

the fabric Of WHO YOU ARE

FAMILY OF ORIGIN

As we grow older, children take over parental and theological standards. They will pass on generational traits, from generation to generation. Sometimes (if you were raised in a dysfunctional) these traits will poison us psychologically, emotionally and even physically.

Past learning and unrealistic personal expectations become imprinted on the fabric of who we are. Individual standards of what is right and wrong, or good and bad, usually develops in childhood.

In the little world in which children have their existence, whosoever brings them up, there is nothing more finely perceived and so finely felt, as injustice. Charles Dickens

UNREALISTIC EXPECTATIONS

The answer to the problems of unrealistic standards is the adoption of realistic standards. God expects us to keep pressing on toward the goal of Christian maturity, but surely He whose Son came to give us abundant life does not want us to wallow in The Fabric of who we are. If condemnation and guilt feeling prevails, such an attitude has no biblical basis. Love should motivate us not guilt.



It's Time For Your
Breakthrough

An individual Belief System and Self-Concept need not depend on human goals and achievements alone. Each person's sense of belonging, worth and competence comes because we are loved and held up by the sovereign, Almighty God who accepts us, gives us unique abilities and gifts, makes us into new creatures, forgives our sins and gives real reason for self-esteem. We are whole persons only when we stand not on our own, but with God. When we breakthrough the barrier of negative programming we have allowed, we experience a new focus that

will determine the fabric of who we are.

REBUILDING YOUR SELF ESTEEM

COPIED OR FREE

Part of Self nurturing means prying free of negative modeling copied from the significant others from your past.

The pain producing patterns we have adopted blocks us from embracing the joy of living. To do away with them we need first to know what they are.

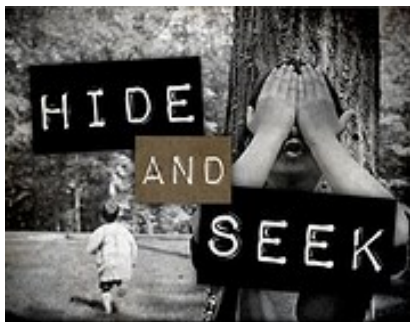
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Miska Ferrier, Instructor
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SEEK NEW MODELS

If both your parents (or several significant others) consistently modeled one attitude, you were more heavily programmed in that direction. This is particularly so if it blends with genetic makeup. How you choose to face life then is affected not only by your models and how many around you modeled the same approach, but also by your genetic makeup. If one parent modeled a pro-life attitude while the other modeled an anti-life one, it is easier to get on the pro-life side.

We might hide behind Spiritual Masks in our Christianity, defeating the plan and purpose God has for our life.

Is there an antidote? YES



Come out of hiding and seek God.

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart. I will be found by you, says the Lord, and I will bring you back from your captivity. Jer. 29:11-14

In the church we can learn that we can love ourselves because God loves us and has made us his children; that we can acknowledge and accept our gifts, and achievements because these come from God and with His love, we can experience the forgiveness of sins because God forgives unconditionally; and we can praise God for what He is doing in and through us. There is no institution that even comes near to the biblical church in educating people toward a more positive self-concept.

FAILURE DEFEATS LOSERS

FAILURE INSPIRES WINNERS

WINNERS AND LOSERS

Being a winner usually means being on top.

You have attained something that others don't have.

It means you have knowledge, money, power, status, fame, possessions, attractiveness, achievements or success.

Loser, on the other hand is reserved for those who haven't made it in one or more of these categories. Yet so often, when looking at those who have made it, they aren't necessarily people who are living with inner peace.

The *Real Winners* are those who are fully their human, uniqueness.



The real losers are those who are not free to be what they were born to be; themselves. Denying blocks of the self they were meant to be, they might look like winners on the exterior but losers in life, love, peace and joy.

Your mind is like a multi-deck recorder. We flip from one positive tape to negative tape depending on the situation. Then we think, speak or act off that particular tape.

When you were born you were totally open to all inner and outer experiences including body language. You freely expressed your reactions toward these experiences. Spontaneity, playfulness, intuitiveness, creativity and impulsiveness-all of these were part of what you came into the world with. You had an inner wisdom you listened to and responded with. This state of being is your (original) natural child, made up of all your "felt" experiences. It is the part that houses your emotions.

