

Week 25

6/16/09

James: Now here's my question, what do we do about all of this? Because you've already said you felt like you were nuts. I said I felt like I'm on a string, stuff is jerking me around. Here we are, we're in a mess, Beth! [Laughter]

Announcer: Coming up, Beth Moore offers hope for us to renew our mind and overcome past fears, insecurities, and hurts.

Beth: When I think back what Jesus Christ has done for me, I'm going to tell you something, he saved my mind!

Announcer: Reclaiming a sound mind -- next!

Music

Betty: Thank you so much for joining us on LIFE Today. I'm Betty Robison and this is James. We have our dear friend, Beth Moore with us.

James: She is talking about "A Beautiful Mind." This is an entire series dealing with areas that have to do with renewing our mind, and she talked about reclaiming the mind. I made reference to the fact it is like reclaiming ground where an enemy, perhaps, has grown briars where we should grow wheat or corn or some other productive, meaningful, nutritious crop but instead we bring forth a lot of pain. And the battlefield is the mind, "A Beautiful Mind." We're also offering it -- by the way, you can get this teaching series, five hours. And we're going to have just a few minutes to talk to you about the mind and what's going on and you're going to be inspired. There is no question in my mind that you're going to be helped and encouraged because all of us have a battle going on here. It is raging. And it doesn't matter where you go to church or whether you go to church, the battle is real. And just having some kind of religious association does not calm the storm, oftentimes it feeds the storms. And some of the most unkind people you'll meet happen to be people associated with some kind of identifiable religion or tradition. But there is some kind of spirit that is vicious and mean, and this is a spirit of destruction and a spirit of deception when we need to have a spirit of truth and life and love and not fear but a sound mind. Well, Beth Moore wrote a book years ago that became a bestseller called "Breaking Free." Many of you have not known, this book, "Breaking Free" has such an incredible impact because Beth was really and truly being destroyed; abused as a child, terribly, before she could even remember, started so young. It could have totally destroyed her. In my life, without a home. Betty, so fearful that she never thought she could do anything. Well, Beth talks about what it means to break free from all of these areas of bondage. And Betty's story, a lot of people say, "Betty, you don't talk a lot but your countenance testifies." I've had many people come up and say, "Betty, you say more sitting there than James does running his mouth all of the time. God bless you. The glory of God is on you." "Free to be Me," Betty was kind of a religious person but she always

wanted to be proper, and yet she was defeated, and then she found freedom just to be herself. We're sending all of this to those of you who would like to have the material. We'll tell you how to get it later. I want all of you here to welcome Beth Moore back to LIFE Today. We're talking about "A Beautiful Mind," a sound mind.

Beth: Boy, it is my great privilege! Thank you!

James: Do you have people come up to you when you do these incredible seminars -- and by the way, if you go on lifetoday.org, we'll tell you how to find out all the places that Beth is going to be speaking. And oftentimes, they'll do a simulcast from the big coliseums where she is in person, they'll feed it out into local communities. You may want to find out how to connect with that so we'll tell you where she is going to be. But when you're out traveling and speaking, do people come up and comment on seeing you on LIFE Today?

Beth: All of the time. One of the things that I love about it, is that very often when someone will come up in an airport, so often a Starbucks, just a public place, that's the place to find me, right there. So often when I see someone there, I'll know that perhaps it is someone that has never even known, dreamed of having an intimate relationship with God through his Word that it is somebody that is perhaps happened on a program. I was thinking when Betty was introducing this segment today, I was thinking how much I love her and how much I love being part of this. And I'm going to say why, because it means so much to me when I get to meet someone that asks me about the program. I love the fact that you speak to real life issues. Things, very often are said on this program that you really don't hear in many of our churches. I happen to have a church that really will speak to some issues from the pulpit, you do, too but many people do not. Many people don't hear that someone else knows what it is like to feel like she has lost her ever loving mind! We need to hear that from one another every now and then. So what I love best about encountering somebody out there that will ask me about it, is very often I'll know that it is not somebody that just necessarily is passing through small groups of in-depth Bible study all of the time. That's somebody I want to reach out to. Somebody that does not know how much life is available in Jesus Christ.

