

Week 26

06/24/09

Announcer: Coming up, Beth Moore reveals how to have a sound mind.

Beth: Panic is manic! Everybody say panic is manic!

Audience: Panic is manic.

Beth: It does not lead to sound decisions. A sound mind -- somebody needs to work with me here --. When I'm hormonal -- I'm sorry brother but you have no idea what I'm talking about here, no idea!

Announcer: Claiming your right to a sound mind! Next -- on LIFE Today.

Music

James: Welcome to LIFE Today. I'm James Robison. Betty and I welcome you to what we refer to as "Wednesdays with Beth" but you are really catching her at this particular time at teaching the lessons you might say that inspired this wonderful series of teaching, "A Beautiful Mind." What it means to reclaim, replace, and renew the mind. This is where the battle is raging. This is actually what you're going to hear a portion of a part of the teaching series and Beth's book that was a bestseller for so many years. But many of the viewers of LIFE Today all over the world were not actually familiar with "Breaking Free" unless when you went in to get some of the more recent material from Beth you happened to see this because it is a classic. We're sending it to all of you who would like to have this "Beautiful Mind" series, and you're going to hear actually a portion of the teaching that inspired the whole series. As a matter of fact Beth has been with us all week. Why don't you welcome her. Beth is here with us!

Beth: I've had so much fun with you guys.

James: We're actually going to cut back now, Beth. And we're going to hear you here in the studio when you do the teaching which you will enjoy. This is a portion of "A Beautiful Mind: Reclaiming Your Right To A Sound Mind." Here is Beth. Enjoy!

Music

Beth: Let me tell you a game the enemy is playing with us and he is playing with us all over the body of Christ with this. You have the right in Christ to be a whole person. One of the things that James says all of the time. He says, I spend my life desiring to see the church get healthy." Every single one of us has the right in Christ to be a whole, healthy individual. To have a healthy heart and a healthy mind, it gets to be your right in Christ. And here's what happens. When we begin to realize for a long time, we won't even admit we have any stuff at all. But then once we come to grips with the fact that we really do have some pretty severe stuff, here is what the enemy starts playing on us with. He begins

to convince us that if we really ever did open that can of worms, we wouldn't be able to deal with it. So if he can ever convince us, if I ever looked into my past and dealt with the things that happened to me in childhood, I will go crazy -- I will go crazy. And listen, it is a big one. It is a big one because it is a serious threat because we think really, honestly that could happen. And I'm not so sure it couldn't unless you claimed your right -- claimed your right in Christ. Listen, what does the enemy have to gain by convincing you, don't ever deal with your past because your mind will never make it all the way through it. That is a stinking lie! You talk about a lie from the pit of hell -- to do anything to threaten us that we would not be able to get through it. Listen, he knows that on the other side of you dealing with your stuff in the health and healing of Christ Jesus, your deliverer would set your feet into a place of effectiveness and ministry and anointing the enemy has great stake in you not going. So has everything to lose in you getting healthy in Christ -- everything to lose! So whatever he has to play on you to get you from dealing with your stuff he's going to do it. I'm going to tell you something, this happened to me -- this happened to me. When I was in my early 30s, I had a crisis come in my life and I've shared with you before on Wednesdays but the knowledge that they're going to be different people listening today, I want you to know a testimony is something you tell a number of times because it is your story. When I was growing up, I really did have a heart for God. I just had an extremely self-destructive, very unhealthy heart and mind. I just kept cycling from one pit to the next. And this pit would look a little different than that pit but listen, it was all pit dwelling. Constant defeat. Cycling in and out of it. I came to a place when I began to really wake up to a desire to walk with God. I became convinced, honestly that the way you do this, even though I knew what all was in my past, you just pick up and you go on, that's what you do. That's what good Christians do. Put it behind you and go on. No thought to maybe you ought to open up your heart and let God heal you. No, it is just like don't think about it. So that happened. Good Christians pick themselves up and they walk on. Anybody ever thought with that mentality before? Don't bother letting him heal you. Just get up and walk on. Other people have been through worse things. So we convince ourselves of this kind of thing. Well, see, it takes -- I want you to just let me use this metaphor because I mean it as a metaphor and nothing more. When you've got a very self-destructive side of you inside of you, it takes a whole lot of energy to hold that monster down. Anybody know what I'm talking about? What if life pitches you something that takes a lot of energy and you can't hold it down because now your hands are over here trying to hold this down and now your hands are over here trying to hold this down. I came to a time in my family life where there were so many demands around me, I had a very problematic situation in my home. For one thing, a little boy that we were raising that was having tremendous behavioral problems and suddenly, I couldn't keep my own stuff down because I needed to help with everybody else's stuff. Well, I took my hands off and when I tell you that that nine-foot Goliath stood up in me and he was ugly, boy, am I not kidding. When I had to come to grips, I looked at my self-destructive self

