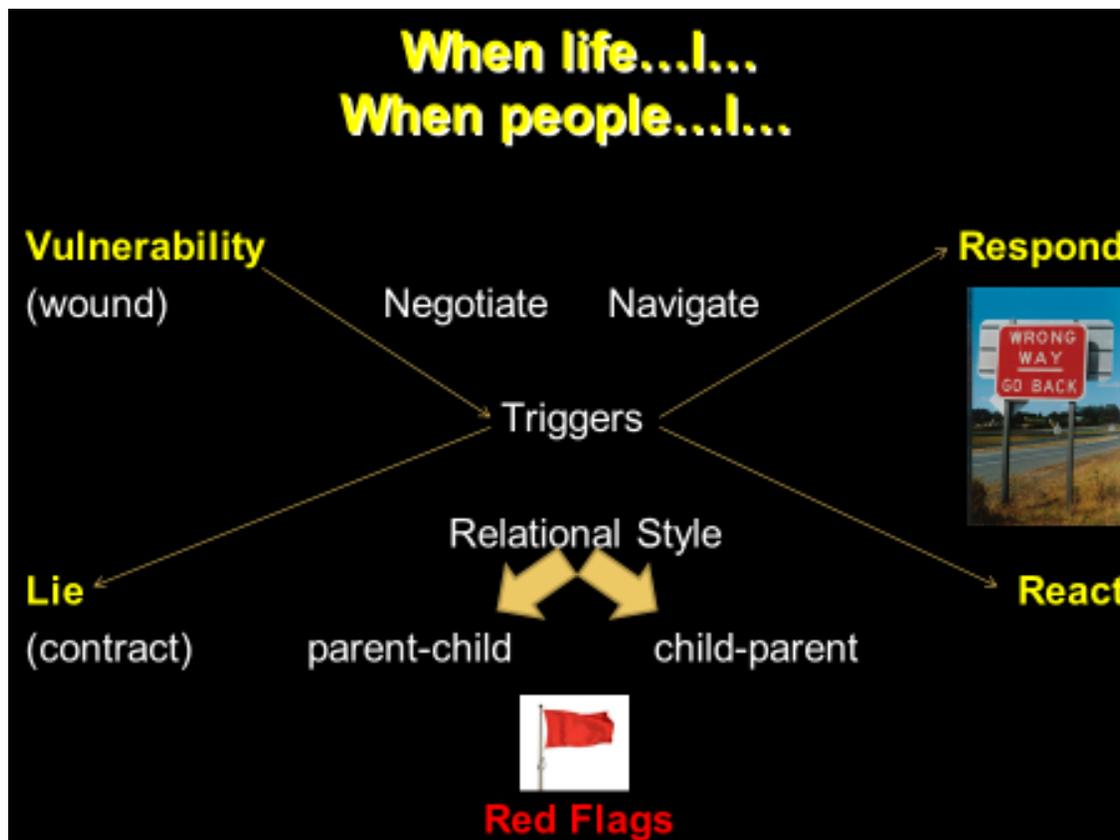
- Prayer & Confession (Psalm 139:23-24; James 5:16).
  - Can't be healed unless we are honest.
- Understanding and acknowledging your relational style will help stop the continued wounding and secure your healing, freeing you from your self-inflicted prison and no longer providing fuel for the lie that recreates your past.

**Relational Styles Simplified**

- **Over the top** – takes control and controlling.
- **From the knees** – victim, gives up control.
- **Clingy** – fears rejection and so, clings causing people to reject them.

*For more information on relational styles, see the Appendix*





## **Understanding Vulnerabilities & Triggers**

### **•Vulnerabilities**

- This is your wound and the pain you experience when it is exposed, touched, hit, etc.
- Inadequacy, fear of failing, etc.
- *Vulnerability that is not healed is a liability.*

### **•Triggers**

- Those events, actions, inaction or statements that trigger your vulnerability.

## **How It Works**

Cain (Genesis)

Vulnerability is fear of not being accepted or good enough

**Trigger**

Offering rejected

**Response**

Anger and murder

## Red Flags

- Red flags are indicators that you are going down the wrong path or a pathway of emotional, spiritual or physical demise.
- They are warning signs like waking up discouraged, flat for several days in a row, no passion, simmering anger, critical spirit, withdrawing, etc.

