

8/1/17
Week 32: WFL
Randy Robison and Sheila Walsh
Jennifer Rothschild

Sheila: Hi! Welcome to *LIFE Today*. I'm Sheila Walsh here with Randy Robison.

Randy: Good to be here.

Sheila: It's good to be with you. I'm very excited about this show today because not only -- we get to read a lot of great books, we have a lot of great guests but honestly, every now and again I'll read a book and I'll think, Lord, I need this book. And that's the way I felt about the book we have today.

So please, will you help me welcome my lovely friend, Jennifer Rothschild?

Jennifer: Thank you!

Randy: Good to have you here again.

Jennifer: I'm so glad to be here.

Sheila: Honestly, Jennifer, your book is called, *Me, Myself, and Lies* which is great. It is all about that kind of self talk. I found myself, I've had a really busy week and I'm trying to get everything done and then I pick up your book and I feel as if the Lord is saying, okay, sit with this for awhile. So I just personally want to say thank you for writing a book that I really believe will impact the lives of a lot of people.

Jennifer: I pray so. Thank you!

Sheila: But when I think of you, I think back to the days when I would hear you sing, "It is Well with My Soul." I so identify you with that.

Randy: My favorite hymn!

Sheila: But you talk in the book about the fact that that wasn't always so.

Jennifer: It was not so well with my soul. In fact, I would sing, "It is Well with My Soul," I used to sing a lot more in ministry, and literally, I would get off the platform, sit down and start beating myself up. You shouldn't have done that. You should have sang that differently. Did you hear that other speaker? Did you hear that singer? She was so much better than you. Ba-boom! Ba-boom! Ba-boom! And just beating myself up with my own words.

Sheila: Wow! I wondered, probably our viewers are familiar with your story but for those who are not, who maybe are just tuning in for the first time, how old were you when you discovered that very gradually the lights were being turned off in your life?

Jennifer: I was 15 and I had been able to see perfectly well up to that point. But I began to have some subtle differences in my eyesight that I really didn't clue in to. But the clues were that my math grades began to plummet. I started to become real clumsy. Like I would bump into other students and I felt -- I felt so clumsy and I couldn't figure out why everyone else was so capable. I would trip down the stairs.

One night I was walking with my mom and we were going to an upstairs apartment where a friend lived and I was tripping up the stairs. And my mom paused and said, "Jennifer, can you not see these stairs?"

I was just as surprised and said, "What do you mean, mom, you can see the stairs?"

And so that's what really prompted a visit to an eye doctor, which led to an eye hospital and after several days of testing, that's where the doctors told us that I had a disease in both of my eyes. It was degenerative, so at that point, at age 15 I was declared legally blind. But the prognosis was that I would continue to lose eyesight until eventually the remainder of my retinas would be gone and that meant the prognosis was total blindness.

So here I am in my 50s and I have now lived in total darkness longer than I ever lived in physical light. So that's why I know a lot about the grace of Jesus and the importance of knowing that truth and speaking that truth to myself.

Sheila: What do you think some of the most damaging lies are that women tell themselves?

Jennifer: Well, I think the lies we tell ourselves are custom fit; right? They are very personalized. Some of us, we lie to ourselves by calling ourselves names. But I think a lot of women have these universal one-size-fits-all lies like I can't do enough. I'm not good enough. Or who I am is what I struggle with. Since I just can't seem to get my act together, well, then I must be a big loser.

So I think there is this pressure that we put upon ourselves and I think we receive it from the culture unwittingly, that we assume that who we are is what we do or who we are is what we struggle with and who we are is just plain not good enough, and those are lies of the enemy.

Randy: Ironically, I think in a lot of ways it works the other way for guys because I think the lies that guys easily buy into are, I got this, I can handle this, I'm enough. I don't care what anybody else thinks. I don't need -- I'm self-sufficient. So I think the enemy kind of works on both ends of that thing. How do we know the truth from the lies?

Jennifer: Well, so I can give you very easy three R's. They all start with the letter R and this is an easy way for you to start begin to kind of look inside what I call your thought closet; that's the place inside your mind where you store away everything you ever said to yourself.

