

Resolving Conflicts Through Discipleship Counseling

Resolving Rejection by Understanding Our Identity in Christ

Session Three

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The Joy of the Lord is Your Strength

- **John 15:9-12**— “As the Father hath loved me, so have I loved you: continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. This is my commandment, That ye love one another, as I have loved you.”

Who or What Are You Looking to For Your Joy Strength?

- Spouse—Husband looks to wife for affirmation, Wife looks to husband for love and security.
- Performance—In what I do, career, job, children, church, etc...
- Things of this world—Temporal pleasures
- Your Heavenly Father and relationship with Jesus Christ

Joy and Belonging

- The Importance of Belonging
 - ❑ Adam had the place in which he belonged, he fellowshiped with God in the garden
Genesis 2:8— “And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed.”
 - ❑ Jesus came to the Disciples and brought to them the Kingdom of God
Matthew 4:17— “From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.”
 - ❑ Marriage is a place where we belong to another person
Genesis 2:24,25— “Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.”
 - ❑ Ourselves, we are God’s children and we belong to Him
Romans 8:14-16— “For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God.”
- We experience joy in our lives when the personal people we belong to take joy in our existence. Joy relationally means that we are “glad to be together.”
- Joy strength comes from understanding in our hearts that we belong to the Lord Jesus Christ, and that “in Christ” my needs for love, acceptance, security, and significance are met.
- Our Joy is most fulfilled and enjoyed in our relationship with each other
 - 1 John 1:1-4**— “That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life; (For the life was manifested, and we have seen it, and bear witness, and shew unto you that eternal life, which was with the Father, and was manifested unto us;) That which we have seen and heard declare we unto you,

that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ. And these things write we unto you, that your joy may be full.”

- The Curse of Rejection

- ❑ The wounds of rejection go deep into our hearts
- ❑ Rejection = Murder

Matthew 5:21-22— “Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.”

- ❑ Curse of words

James 3:9-12— “Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh.”

- ❑ Trauma vs. Suffering

- Relationships—3 faces we evaluate.

Mark 12:28-31— “And one of the scribes came, and having heard them reasoning together, and perceiving that he had answered them well, asked him, Which is the first commandment of all? And Jesus answered him, The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.”

- ❑ God (Jesus)

Psalm 16:11— “*Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.*”

Acts 2:28— “*Thou hast made known to me the ways of life; thou shalt make me full of joy with thy countenance.*”

- ❑ Ourselves
- ❑ Neighbor (3rd face)

Type A Trauma (Wounds)

Characteristics

- Comes from the absence of good things we should all receive, things that help us have emotional stability.
- Responds when the painful feelings begin to emerge and have a deep emotion of sadness. They are felt when we understand the good thing that has been absent.

- Makes a negative impact on our identity and on our ability to regulate our emotions.
- Cause unconscious, emotional lies regarding ourselves, God, and others (i.e. “Your not good enough”)
- Is often difficult to understand its impact on our lives.

Cause and Effect

- Not being cherished and celebrated simply by virtue of one’s existence (Ephesians 1:4), and not having the experience of being a delight (2 Chronicles 9:8; Romans 12:10)
Effect: Weak identity: fear and coldness dominate bonds with others.
- Bonds of unconditional love are missing (1 John 4)
Effect: Has difficulty bonding which often leads to manipulative, self-centered, isolated, or discontented personality.
- Not meeting your basic needs, without asking or feeling shame (Philippians 4:19; Isaiah 58:11; Matthew 6:8).
Effect: Is withdrawn, disengaged, self-stimulating, and unresponsive.
- Not having someone to point out the good characteristics of your unique identity through attention to the child’s behavior and character.
Effect: Has an inability to regulate emotions.
- Not receiving enough safety and companionship during difficulties so the child can return to joy from the big six negative emotions (*shame, disgust, fear, anger, sadness, hopeless despair*).
Effect: Has uncontrollable emotional outbursts, excessive worry, and depression. Avoids, escapes, or gets stuck in certain emotions.
- Not having a parent take the time to understand who you are—encouraging you to share who you are, what you think and feel (Job 12:13; Psalm 147:5; Proverbs 14:33; Isaiah 11:2; Proverbs 22:6)
Effect: Experiences continual frustration and disappointment because needs are not met; is often passive-aggressive.
- Not being taught and encouraged to do the hard things.
Effect: Experiences failure, remains stuck and undependable, is consumed with comfort and fantasy life.
- Not given opportunity to develop personal resources and talents.
Effect: Fills life with unproductive activities, despite God-given abilities.