right in the mirror and I thought, girlfriend, if you do not let God heal you, you are going to self-destruct. You are going to self-destruct. You who know better than this, are going to self-destruct. And here's what the enemy -- when I looked back I thought, oh, my word. When the day comes and I'm going to have to tell somebody about my abuse and I'm going to have to spit this out to somebody and I've never told the details in public but I have gone to a counselor and dead on told everything that happened to me; my husband knows much of what happened to me. But I can tell you that in that process I became convinced that if I really did think it through, I was going to go crazy -- I was going to go crazy. When the truth was I was about to be set free! I was about to be healed! But the enemy couldn't let me think that. And for a while, I thought to myself, woman, you'll never be able to raise your children. You're going to be crazy by the time this is over with. Only that was a lie -- that was a lie! Now here's what I want to tell you, it may be that like me, you need to get professional counseling, somebody that really knows what they're doing in Christ and can help you along the way. But this I will tell you, you have the right to claim your soundness of mind to deal with your own stuff and get on to what you're called to do and walk as a whole healthy person in Christ instead of in the fear that if you ever open up that door in your background, you could not deal with it. That is a lie! One of the things that I love about Christ is that when he heals you, he heals you in a very progressive manner. He doesn't just open the whole thing up and up comes Jack in the box all at once. He doesn't do this and you know what I'm talking about? [Laughter] Just layer by layer -- when we are walking with him, we are not forcing anything. I don't know what to think; I'm going to get letters over this kind of thing -- but I don't know what to think when we have somebody that is not trained and takes us back and starts getting us to open up to a lot of things and talk through a lot of things before we are ready. I believe in having somebody that really knows what they are doing, in layers and layers and layers and layers. Not just taking me back someplace that is not protected and led there by my God. I want my healer to take me there, not somebody that doesn't know what they're talking about. Listen, if you're chronically depressed you really do need to see a professional. Don't be scared to do that. Don't be driven by a spirit of fear. Let me tell you something, instead of losing our minds we may be about to find a new one! A renewed mind that doesn't conform even to our own world and our own past but is transformed by Christ himself. A sound mind when I'm rejected -- when I'm rejected. Listen, I'm not sure anything will make a bigger fool of us than a spirit of rejection. Can anybody go there with me? I'm not sure that we'll ever act any more foolishly than when we get on us that we have been rejected. Let me tell you, the time that we are most liable to do some of the stupidest things we've ever done in our lives is right after a bad break up. Take that one to the emotional bank. Why? Because we've been rejected. So we start doing all manner of thing to see if somebody else will accept us. Sleep around, end up with people that we know more would be in a romantic relationship with than anything. Anybody know what I'm talking about? Destructive situations all because we're reacting