Randy: You don't want to look in mine.

[Laughter]

It's a little hard to predict, I think.

Jennifer: Okay, so here's the way to figure out what what's in your thought closet. First of all, the first R is to recognize. You've got to recognize what it is you say to yourself.

So like, I'll never forget, I was going to the post office one day and it was like the third or fourth attempt in trying to get my passport and every time I'd forgotten something. Here I can write a book but I cannot figure out to bring my birth certificate to the post office. So I'm leaving the post office and I'm like, "You're such an idiot!"

Well, I caught it. Wait a minute! I recognize that. That is a lie. It's just a habit. So when you recognize a lie then that leads you to the second R which is to refuse. In other words, refuse it entry. Here's why. You cannot let that lie into your thought closet because what you put in your thought closet is what you wardrobe your life with. So if you're throwing lies into your thought closet, I'm not good enough, I'm an idiot then you're going to wardrobe your life with defeat and self-loathing. So we refuse.

Here's how we do it. Second Corinthians Chapter 10 tells us to hold every thought captive to the obedience of Christ. I like to think of it as like, hold every thought captive at the door of your thought closet.

And you do not let it in until third R, you replace it with truth. So you recognize, you refuse, and then you replace it with truth. The truth is, I'm not an idiot. I'm the workmanship of God. So I

replace that lie with the truth and then I can put the truth in my thought closet and be wardrobe with good-looking confidence.

Randy: I like that you replace -- isn't that good? Isn't that good? I like though, that you replace it with truth, your truth with scripture because in today's society, everybody seems to have their own truth or someone's truth is maybe their truth for them and not for you. Whatever. But you're saying that there is a place where we can get all truth and that truth, the truth. Good! Good!

Sheila: One of the things that I think is really helpful that you say when you're talking about your thought closet, you write that when you keep it tidy every day, it is a lot easier. Because sometimes we can let that -- like I'm just going to go there and say my husband's closet good night Vienna! It is such -- I just close the door.

Randy: I say real one or his thought closet?

Sheila: No, his real closet. It's like, if ever any of the dogs went in there we would never find them again. It is a disaster!

[Laughter]

But you say we can let our thought closet get like that but if you do, if it is more of a daily cleanup, how much more helpful that is.

Jennifer: Yeah! And if you really start to tune in to what you're saying to your soul, because that's what self-talk is, we're speaking to our own souls, if you start to really tune in then you begin to really notice. Because here's the thing, it's a habit, what we say to ourselves. It's just like when we're in an elevator and we hear that music. We know it's there, but we don't really tune in and recognize the melody. Same thing. We've got to start really paying attention.

I'll tell you a good way to recognize if you're telling yourself the truth, to tune in, is to ask yourself this question, how would I feel right now if someone who I respect, like my pastor or a mentor, if they could hear what I was saying to myself? How would I feel? Would I be embarrassed? Well, chances are, if you'd be embarrassed, you don't need to be speaking that way to yourself. That will help you tune in.

Randy: I have sort of an inside joke I'll let the audience in on. Your husband is Dr. Phil, not the one on TV -- but Dr. Phil Rothschild. I admit when I first heard that term soul talk I kind of thought, oh that sounds like a Dr. Phil thing; right?

[Laughter]

What really struck me though was as I went through the book and I saw how many times you cited scripture where David the Psalmist would make a statement and then say, "O my soul!" He was speaking to his soul the truth of God. Then I went, whoa, this is not just some pop psychology thing. This is some hard core Bible application.

Jennifer: Grounded in the scripture.

Randy: Where did it strike you, other than just talking to yourself?

Jennifer: I remember the morning that I woke up and felt just like so defeated. Before I even got out of bed, I remember feeling just bombarded: You're not a good mom. You're not paying enough attention to your teenager. You shouldn't have said that to your husband -- self-slander. I was just a wreck. So I would pull myself out of bed and I remember getting the kids ready for school. I sit down at the table and I'm drinking some Earl Grey tea. And I just said to the Lord, what is wrong with me? Why can't I control my thoughts? And it was as if the Lord just gently reminded me, until I learned to control my thoughts my thoughts are going to control me. The best way to learn to control your thoughts is to monitor and be intentional about what you say to yourself.