James: It is wonderful if we have the right church that is preaching the right messages the right way. That's awesome but as you said, a lot of people don't and we want to encourage that. We want to inspire churches to be full of the life and love of God and the spirit of God. And we're seeing that because we're seeing God raise up leaders and inspire leaders and change leaders. But whether they have that or not, they can have the fullness of God in relationship with God and they can grow and they can get in God's word and get God's Word in them and begin to develop a sound mind and not be controlled by fear or by past defeats and hang ups, they can have liberty and that's what you're talking about all of the time.

Beth: Boy, am I! I cannot tell you how much it means to me that we're hitting on this particular topic this week. Our key scripture is out of Second Timothy one, verse seven.

Many know it by heart but I pray it is going to go from our hearts and get all over our heads because this is where we need it. When it says that God has not given us a spirit of fear but of power and of love and of a sound mind, that is the New King James rendering. Sound mind -- and it is a word that means in its Greek rendering, it is a compound word, it is the Greek word for mind. But the other part of the word is where we get the word salvation; it means a saved mind. When I think back on what Jesus Christ has done for me, I'm going to tell you something, he saved my mine. I wonder if anybody can relate to that. That I truly was such a tormented child and such an insecure child and came out of so much abuse and so much second guessing and self doubt, and I'll go so far to say more than self doubt, self loathing, to just absolutely despise yourself and believe that you'll never honestly amount to anything and feel like you have to prove something constantly and you better perform in order -- yes! Talk about the torment of the mind and being caught in a cycle of defeat and that's where I lived my life. But the enemy overplayed his cards with me. When he came to a point of trying to convince me that God can never change me after what his Word said was that's what he does most prolifically, that that's what Jesus Christ came to do. He did not come from the well, he came for the sick. He did not come for those that were already whole, he came for those that needed him desperately. And I began to see that this is what my Bible says and this is what I'm going to believe.

James: See, everybody out here if they're honest, who are listening to us and watching on television have to admit that there is something going on in our mind that tells us a lot of things about ourselves that are not necessarily true, tells us something about others, helps, let's say build up and support resentment or bitterness or hostility, hatred. It is something in our mind that tells us how justifiable this is or how we were mistreated or rejected and so forth, and something inside of us is raging. So when you were talking about the mind being saved, we need our minds redeemed. I'm sorry, Beth, but I see a lot of people in churches, they don't realize that their mind has been redeemed because it still seems to be stuck. You were saying in another program that even though you were a Sunday School teacher, your mind was still stuck. This sound mind was stuck in the past. I'm really concerned that people who are watching us right now, your mind is stuck somewhere in your past. You're either caught by past pain and problems or present prevailing problems but you're stuck and you have believed a lie. You don't seem to understand that God is able to lift you up out of any horrible pit of despair or defeat or the past. That he is able to renew the mind, let you reclaim it and begin to be fruitful, no matter who you are. That's why perhaps there are people sitting here, here is a shy girl in the church and yet needing help. Here I was, a boy without a home and feeling totally rejected. And here you were, abused and hurt and we would look like the impossible dream -- the impossible dream became reality because of the bright and morning star that we see, the one who is, the one who lifts us up out of any pit of clay, any miry pit.

Betty: So many times we don't think and realize that we have the power within us to reclaim and to stand. And the enemy is only able to do what we allow and give over to him.

Beth: He does not have the right to presume the authority that he's taking but we're cooperating with him through our minds. And let's go ahead and --.

James: We're giving him the ground.

Beth: Yes, we are. Let's give a disclaimer of sorts that we're not talking about genuine, medically diagnosed mental illness. That is something that God also can heal and does heal and is intricately involved in every single part of those processes. But what we're really speaking to this week is when we have a situational kind of challenge where something has happened, a circumstance, perhaps a sudden crisis, whatever it may be that has caused us to go through a time when we are having a pronounced season of defeated thinking, so much so that we feel like we cannot get a grip. Maybe we're even going so far as to make externally, a fool of ourselves. Surely, somebody besides me has done this; where our defeated thoughts then come out in our defeated actions and then we begin acting like the person we are thinking like. That's what we're really talking to this week.