Healing

- Healing takes recognizing the extent of the wound, facing (grieving) the pain, and welcoming new life-giving relationships that satisfy the long neglected absences.
- Healing comes as we forgive those that have caused our pain.
- Attachment pain is sub-cortical is often unrecognized...someone needs to help point it out. It is obscured by insecure attachments. No stories told about it.

Our Joy Relationship With the Lord

- ❑ *God takes Joy in our wonderful and unique existence.*
 - Ephesians 1:3-13; 2 Chronicles 9:8
 - With this understanding, we experience true joy.
- ❑ *God loves us with unconditional agape love.*
 - 1 John 4:10, 1 John 4:16
 - With this understanding of love comes the ability to trust.
- ❑ *God meets our needs without us asking.*
 - Philippians 4:19; Isaiah 58:11; Matthew 6:8
 - He brings us life and care that matches our needs, and we can learn how to receive.
- ❑ *God helps us understand the true characteristics of our new heart.*
 - Ezekiel 36:26; Romans 5:17; Romans 6:4,11; Ephesians 2:4,5; Matthew 12:33; Galatians 2:20; Romans 7:14-26.
 - Scripture tells us about our new identity in Christ and we begin to organize our lives into a person through relationships.
- ❑ *God provides for us a place of safety and companionship in our time of difficulties.*
 - Psalm 9:9; 59:16
 - We learn how to handle emotional upset and still “act like ourselves”.

Our Joy Relationship with Others

• Wife

Proverbs 5:18— “Let thy fountain be blessed: and rejoice with the wife of thy youth.”

Ecclesiastes 9:9— “Live joyfully with the wife whom thou lovest all the days of the life of thy vanity, which he hath given thee under the sun, all the days of thy vanity: for that is thy portion in this life, and in thy labour which thou takest under the sun.”

• Fellow Christians

1 John 1:1-4— “That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life; (For the life was manifested, and we have seen it, and bear witness, and shew unto you that eternal life, which was with the Father, and was manifested unto us;) That which we have seen and heard declare we unto you,

that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ. And these things write we unto you, that your joy may be full.”

- **John’s Desire**

2 John 12— “Having many things to write unto you, I would not write with paper and ink: but I trust to come unto you, and speak face to face, that our joy may be full.”

- **Paul and Titus**

2 Corinthians 7:5-7— “For, when we were come into Macedonia, our flesh had no rest, but we were troubled on every side; without were fightings, within were fears. Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus; And not by his coming only, but by the consolation wherewith he was comforted in you, when he told us your earnest desire, your mourning, your fervent mind toward me; so that I rejoiced the more.”

Joy strength is developed spiritually, emotionally, and physically through loving relationships. Joyful bonds create our identity (how we see ourselves), our ability to act like ourselves in distress, and our capacity to handle painful emotions. We can build joy strength in our lives if we know how.

Identifying and Confronting the Lies Regarding Our Identity in Christ

Taken from Dr. Neil T. Anderson's book, Helping Others Find Freedom in Christ

Go through the list below and check the lies that you believed, lies that Satan has used to shape and control your life, your view of yourself, and your view of God.

