

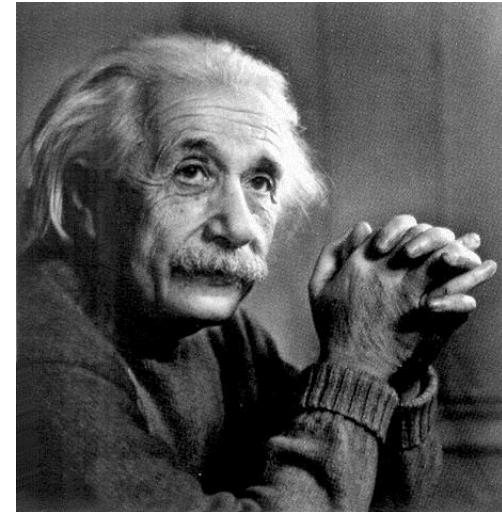
HOW IMPORTANT IS OUR OWN

Self-Talk?



Humans were given dominion over all the earth!

Gen 9:2 All the living creatures of the earth will be filled with fear and terror of you from now on, including all the birds of the sky, everything that crawls on the ground, and all the fish of the ocean. They've been assigned to live under your dominion.



$$E = MC^2$$

Humans are masterful creatures of:

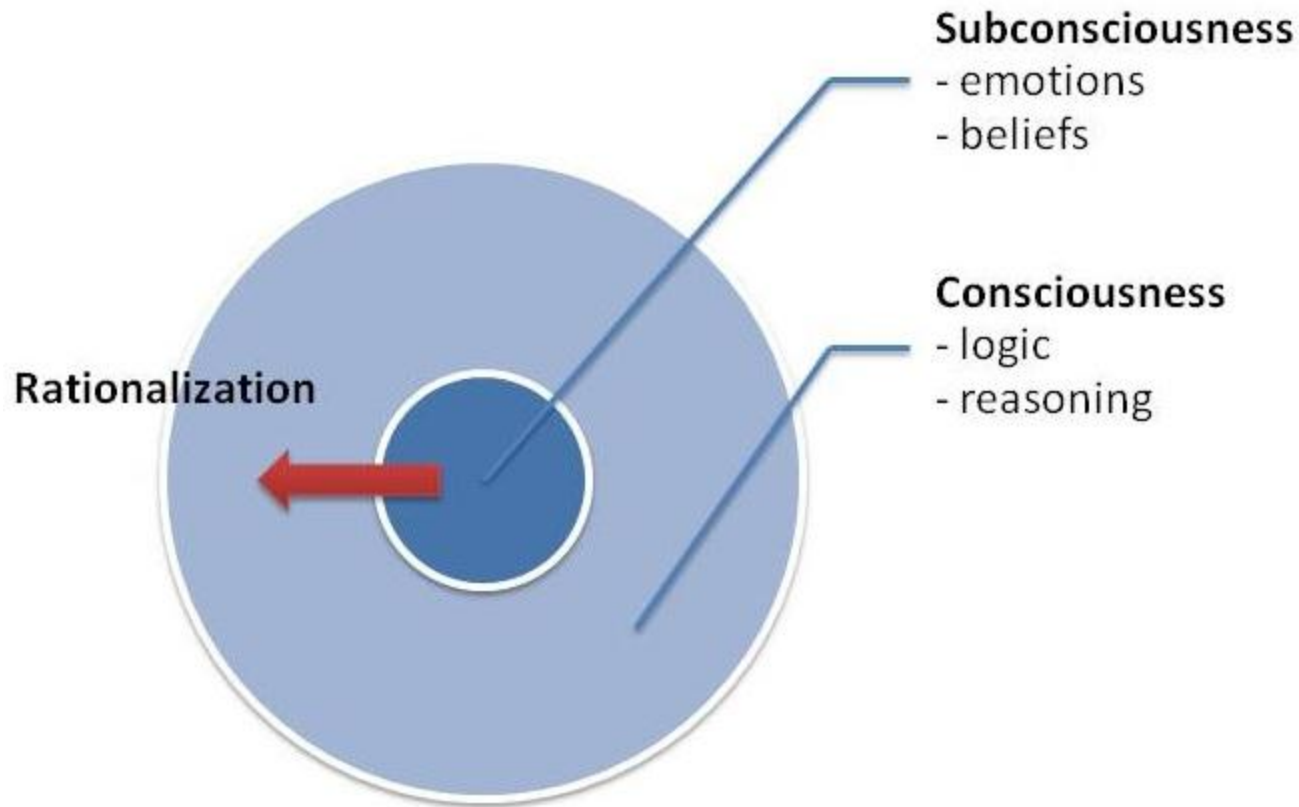
- Discovery
- Invention
- Science
- Engineering
- Tactile skills
- Reasoning
- Logic



From the Book “You are not so Smart” by David Mcraney:

...there is a growing body of work coming out of psychology and cognitive science that says you have no clue as to why you act the way you do, choose the things you choose, or think the thoughts you think.

We seem hard-wired to:



Explain

Justify

Make excuses

We Rationalize our thoughts and behavior, the author says:

“Instead, you [we]create narratives to explain why you gave up on that diet, why you prefer Apple over Microsoft, why you clearly remember it was Beth that told you the story about the clown with the peg leg made of soup cans, when it was really Adam, and it wasn’t a clown”

Its clear from casual observation that humans often rationalize and justify their own behavior, which can be proven to be illogical, dangerous, or just plain foolish.