## Steps For Freedom

- (1) Be **honest** and **admit** to the pain and disappointment of your life (the “isness” of life) = **Accept** and **embrace**.
  - Let Him in the room
- (2) **Own** the lie and **tear up** the contract, disempowering the lie.
  - Let it go, empty your hands

- (3) **Challenge the lie** by taking your thoughts captive to the obedience of Christ (2 Corinthians 10:3-5). **Embrace** the truth of who you are in Christ.
  - “I can’t control what you say, but I can control what I choose to hear and how I respond to it.”
  
- (4) **Confess** (James 5:16), **acknowledge** how you protect yourself and **surrender** your fear and wound by blowing out your torch daily (the way you control your life, Isa. 50:10-11)
  
- (5) **Take responsibility** for your relational style.
  - **Accept** what happened, breaking the power of shame and fear.
  - **Embrace** what was done to you and own what you have done to others because of this wounding (e.g., withhold love, critical)
  - **Find** someone who is mature and walking in freedom to pray with you, talk with you and help you understand who you are in Christ, challenging you to become who God has created you to be.

## **Intentional Exercises**

- Write your story from your earliest memory to your current age.  
— **Describe how you felt as you write**
- Write an “I’m angry with you” letter and describe the injustice and pain you feel – don’t edit it, simply write it.
- Write an “I Wish” letter to your parents or those that have hurt you.  
— Not a letter you will send to them, but a letter that expresses your wishes and longings, which is the language of the heart.
  - For example, “Dad, I wish you would have come to my games. I wish you would have told me that you loved me, were proud of me...”
- Read the letter with a trusted saint, have them pray over you and then bury it or burn it.

## **Prayer of Examen**

Before you begin, as in all prayer, remind yourself that you're in God's presence, and ask God to help you with your prayer.

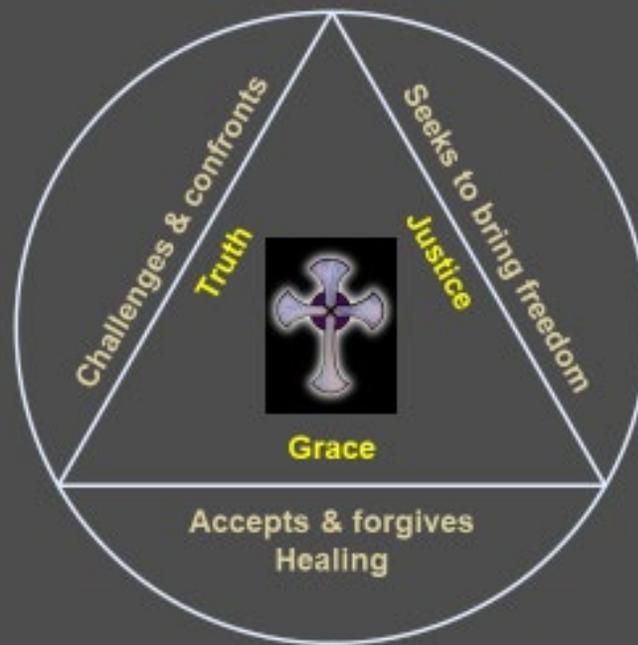
- (1) **Gratitude:** Recall anything from the day for which you are especially grateful, and give thanks.
- (2) **Review:** Recall the events of the day, from start to finish, noticing where you felt God's presence, and where you accepted or turned away from any invitations to grow in love

**Psalm 139:23: "Search me"**

- (3) **Sorrow:** Recall any actions for which you are sorry.
- (4) **Forgiveness:** Ask for God's forgiveness. ..  
Decide whether you need to reconcile with anyone you have hurt by asking for forgiveness.
- (5) **Grace:** Ask God for the grace you need for the next day and an ability to see God's presence more clearly.