I Renounce the Lie That...	I Announce the Truth That in Christ...
I'll never be accepted by God or others.	I'm already accepted.
Everyone, including God, accepts me if I work hard to please them. All love must be earned.	God accepts me because I'm His child (John 1:12).
I must be accepted by certain others to feel okay about myself.	I am accepted by Christ as His friend (John 15:5).
I must do everything well or right to be accepted.	I am justified, made right with God through Christ (Romans 5:1).
Sooner or later God will reject me and turn away from me.	I am united with God, one spirit with Him (1 Corinthians 6:17).
I have no real value to God, so He will reject me sooner or later. I feel worthless as a person.	He bought me with the price of His Son, I am of infinite value to Him (1 Corinthians 6:20).
I can't break free from sin because I'm just a sinner.	I'm a saint, a holy one who may struggle with sin, but need not be mastered by it (Ephesians 1:1).
No sane person would choose to love me.	God chose to love me for all eternity and to adopt me into His family (Ephesians 1:5).
God loves other Christians more than me. If I were like them, I could get closer to God.	I have the same direct access to my Heavenly Father as all other believers (Ephesians 2:18).
Some things I've done can't be forgiven. God can't keep on forgiving me. I'm a hopeless case.	I have been redeemed and forgiven of all my sins (Colossians 1:14).

I Renounce the Lie That...

I Announce the Truth That in Christ...

I'll always be abandoned.

I'm already secure.

I'm unworthy of love and deserve to be condemned and abandoned. God is basically angry with me and always wants to punish me.

I am free forever from condemnation (Romans 8:1-2).

Sooner or later, my life always falls apart. If God really loved, life would be easier.

I am assured that all things work together to make me more like Christ, and that is good (Romans 8:28-29).

Others tell me I'm bad or worthless, so I must be bad or worthless.

I am free from any condemning charges against me (Romans 8:31ff).

Sooner or later, God will give up on me and abandon me.

I cannot be separated from God's love (Romans 8:35ff).

My relationship with God depends on me trying harder to please Him.

I have been established, anointed, and sealed by God (2 Corinthians 1:21-22).

Sooner or later, people will find out about me and reject me, abandon me, or hurt me.

My life is hidden in Christ, and therefore secure (Colossians 3:3).

Since I still struggle with sin, God will quit working in my life and give up on me.

I am confident that the good work that God has begun in me will be perfected (Philippians 1:6).

I'll never know if I'm going to make it to heaven.

I am already a citizen of heaven (Philippians 3:20).

I'm afraid I'll be abandoned, so I have to be weak, meet everyone's demands, or pretend I'm dumb.

I have not been given a spirit of fear, but of power, love, and a sound mind (2 Timothy 1:7).

When the chips are down, everyone always leave me.

I can find grace and mercy in my time of need (Hebrews 4:16).

I can't really defeat Satan because he has me under his control.

I am born of God, and the evil one cannot touch me (1 John 5:18).

I Renounce the Lie That...

I Announce the Truth That in Christ...

My significance or success is based on something I do. I'm already significant.

I have nothing of real value to offer others.

I am the salt and light of the earth (Matthew 5:13-14).

The only way I can make an impact in this life is by being in control and asserting myself. My significance comes from what I do, not who I am.

I am a branch of the True Vine, a channel of His life (John 15:1-5).

My life will never really amount to anything.

I have been chosen and appointed to bear fruit (John 15:16).

I have no right or ability to tell others about Christ because my life isn't perfect.

I am a Spirit-empowered witness of Christ (Acts 1:8).

Significance is found only in a beautiful appearance, superior intelligence, or an image of success.

I am God's temple, significant because I have God indwelling me (1 Corinthians 3:16).

I have to be perfect for God to really use me.

I am a minister of reconciliation for God because I am His new creation (1 Corinthians 5:17ff).

If people really knew me, they wouldn't want to work with me.

I am God's co-worker (1 Corinthians 3:9).

God has no use for me. I must put myself down or others down to make me feel better.

I am seated with Christ in the heavenly realm (Ephesians 2:6).

I am an accident, a cosmic mistake, and therefore worthless, I wish I were someone else.

I am God's workmanship (Ephesians 2:10).

I can only be significant through much effort and hard work. I can never be really sure of God's love.

I can approach God anytime with freedom and confidence (Ephesians 3:12).

I can't change. It's just too hard, so I give up. I can't take risks because I might fail.

I can do all things through Christ who strengthens me (Philippians 3:6).