James: And then you begin to attack somebody; literally, verbally or physically, you attack them, somehow trying to vent and you don't know what to do.

Beth: And there is nothing quite like someone looking at us like, you are nuts. And us thinking, you are right! [Laughing] Anybody know what I'm talking about? Please tell me that everybody out there, at least most of you have had a moment when you thought, I am nuts! That's what I'm talking about. That's the kind of thing --. Can you imagine what would happen if the enemy could just hold us there? If we could really become convinced that I don't have soundness of mind, we get trapped in that place, all sorts of things can make this happen.

James: I have felt more that being nuts, I have felt like I am being pulled around. I used to talk about like somebody had a grip on my brain and they're dragging me or like they're jerking on a leash -- it was like somebody was jerking me. I still, this is the thing you need to understand, I can still feel chocolate jerking me into the kitchen. [Laughter] Surely, somebody like Beth said, somebody tell me -- I'm not the only one that hears chocolate.

Beth: Misery loves company.

James: But the point is that your mind actually, it feels like you're being pulled into actions or expressions or explosiveness or appetites or addictive or compulsive practices that's all happening here and here it is pulling at us. Right? I mean does that even line up?

Beth: It is even what the Apostle Paul was talking about in Romans 7 when he said -- how many of us have done things that we were thinking while we're doing it, "I don't even want to be doing this." I can think back on some times of defeat in my life when I was

having the thought at that moment, why am I doing this? I don't even want to be doing this. This isn't even where my heart is.

James: Here is my question, what do we do with all of this? Because you've already said you feel like you're nuts. I said I feel like I'm on a string, stuff is jerking me around. Here we are, we're in a mess, Beth! Help us!

Beth: We at least have been. I can tell you that I know what it is like to think there is never going to be any way out of this. I'm stuck here. I want to talk about some things before we get into what to do about it, things that get us in that place so we can recognize it because the first place to getting out of any kind of a trap is recognizing that we're in it. Several things, one that comes to me so quickly is rejection. It is huge! It is huge! We can go through a time of betrayal or rejection. A spouse can walk out on you. An engagement can be broken. There are all sorts of ways rejection take place. Many children take the divorce of their parents personally as a rejection to themselves. It doesn't always have to be rational line of thinking; it is however our emotions have translated that into our own thought processes. It doesn't necessarily have to make sense to have turned everything upside down in our thinking.

James: How did you feel that way? Rejected. You talk about being abused, but how did you feel rejection?

Beth: I can tell you all sorts of ways as a child trying to get a demonstration of love. I came from a home where we were undoubtedly loved but it wasn't necessarily demonstrated in ways that were as apparent. Then in going through some things where there were very serious family problems where you feel put out to the side and like no one is watching. I can tell you that we could do anything. We could crawl out of the window during the night and no one would even know we were gone. We had all sorts of ways that we were dealing with -- with adult challenges with children's minds.

James: You felt unnoticed.

Beth: Yes!

James: All little children, have you ever noticed the little children saying, "Watch! Watch! Watch!" You know if nobody is watching, it's got to be painful. So then you begin to do extreme things. I'm asking as a girl, as a girl do you see, because I feel like I've observed it, they do a lot of things to try to be noticed.

Beth: All sorts of destructive things and that's exactly what we're talking about. When you get in bed at night, when you're 17 years old and you get in bed at night and think, what did I just do? What was that? Just to try to get attention, just to be noticed, and just to have that moment that you think somebody thinks that you're worth something and somebody thinks that you're beautiful and of value, all these examples. It can come from rejection; it can come from loss. We can go through such a devastating loss -- and I'm going tell you something, I say this to you with tenderness and compassion, there are so many people suffering out there. We can lose a loved one and think, I cannot mentally survive this. I will never get -- we will reaffirm that in our minds over and over again. I