So I went to scripture because I don't know what else to say to myself that's going to be safe except scripture. That's how I found it, Randy! We're not the only people that speak to ourselves, that talk to ourselves. All throughout scripture people spoke to themselves. Now they did the big "O my soul" pronouncements. We don't do that.

Randy: That sounds great, though. I like that.

Jennifer: It sounds a little more educated but we don't talk that way. But the cool thing is that because the Lord knows that we speak to ourselves he gives us plenty of truth that we can speak to our own souls so then we have a thought closet full of truth.

Randy: I think that a soul signifies a depth that when we get that truth into the depths of us, then it is able to turn around and come out like you say. I love it!

Sheila: You give an example in the book that really struck home with me because just a couple of weeks ago I was being driven back to the airport after an event and it was a mom and her son in the car. And she said, "My son was born a little brain damaged but he's doing much better now." And honestly, inside I just felt my heart sinking because I thought, you can't -- it's almost like you've given that label to your son. You talk about that, the way we have been -- I think of

people in our audience who have been given labels, you're too fat, you're this, you're that. You're divorced. You're whatever. And how those labels can make us feel completely defeated and that that's all we are. How do you recommend that we replace those labels?

Jennifer: Well, labels limit us and that's never God's intention. So often when a label is given to us we just assume it is ours and we should wear it. But the thing is, when we do that, it becomes our fate: I'm divorced -- I'm rejected -- I'm whatever. God wants us to wear faith labels to replace those fate labels or even fake ones because half of them are lies anyway, with faith labels.

Any time we're replacing a fate label with a faith label we know that the faith label is going to come from the truth of scripture and it is going to be focused on who Christ is and our potential in him rather than a label that says your past in your future, you are what you do. The faith label says you are more than a conquerer. The faith label says God has given you all you need for life and godliness. The faith label says he who began a good work in you is not going to quit until it is done, until he's carried it to completion in Christ Jesus. So again, we've got to go to the word so that we can cover up those lying labels with the truthful faith labels.

Sheila: One of my favorite things to tell women, whenever I'm speaking is that your history does not dictate your destiny. You can start from a really rough place, have gone through some really rough times but that does not limit your destiny in Christ. Because I think too -- I was talking to some women that I bumped into in a Starbucks the other day and they were saying, "How do you know the will of God? Our lives are so confusing." I'm thinking, but you're right, what you say, Jennifer, you can't know the will of God unless you know the word of God because to me, it is the word of God that gives us direction, that anchors us, that gives us shelter.

You talk in the book about those who struggle with perfectionism, and you identify because I think that's so often people, are very self critical when they are perfectionistic. What do you see as the root of that? You kind of identify that in the book.

Jennifer: Well, I think that we have -- any time there is a fruit in our life that's bitter, and perfectionism is because it's always unattainable, then you always have to trace it down to the root. And the root of the perfectionism fruit is a false assumption. And that false assumption, it could be slightly different for different people but at least for me because I'm a recovering perfectionist, my false assumption was you have to do it better than anyone else -- it always have to be the best. And if it's not, not only is your work unacceptable but you are unacceptable.

So a performance-driven mentality rather than a provision-driven mentality was my false assumption. And there's lots of us that we're eating on this bitter fruit and we're miserable and we think there's just something wrong that if we could just change that habit. Y'all, we have got to

go down to the root. We've got to go find that false assumption. We've got to water it with the truth of the word and that way it can become a healthy root that will produce healthy fruit. We'll know the truth and the truth will set us free.

Randy: I like your point about the fruit and the root works both ways. I know that sometimes when we fight these things and we start trying to speak the truth or claim it or whatever, we don't necessarily see an immediate response. How long -- I know there's no hard answer to this but how long should it take before those roots start bearing some fruit? When we put the good roots down, we've got to see some fruit eventually; right?