© Istockphoto.com/PICSUNV

Even flying in the face of years of warning....



U.S. Environmental Protection Agency warnings



Aware of the dangers of UV Radiation, some get it...

The Bible is replete with those who followed their own misguided Self-Talk

Example 1: Cain's Response to Correction (Gen 4)

2 And again she bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground.

3 And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto Jehovah.

4 And Abel, he also brought of the firstlings of his flock and of the fat thereof. And Jehovah had respect unto Abel and to his offering:

5 but unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.

6 And Jehovah said unto Cain, Why art thou wroth? and why is thy countenance fallen?

7 If thou doest well, shall it not be lifted up? and if thou doest not well, sin coucheth at the door: and unto thee shall be its desire, but do thou rule over it.

Wroth definition: “Angry, tormented and/or twisted”

Cain’s self talk may have sounded something like this:

“This ‘cursing the ground’ thing that God is stuck on is ridiculous. I am appalled at how my gift to God was not accepted, making me look like a fool. My brother has been put in an unjustifiable higher position than me. Therefore, the consequences of what I am about to do is laid at their feet!”

Example 2: Balaam's Stubbornness (Num 22) (ISV Version)

20 God came to visit Balaam that same night and told him, "If the men come to call on you, get up and go with them, but be sure to do only what I tell you to do."

21 The next morning, Balaam got up, saddled his donkey, and started to leave, accompanied by the Moabite officials.

22 At this, the anger of the LORD flared up against Balaam, because he was leaving. So the angel of the LORD stood in the way to oppose him. As Balaam was riding his donkey, accompanied by two of his servants,

23 all of a sudden the donkey saw the angel of the LORD standing in the way, with an unsheathed sword in his hand! The donkey turned off the road and went into an open field. Balaam started beating the donkey in order to turn her back to the road,

24 but the angel of the LORD stood on a narrow path that crossed the vineyards. It had walls on both sides of the path.

25 When the donkey saw the angel of the LORD, she squeezed herself so close to the wall that Balaam's foot was pressed to the wall. So he beat her again!

Balaam exemplifies stubbornness and lack of respect



Balaam's self talk may have sounded like this:

“I am a pretty smart fellow, all on my own. I am sick and tired of God always insisting things be done his way, especially to the letter! The remote reaches of my mind belong to me, and even God can't get there. I think I will teach God a lesson this time!”

This is about as silly as me trying to give music lessons to Beethoven!



Example 3: David's Sin (2Sam 11) (ISV Version)

1 One spring day, during the time of year when kings go off to war, David sent out Joab, along with his personal staff and all of Israel's army. They utterly destroyed the Ammonites and then attacked Rabbah while David remained in Jerusalem.

2 Late one afternoon about dusk, David got up from his couch and was walking around on the roof of the royal palace. From there he watched a woman taking a bath, and she was very beautiful to look at.

3 David sent word to inquire about her, and someone told him, "This is Eliam's daughter Bathsheba, the wife of Uriah the Hittite, isn't it?"

4 So David sent some messengers, took her from her home, and she went to him, and he had sex with her. (She had been consecrating herself following her menstrual separation.) Then she returned to her home.

5 The woman conceived, and she sent this message to David: "I'm pregnant."

David's self talk may have sounded like this:

“Just this once, I am entitled to put my service to God aside, and satisfy my own desire. Forget that I am a king, but that I am a man. Now that my eye has enflamed my lust for this woman, nothing will stop my desire for her but to have her. I will deal with the earthly and spiritual consequences later!”

David, like Eve in the Garden of Eden, was primed for behavior from visual stimulation



We are all prone to this behavior!

Example 4: The Ethiopian Eunuch (Acts 8) (ISV Version)

Act 8:30 So Philip ran up to it and heard him reading the prophet Isaiah out loud. Philip asked, "Do you understand what you're reading?"

Act 8:31 The man replied, "How can I unless someone guides me?" So he invited Philip to get in and sit with him.

Act 8:32 This was the passage of Scripture he was reading: "Like a sheep he was led away to be slaughtered, and like a lamb is silent before its shearer, so he does not open his mouth.

Act 8:33 In his humiliation, justice was denied him. Who can describe his descendants? For his life is taken away from the earth."

Act 8:34 The eunuch asked Philip, "I ask you, who is the prophet talking about? Himself? Or someone else?"

Act 8:35 Then Philip began to speak, and, starting from this Scripture, he told him the good news about Jesus.

Act 8:36 As they were going along the road, they came to some water. The eunuch said, "Look, there's some water. What keeps me from being baptized?"

Act 8:38 So he ordered the chariot to stop, and Philip and the eunuch both went down into the water, and Philip baptized him.

Act 8:39 When they came up out of the water, the Spirit of the Lord snatched Philip away. The eunuch went on his way rejoicing and did not see Philip again.

Perhaps the Ethiopian's self-talk sounded something like this:

“I am aware that I am not so smart after all. Time to swallow my pride. This fellow, Phillip is certainly well versed in the scriptures, and perhaps I can learn a little more from him, if I just keep my heart open. This is not the day I am going to make excuses not to get my fancy clothes wet!”

Take-Home Message

- God has given us a brain that can discern right from wrong
- However, we are not really all that smart
- We and God alone truly know what our self-talk is an when it goes astray
- Time to review!
- Humility is key!

Is Getting you to change Your Mind like this?