cannot make it through this. My mind will never come back together again. And we've got to grieve. But I would be sick at heart if somebody translated this as meaning we are not to grieve. The Word of God says we do grieve but we don't grieve as those who have no hope. We certainly want to have a healthy grief. But as far as us having to forecast ourselves as for the rest of our lives of never having a sound mind again, it is a lie from the enemy, it is not true. Victimization can do it. This is one I've seen over and over again because this really is my specific past. More than rejection, more than loss, all of those things can throw you into a season where you feel like I'm never going to be able to pull my thoughts back together again. For me, victimization and coming to a place where the enemy played this trick on me, if I really do face this and really let God deal with me on this, I will have a broken mind forever. This will so impair my mind to have to look squarely in the face of where I have been that I will not emotionally and mentally survive it. One of the things -- there is a drop out point in the "Breaking Free" process. It comes at about the fourth chapter. We get into a place where we begin dealing with our emotional family tree. That is the biggest drop out rate in the journey because people are convinced, if I really do look at my family history, my mind will not be able to tolerate what I'm going to learn. That is a lie! We are not wimps! We have been given a strong heart and a strong mind. We are far, far more resilient than we think we are. Now I'm a big believer in seeking godly counseling. I'm a big believer if we need to go to a doctor and talk through some of the things we're going through but to let the enemy intimidate us from seeking wholeness and health in him in Christ, by having it in our heads that we will never mentally survive this, that if I really do deal with my past, if I even look at it, it will break my mind -- that is a lie!

Betty: Beth, what you and James, you shared a little bit of your background and a lot of people know what James' background is, the rough upbringing he had and the challenges you had and the physical abuse but I want people to know that the mind can be attacked when you've been a little girl that basically came from a good home. I had loving parents.

Beth: I forget that sometimes, Betty.

Betty: But yet my mind was being attacked from the time that I can even look back and remember, as a little girl, the fear that just overwhelmed me.

Beth: Where do you think it came from, Betty?

Betty: I can't necessarily pinpoint it, but I think it is like you're saying, the enemy so wants to paralyze our hearts and our minds from really allowing God to live through us that he begins at our early ages, sometimes, just to really trap us. With fear came the intimidation, low self-esteem. I thought I was dumb. That was a big deal to me. I felt like I couldn't learn. I struggled in school. I felt fear all of the time I was in school. I would study hard and I knew I knew the material and I would get to school and take a test -- and a test, I would just go into panic. I know that was the enemy attacking my mind and really telling me that I could never learn. Until I realized that one day I didn't have to live with that fear anymore. That fear had paralyzed me for so long. It had affected my whole life as

a wife and a mother and just kept me from doing the things that I could have been doing if I had known that freedom in my life.

James: I hear both of you talking about your battles and I know both of you well. Of course, I know me too well. I know the hurt. And I was listening to Beth and I was listening to Betty and I see the beauty of Jesus in both of them, I see a sound mind; not two women without a battle but who are always in a battle but who can go from battle to battle, victory to victory to victory. You really can't appreciate a victory if there hasn't been a battle. Who wants to go out and play a game when nobody shows up but you? Who wants to go home and say, "Well, we won." "How did you win?" "Well, they forfeited." "What do you mean they forfeited?" "Well, the other team didn't show up but we won." It's really not a lot of fun. And you've got the strongest enemy. The greatest victories come when you know you beat the best team that you could possibly play. You see what I'm hearing while Beth was talking about the torment and Betty talking about her battle, no matter who you are, even a church girl, whoever, me with the background, I'm hearing the truth. Beth, I'm hearing this reprogramming, this reclaiming, this sound mind. I'm sitting here listening to you rehash the past and my mind is quoting the word. Beth: And you're answering your own question of a few minutes ago, which is "what do we do about it?" And that's exactly what we do.

