

WHAT'S REALLY GOING ON UNDER THE WATER LEVEL?

Man only sees the "tip of the iceberg" but we need to examine ourselves and ask God to "search me" - unravel the layers and get to the heart of the matter. At the depths at which you come clean (confess sin) to God and others, those are the depths at which you can repent and change!



External Choices/ Behaviors

Self Protections

Out of fear and guilt we desperately attempt to cover up, hide... with busy-ness, entertainment, sports, drugs, food, humor, shopping, alcohol, exercise, internet... all kinds of anesthetics, distractions, and escapes to avoid dealing with the deeper heart issues.

Wrong Strategies

-To satisfy my deep longings
-To make life work or at least manageable

Emotional Reactions

Manipulations

Deceitful actions or words to influence others for our own purposes or profit.

Pharisee-ism Mt. 23 (To be seen of men)

(Hypocritical performances Self-righteousness)- Mt. 6:1-8

Styles of relating to people

Outward observable actions, responses, words, and expressions

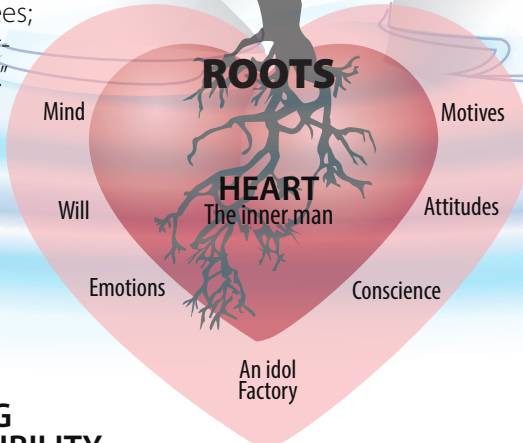
"...out of the heart the mouth speaks." Mt. 12:33-37

"For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart." 1 Sam. 16:7

As a man thinks in his heart so is he. Prov. 23:7



"The roots determine the fruits"



"Blind Pharisee, first cleanse the inside of the cup and dish, that the outside of them may be clean also." Mt. 23:26

"...For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness (greed), wickedness, deceit, lewdness, an evil eye (jealousy envy), blasphemy, pride, foolishness. All these evil things come from within and defile a man." Mk. 7:20-23

MY SELF IMAGE

MY FEELINGS

PAST EMOTIONAL BAGGAGE

History/Habit patterns
unresolved issues
unreconciled relationships

GUILT

Shame, regrets

MOTIVES Why do we do what we do?

Attention
Affection
Appreciation
Acceptance
Approval Jn. 12:43
Affirmation
Applause

ATTITUDES

Sarcastic
Critical
Judgmental
Pessimistic
Bad Attitudes

PRIORITIES

My values
How I organize my life and schedule in order of importance

AVOIDING RESPONSIBILITY

PERCEPTIONS INTERPRETATIONS BELIEFS PRECONDITIONING

UNBELIEF

(Doubts) anxiety, worry

UNFORGIVENESS HURT(S)

Resentment
Bitterness
'Abused'
Been sinned against
Self pity
Trust issues
Grief
Anger

DESIRES/ LUST

Js. 1:13-15
-Lust of the flesh
-Lust of the eyes
-Pride of life Jn. 2:15-17
-Deep unmet longings, 'thirst' (Jn. 7:37-39, 6:35)

EMPTINESS Jer. 2:13

DISCONTENTMENT INGRATITUDE

ALONENESS

PRIDE

Contending with God for supremacy
-My will

SELFISHNESS

Only thinking about self
What do I get out of it?
A 'glory' stealer
(I want the credit)

FEARS of

Rejection
Exposure
Unknown
Hurt
Death
Pain
Separation
Loss of _____

IDOLATRY

(Spiritual Adultery)
Ezek. 14:1-8
Finding fulfillment in anything or anyone other than God

SIN- whatever I do that's not God's will

Total depravity
Fallenness -Rebellion
Resistance / unsubmitiveness to authority

FOOLISHNESS

All attempts to live life apart from God and His wisdom, Truth, Grace and Power

DECEPTION Lies/ Dishonesty

"The heart is deceitful above all things, And desperately wicked; Who can know it?" Jer. 17:9
Dishonesty
-False beliefs/teachings
-Vain philosophies of man
-Counsel of the ungodly

-Self manufactured explanations
-I will choose to believe that which "works" for me

"DEFENSIVENESS"

Rationalizing
Blame-shifting
Smoke screening
Justifying
Excuse making
Minimizing
Redefining terms
Cover ups
Denial

NEEDS

-Security -(loved, belonging)
-Significance -(worth, purpose, importance)
-Satisfaction -(fulfillment, pleasure)

EXPECTATIONS/ GOALS

"Others need to come through for me" -(or else...)
My demands
My rights
My success
My standards
My agenda
My happiness
My control
My fulfillment
My comfort zone
My ...
If these are blocked I feel **FRUSTRATION** and/or **ANGER... HATRED** (even toward God)

WORLDLY VALUES

-Pleasure -Prestige
-Popularity -Position
-Possessions -Power
-Prominence

Whatever I think will make me happy

You must have all these things resolved and reconciled in order to be fully restored.

Once you start to recognize and admit (confess) what's going on deep down inside you can start working through the study "STEPS TO MOVING IN A SOLUTION ORIENTED DIRECTION"