Jennifer: Yeah! But the thing to look for even before the fruit is the growth because there will not be fruit without growth. And so I think we all need to look at our lives through the lens of grace, and then we're able to see the growth rather than just the defeat. I know for me as a recovering perfectionist I'm quick to see what I did wrong but I have to use the eyes of faith to focus in on what I've done well.

So instead of looking for the pretty fruit and saying I've accomplished something, we need to look at the daily grace of the growth and that's where we find our victory and that's when we have the courage then to take the next step.

Sheila: I'm thinking of someone watching in right now and recognizing the truth of what you say but they've had year after year after year of beating themselves up. What's the first step? Where do you even begin to start living differently?

Jennifer: I always go to the word and the scripture that I meditated on when I first began to recognize this habit was Psalm 19, verse 14. If this is new to you and you're feeling like you're drowning in a sea of ugly words that you're saying to yourself, you can pray this prayer every day. It says: Let the words of my mouth and the meditations of my heart be acceptable to you, O Lord, my strength and my redeemer.

The words of our mouth, the meditations of our heart, that's the stuff of our self-talk. If we ask the Lord, make these acceptable to you, then that's going to shift our standard because our standard is no longer our bad habit, our low self-esteem. We accept a lot of stuff we should not accept as children of the Lord. But if we change our standard and we pray, Lord, make my words acceptable to you, then we're going to begin to see who he is, therefore we will see who we are and it will shift the way we talk to ourselves. And not only will he be the standard, he'll be the source, he'll be our strength and he'll be our redeemer.

[Applause]

Randy: Good stuff!

Sheila: Fantastic! So that was Psalm 19 verse 14. I honestly recommend write it out on a three-by-five card because sometimes you have to -- if your mind has been wallpapered with lies for years, it's time to strip it away. But not just strip it away, you have to replace it with truth. So write that down and read it over and over and over until you begin to see what Jennifer talked about, the growth.

Randy: I'd put it in my phone and set a reminder every day for it to pop up. Every day just pop it up and pop it up. Because you know the word is powerful. It changes lives.

That's part of what we do, in addition to just blessing you by sharing people like Jennifer and the wonderful truth that she's shared. Is we like the share the word -- the word and deed, the word of God, the word of Jesus Christ through what we do. And right now we have an opportunity for you to join with us as we share Christ's love in word and deed. I want you to see something. Take a look at this.

On the mission field

Tammy: So this is their water source I'm assuming? This is my first encounter here in India and I can already tell that there is so much to be done. This is where they have to come every day all the way down here to get their water. This is his only source of water.

James: Well, you see this is a nice little flow of water right here but upstream is horses and cows and pigs. And right up the hill, eight children died from contaminated water here. There is so much here in Central America and the poverty-stricken nations, it just touches your heart. It is endless.

Randy: Weena here lost her older brother, and a year later her older sister, both of them victims of waterborne illness.

I want to look at this water. Augh! It smells horrible!

I would never make a child drink this -- but these children have no choice. It is this or nothing. It's not enough to tell them, "Don't drink the water." We have to say, "Here's water you can drink."

Ralph: We're drilling wells, we're providing water for God's creation. He knows them. He knows them by name, and he wants them to have clean fresh water.

Betty: Please help us! I know this would be a desire of your heart too, just as James and I do. We desire to pass on the blessings. We have been so mightily blessed ourselves and we want to bless these families. So join with us, please. Will you?

End of clip

In the studio

Sheila: It's one of the most moving things I've ever experienced in my life is to actually see with my own eyes what it looks like for so many moms who are no different than me, who love their children the way I love my son but who are born in a very different part of the world where the very basics are not available. When my son comes home from college, the week before he comes home I'm thinking about how can I have all of his favorite foods in, how can I stuff the pantry with all the things he loves? And there is a certain kind of bottled water he loves. Ridiculous! But I get it for him because he's my boy.