James: This is what we want to help you do. Listen to me, a lot of you say, 'Well, you're just getting started. Don't leave!' Well, maybe if we had enough support we'd have an hour and we would just keep going. Maybe we could go another hour. Maybe we would stay on all day! [Laughter] Just go, but here's the thing, this is the reason "A Beautiful Mind." This is the reason this series because I'm telling you now, you see while Beth was talking and Betty was talking, my mind is saying scriptures. You say, "Did you work real hard to memorize them?" No, once I saw them, they leaped out. I mean they lodged. It was like honey out of the rock. It was like fresh water out in the desert when you're so thirsty. And when you get the Word of God down in a hungry heart, in a heart that seeks righteousness, and seeks truth, when you see it, it is like you've discovered a gold mine. It is like you've uncovered something. Let me tell you what I -- I don't know about you but if I catch a big fish, I'm going to tell you about it and I'm going to wish you could catch one. You say, "I don't care anything about it." Okay. Well, if I find something you like, something that is fun. You know I see a beautiful dress shop lady, I say, you sell all these dresses? Oh, I love that down at the mall. I want to see you happy. If I find something good, I'm telling you. And I'm telling you, this is precious, precious gold. It is finer than gold or silver, it is the word of God, it is the truth of God. And what Beth has done. She has such an incredible gift. I believe I have some gifts that are different from hers but she has some gifts that are not only different than mine but exceed many things or perhaps anything I could offer. But when I see something like this I say, here's something good. This is really good. This is gold tried in the fire. It is the Word of God but it is explained in a way that you can apply it to your life and begin this process of reclaiming your mind

and literally renewing your mind so that you can know the good, acceptable, and the perfect will of God so you can walk in the fullness of the spirit, not discussing the spirit or defending the spirit or having a battle over the spirit but walking in the spirit. And it all begins with the renewing of the mind and the whole life changes. We want to help you with that. The book that Beth referred to a moment ago, "Breaking Free" and about this process, it's an incredible book. We want to send you the book. Betty's book, "Free to be Me," it is her story. It is a story so many can identify with. She was hidden -- she was the girl caught in the middle in her family, the middle child. She was the girl that thought nobody will ever notice. You know what? She didn't do nasty things to get noticed. She was so pure. She said, "I can at least be pure before God." I saw that. Not the purest guy that ever walked but when I saw that purity, it put me on my knees before God. I said, "God, thank you for that!" See, that's what God did in her, and then to watch how she's grown in God's grace. You can do that. We want to send you this material. If you'd like to have the teaching on CD or DVD, you just ask for it, "A Beautiful Mind." That's what God wants all of us to have and it is a process for us, it is a journey we can have together. Dial the number there. Would you? Ask for "A Beautiful Mind." If you want it on CD, we're asking for a gift of \$49. If you want the DVD, now remember, this is five hours and I'm telling you, this DVD teaching is like you're just sitting in the room and it could be wonderful for you to use it at church or a study group with your family but get alone with it. Ask for the DVD. We're sending the books with either the CD or DVD to bless you and to help you so you ask for them and know that you're actually investing in helping others. We're asking for \$89 if you'd like the DVD's. And consider this, we've got 600 kids we're taking care of every month full-time. It costs an average of \$25 a month to take care of those kids. Maybe you'd say, I'll take care of a couple of them. These are the kids in our life centers. By the way, where those kids are, there are 6,000 kids that come every day from the community around because they have a need that only LIFE can meet. And you may want to say, "James, I want that material to help me in my life, in my family but I want to help somebody else." So just tack an extra gift on if you'd like to help those children. We don't talk about them in these LIFE Centers but they're there all of the time and we're helping all of the time and you're the ones that can make that possible. Thanks for doing it. You can have "A Beautiful Mind." Call right now, use your bankcard like a check. If you want to write a check, make it to LIFE but please right now make that call or you can go online, lifetoday.org. Thanks so much for doing it. Don't miss the next program.

Cause 25

James: We want you to get the book, "Breaking Free." By the way, this beautiful mind process really is a process. I wish I could just say a little prayer, hocus pocus, God, Holy Spirit, I understand all of that and I do believe you flip a switch and you start in a new direction but we need to do some reprogramming. When the Bible says, "renew the mind,"

it is a process and we're trying to help you do that. So get started. This is a great way to start. By the way, if you should get a busy any time you call, be determined. Write the number down and call until you get through. We're always ready to pray with you. Somebody cares and will pray with you. Ask for the material and then share what you learned with others. Say thanks with me and Betty to Beth Moore. Don't miss, she is going to be with us, we'll be talking about "A Beautiful Mind" all week because God wants us to have a sound mind, not a spirit of fear or defeat!

Beth: Hard things happen -- things that we honestly think, I'm telling you, my mind can't handle this.

Announcer: Beth Moore tomorrow!