Tearing Down Walls and Making Peace with your Past

When you were a child, did someone in your family have emotional needs so strong that they disrupted the development of healthy relationships? How do you feel about those times now?

Have you with the help of God, uncovered the feelings that were buried or hidden behind a wall? This small group will help you: Tearing Down Walls and Making Peace with your Past



- identify ways your past affects you today
- understand that other adults have had similar problems and
- overcome spiritual and emotional barriers to making peace with yourself and with your past.
- experience an atmosphere of trust, honesty, and unconditional love
- develop a sense of hope and healing.



An expression of obvious truth that is either being ignored or going unaddressed. Or an obvious problem or risk no one wants to discuss. If you have an elephant in the room that needs to be set free, call the church for information.

MESSAGES (which ones fit you?)

POSITIVE MESSAGES from those who raised you.

- They were appreciative, supportive, and kept their requests in line with what you could comfortably handle at the time.
- They showed that you counted even when your behavior needed changing; they separated your personal worth from your acts.
- They saw what was right and positive about you; basically they were for you.
- They met your physical and psychological needs with friendly co-operation and without unreasonable delays.

Exodus 9:1 Let my people go, so they can worship me.

In India there is a tree called the Banyan tree. They are supposed to be some of the strongest trees on earth. India is also noted for having some of the strongest creatures on earth—the elephant. Legend has it that when wild elephants are captured, they are chained to the Banyan tree for the purpose of training them to be docile. The elephant will pull against the chain until the pain in his leg becomes unbearable. But yet he will continue to try to free himself until one day he will realize that he can't break the chain. Then when that day arrives, the trainer will then free him to captivity. The trainer can then take the elephant and lead him almost anywhere and just tie his foot to a small peg in the ground and the elephant has developed a psychological barrier that reminds him of being chained to that banyan tree.



As we go through life how many of us are like the elephant; mentally bound to invisible Banyan trees of life. How many of us are chained to our families or social relationships. How many of us are chained to false ideas of what we need in life to be happy. How many of us are chained to pain, discouragement, lack of confidence, poor health, guilt...and the list goes on.

If the elephant had the mental capacity for seeking out truth, he would soon discover that the only chains that bind him are the ones in his mind. Unlike the elephant, we do have the capacity to seek the truth and free ourselves from the chains that bind us to our ignorance. We are made to be free in both body and spirit.

For whom the Lord sets free, is free indeed! John 8:36.

John 10:10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

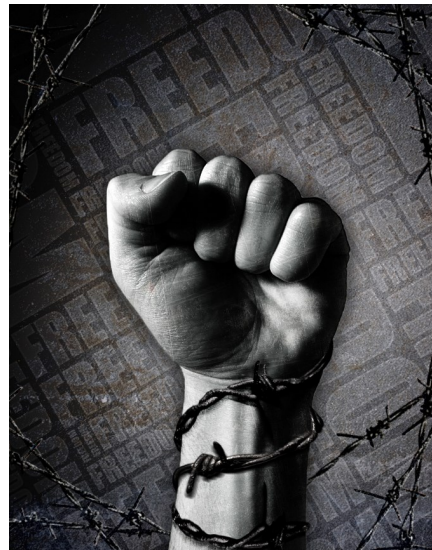
Have you with the help of God, uncovered the feelings that were buried or hidden behind a wall? This small group will help you:

- identify ways your past affects you today
- understand that other adults have had similar problems and feelings
- unearth your buried feelings from the past and experience healing
- overcome spiritual and emotional barriers to making peace with yourself and with your past.
- experience an atmosphere of trust, honesty, and unconditional love
- develop a sense of hope and healing.

Topics covered in Tearing Down Walls and Making Peace with your Past.

Learn how to face the painful feelings of your childhood and experience the healing God can provide.

- Discovering Self-esteem
- Recognizing Compulsive Behavior
- Release from Shame
- Overcoming the Fear of Joy
- Help for People Who Grew Up Too Soon
- Perfectionism and Procrastination
- Healing Painful Memories
- The Advantages of a Turbulent Past
- It's OK to Be Yourself
- Forgiving the People Who Have Hurt You
- Coming to Terms with the Blessing
- Reflection and Direction



BREAKING CHAINS Of WHO YOU WERE