Then I think of these moms. All they want is to be able to give one cup of clean water to their children because every single mother that I met on my last trip to Angola, every single mother had lost a child because they have this choice, it's like a Sophie's choice. Do I give them no water and so they die that agonizing death of thirst? Or do I give them this contaminated water knowing the very gift I give them might take their life? But we can do something about it now. We can change this, Randy for so little, we can make a difference.

Randy: Most of us, if we've had the opportunity we would say, "Yeah, I'll give a cup of water." You can give a cup of water not just to one person but to ten people; and not just one time but for a lifetime for \$48, which seems unbelievable.

Let me tell you how it works. The average well costs \$4800 for us to go in and dig that well and put it in. It is going to serve on average about 1,000 people. It's going to last on average for 70 years. When you do the math on that, that's how we can say \$48 will give water for a lifetime -- clean water for a lifetime to ten people; \$144 will give that same gift to 30 people.

Some of you, you can outright drill a well. You can give that gift of \$4800. I want you to pray about that and if God's given you the means to do that, then do that. Others of you might want to partner with three other people, a gift of \$1200 times four, there's a well right there.

Some of you, you're just going to have to pray and say, "God, do you want me to participate in this? If so, how much?" And then do it. Do it at God's direction. I don't want to lean on you too hard and show you the images to guilt you. I want you to experience the joy of giving -- the

joy of reaching out -- the joy of saying to others, "Here's clean water." And not just in water's name but in Jesus' name.

Will you share the life and love of Christ with people around the world for a lifetime by giving them that clean water? I hope that God will lead you to do it. Go online, go to the phones, make the best gift you can.

Begin video clip

Announcer: Every day children living in extreme poverty are forced to make a dreadful choice: Drink polluted water filled with deadly disease or perhaps die of thirst. No child should ever be faced with this decision.

The good news is there is a solution. **Mission:** Water for Life is one of the most proven and viable demonstrations of God's love in the world today. Suffering can end because clean water changes everything!

With your gift today you can help drill 400 water wells in remote villages in 15 nations. A gift of \$48 will provide disease-free water for ten people, \$72 will provide for 15 people, and \$144 will help provide clean water straight from the ground for 30 people.

Please also consider an additional gift of \$100 to help provide three families with water filtration kits in emergency areas where our drilling rigs are unable to reach. As our thank you, we'll send you the books, *Words of Jesus* and *Words of Healing*. One contains only the words of Jesus and the other scriptures for healing in your body, mind, and soul. With your \$100 gift you can receive both hardbound and softbound editions of these scripture promise books.

Finally, please consider a gift of \$1200 to help provide water for 250 people. Or a gift of \$4800 to help sponsor a complete well and you may request our beautiful hand sculpted "Determined Eagle" bronze. Please call, write, or make your gift online.

End of clip

On the mission field

Sheila: I put my hand in this water; and a couple of inches it disappears. This water is absolutely filthy! That's why there's such -- this is not something that we can wait for another week, another month.

This is all they have today. This is all this mom and these two girls and all these villagers and hundreds of villages around Africa are like.

They need clean water! And one well, one water well will last a whole lifetime and it will change their life. So many of these children die because of waterborne diseases. You just have to look at it. I wouldn't let my dogs drink out of this. This is horrible! But we can make a difference. Would you go to your phone right now and just do whatever you can?

Can you imagine if you couldn't – if this was all you had to give to your children? I can't imagine that. So go to your phone. Call that number on your screen, go online, give the best gift – just whatever you have. If you've got a lot, give a lot. If you've got a little, give what you can. But whatever you give will bring water for life for these families.

In the studio

Sheila: Thank you so much. If the phones are busy, please try again. If I lined up ten children in front of you right now and said would you help them? Of course, you would do it. We have the privilege of bringing those children to you now so please go to your phone, help us bring fresh water to them.

Randy: When you do it today, if you do it today right now, ask for *Me, Myself, and Lies*. We would love to put it in your hands because Jennifer's insight and words will bless you as they have blessed us today.

Jennifer, thank you so much for being here. We so appreciate you sharing.

Jennifer: Thank you! Both of you!

Randy: Appreciate all you guys do. Please join us again here on *LIFE Today* every day.