## Holistic Life



**Love is grace, truth & justice**

## Helpful Resources

- *The Sacred Romance Drawing Closer to the Heart of God* by Brent Curtis & John Eldredge  
— **Comes in a workbook and journal**
- *Changes That Heal: How To Understand Your Past to Ensure a Healthier Future* by Dr. Henry Cloud
- *Connecting: Healing Ourselves and Our Relationships* by Dr. Larry Crabb
- *Broken in the Right Places* by Alan E. Nelson (out of print)
- *Adrenalin & Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage* by Dr. Archibald Hart
- *The Bondage Breaker: Overcoming Negative Thoughts, Irrational Feelings, Habitual Sins* by Dr. Neil Anderson
- *Abba Child: The Cry of the Heart for Intimate Belonging* by Brennan Manning
- *Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God* by Dan B. Allender and Tremper Longman III (A little more theological but very good)
- *In Between: Living in the Tension Between Promise and Fulfillment* by Mike Chong Perkinson & Tom Johnston
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## Appendix

### Relational Styles:

#### The Egoist

- **Self –Referenced:** “It’s All About Me” – tends to be loud, brash, and brags about his wonderful accomplishments.
- **Self-Driven:** This person is driven by the determination to have his own needs satisfied at the expense of others. Even his loving acts are for his own selfish need for recognition and reward.
- **Relational Parasite:** Cannot love another person but simply loves himself through the other person. He sets people up to get what he wants and if his ego is not being met he falls out of love.
- **Cannot perform healthy self-sacrifice:** Only sacrifices for attention or reward.

#### The Power Broker (Over the Top)

- “Control is everything.” Sacrifices relationships and even their faith for control.
- Use relationships to control.
- Attitude is often based in a deep sense of insecurity. There is a fear of what might happen if everything is not under their control.
- Result is anger towards those who do not cooperate with your goals. That anger can become destructive (abusive) and paranoid.
- This person feels alone and isolated.

#### The Victim (From the Knees)

- Characteristics: Negative, depressed, complains, isolated, bitter, and resentful.
- Victim is about relief and prayer is often nothing more than whining out loud in Jesus name. Victim statements involved “I could have if . . .” “I can’t be happy because . . .” “If only I had a different . . .”
- Allows others to have power over their decisions – pervasive feeling of being taken advantage of.
- Agrees with people even when he or she believes they are wrong.
- Will volunteer to do unpleasant things for acceptance.

## **Relational Styles (Continued)...**

### **The Chameleon**

- “Acceptance is everything.” A chameleon is someone that lacks identity and wants approval at all costs.
- Believes that disappointment is lethal.
- Believes that he is not accepted and spends all of his energy trying to be accepted.
- Tends to blend in with their environment, they have no color of their own but become whatever their surroundings demand. They assume the identity of the person they are with. The result is that people that befriend them find themselves exhausted, burnt, and frustrated within a short period of time.

### **The Sprinter**

- “Winning is the only thing” that matters, for the sprinter life is a race that must be won. Every situation is about winning or losing – task focused.
- People are objects to be used to help the sprinter win the race.
- Relationships are of convenience or context (“I am your friend because you can help me win in this context”).
- Relationships are discarded if they do not help secure the win.
- Quick to anger and alienates people – body count is high. In the end, this person is celebrating alone.

### **The Perfectionist**

- Perfection is everything – picking up the lint off the coffee table, straightening the picture on your wall – person is driven or paralyzed to act for fear of doing it wrong.
- Compliments others with a barb – “You did well but you could have done better.”

- Polite but never quite at ease – tend to be on edge when you are around a perfectionist.
- Problem is not that being clean or wanting things right, but for the perfectionist it is a moral matter – any imperfection is wrong (e.g. “a dirty house is wrong”).
- Language is full of “oughts” and “shoulds.”
- Either the demand will drive people away or he will desert them when they don’t change to suit him.

### Relational Styles (Continued)...

#### The Escape Artist

- “Freedom is everything.” This person does not like long term commitments, keeping his options open at all times. When a relationship begins to take effort, or fails to meet his expectations and demands, he will bail.
- Builds shallow relationships because of his inability to work through difficulties or remain loyal.
- Lives with a growing sense of guilt.
- Isolates and feels lonely.
- Angry because everyone appears to be placing demands on him.

#### The Run Away Truck

- “Having my own way is everything.” Is dominated by his emotions. Language is that of “I couldn’t help myself.” “I can’t help the way I am.” “I don’t know what made me do it; I just felt like it.”
- Person believes that other people should change to accommodate his desires and emotions. It is individualism or selfishness taken to the extreme.
- Being this irresponsible with your emotions causes others to become angry and resentful towards you. Like a run-away truck, people jump to get out of your way and your life.