

The Trip In

go from bondage to obedience to freedom

BONDAGE

Use emotions to identify false beliefs & destructive thoughts.

False Beliefs → Destructive Thoughts → Destructive Emotions → Destructive Behavior

OBEDIENCE

*Identify false beliefs;
acknowledge destructive thoughts & behavior.*

Acknowledge → Confess → Repent → Obey

FREEDOM

Replace false beliefs with God's truth.

God's Truth → Healthy Thoughts → Healthy Emotions → Healthy Behavior

Truth Card

declare this truth

Because of Christ's redemption,
I am a new creation of infinite worth.
I am deeply loved,
I am completely forgiven,
I am fully pleasing,
I am totally accepted by GOD,
I am absolutely complete in Christ.
When my performance reflects my true
identity in Christ,
that reflection is dynamically unique.
There has never been another person
like me in the history of mankind,
nor will there ever be.
GOD has made me an original,
one of a kind, a special person.

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Belief Systems

SATAN'S LIE

your worth = your performance + others' opinions

GOD'S TRUTH

your worth = what GOD says about you

Fear of failure – I must meet certain standards to feel good about myself.

Justification – I am completely forgiven & fully pleasing.
He made Him who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him. II Corinthians 5:21

Fear of rejection – I must be approved [accepted] by certain others to feel good about myself.

Reconciliation – I am totally accepted by GOD.
And although you were formerly alienated and hostile in mind, engaged in evil deeds, yet He has now reconciled you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach. Colossians 1:21-22

Fear of punishment – Those who fail are unworthy of love and deserve to be blamed and condemned.

Propitiation – I am deeply loved by GOD.
In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. I John 4:10

Shame – I am what I am; I cannot change; I am hopeless.

Regeneration – I am absolutely complete in Christ.
Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. II Corinthians 5:17

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