to a spirit of rejection. Listen, that is inbred with fear -- it is a spirit of fear that causes us to wear that rejection. We feel -- we project that rejection on every new relationship we're in. They're going to reject me too. They're going to reject me too. So we'll do everything we can to see if they will. Drive them off and then charge them for not staying. [Laughter] Anybody getting what I'm saying? Because we've got a spirit of rejection on us. No, we've got a spirit of Christ on us! And Christ has not given us a spirit of fear but of power, of love, and of a sound mind. Let me tell you, when we end up in a situation where we've been rejected, there is an acceptance in Christ of a new place he is going to take us like nothing we have ever experienced. You are accepted in him, never rejected by him -- never! Nothing has the capacity to make us act any crazier than a spirit of rejection. We have got to deal with that. Got to deal with that. A sound mind when I'm betrayed -- when I'm betrayed. Let me tell you, betrayal causes all sorts of things. It causes all sorts of stupid things. A reaction to a betrayal, we can end up betraying everybody else we've ever loved because we feel betrayed. But betrayal is the kind of thing that can cause people to be tempted to commit crimes -- all manner of crime of passion has come out of reacting to betrayal. A sound mind. Listen, when you've been betrayed, or you've been rejected, you are standing at a very important crossroad. Where are you going to go? Where am I going to go? Are we going to lose our sanity temporarily over that? The thing about temporary insanity is you never know how long it is going to be until it is gone. [Laughter] Anybody know what I'm talking about? What if temporary turns into like that temporary job you've had for seven years? I'm just asking. [Laughter] So we think I'm just going to lose it for a little while. Anybody ever just plan to lose it for a little while? Well, a little while always turns out into a long while. Decision to make, have I been given a spirit of fear or have I been given the spirit of Christ that gives me power, love, and a sound mind? A sound mind when I've received a troubling diagnosis and I'm tempted to think, I can't make it through this. I cannot! Lord, I'm not strong enough for this. I can't go through this with this threat on my health and my life. This is the wrong person. I don't have this in me. And we just begin to -- we honestly stand at a crossroad thinking to ourselves, if I just go with this -- if I just go with this thought process, I'm going to lose it here. I'm going to absolutely lose it. A spirit of fear over our very lives and our very health yet his word echoes to us in Second Timothy 1:7, I have not given you a spirit of fear but of power, of love, and girlfriend, a very sound mind. The enemy doesn't get to have that. No diagnosis can take that from you. No health problem can take that from you. No rejection can take that from you. No betrayal can take that from you. No circumstance can take that from you. It is your right in Christ. Everybody say I have the right to a sound mind.

Audience: I have the right to a sound mind.

Beth: No matter my health --

Audience: No matter my health --

Beth: No matter my circumstances --

Audience: No matter my circumstances --

Beth: No matter my past --

Audience: No matter my past --

Beth: I have the right --

Audience: I have the right --

Beth: To a sound mind.

Audience: To a sound mind.

Beth: A sound mind when I'm raising three preschoolers -- [Laughter] you need to claim Second Timothy 1:7 in the worst way! Met somebody just a few days ago who has five children under ten years old. I just wanted to spit out, Second Timothy 1:7. [Laughter] She needs a lot of power. She needs a lot of love. And Lord, have mercy, she needs a sound mind. Only thing harder than that is that many teenagers all at once. I was thinking to myself, I have a sibling that cares for an invalid husband and there are times that she says to me, "If I do not get out of here --" and you know how I'm going to complete this sentence based on our lesson today, "I'm going to lose my mind! -- Going to lose my mind." She does need to get out, she does need help but the enemy doesn't get to threaten us with the loss of our minds not if we're in Christ because we have the right to a sound mind. A sound mind when I'm tempted to panic -- when I'm tempted to panic. Listen, nothing makes us more manic than when we're tempted to panic. Nothing! Nothing! Panic always leads to poor decisions. Always! Panic is a sudden rush -- a sudden tidal wave of fear. Panic is fear on steroids. Panic is when fear takes a surge -- a sudden surge. It is not just slow and growing and steady and building. It comes in one huge surge. And listen, panic will lead us wrong every single time. I'm praying, let's not just hear a lesson, let's live a lesson -- let's live a lesson. In the next couple of days or maybe today when something happens, if you find out there is going to be lay-offs at your work and you are tempted to panic, your God has not given you a spirit of fear but of power, and of love, and of a sound mind. You start panicking because you think that something has happened in your marriage but you're not sure of it and you start to have a knee-jerk reaction. Listen, all in the world knee-jerks do is cause us to kick somebody. Every time! Every time. Panic is manic. Everybody say panic is manic.

Audience: Panic is manic.

Beth: It does not lead to sound decisions. A sound mind -- somebody needs to work with me here, when I'm hormonal, I'm sorry, brothers, but you have no idea what I'm talking about here! No idea! [Laughter] We don't get to have three or four days a month to be out of our minds. We can make a decision -- we can make a decision. I've not been given a spirit of P.M.S. [Laughter] but of power and of love and a sound mind. Somebody's listening thinking, on Christian programming we're talking about P.M.S. Listen, the reason we are defeated by our P.M.S. is because we're not praying about it and we're not talking about it. That's what I'm saying to you. Anybody know what I'm talking about?

What if we start praying about it? What if we start praying about it? Here's what I want to show out at you. What if we exchanged our P.M.S. for P.L.S. power, love, and a sound mind! Amen! You got a chance to trade it off. Listen, I wouldn't be telling you this if it didn't turn out okay because it wouldn't be funny otherwise. I'm not saying it is funny now, I'm just saying it is interesting and it makes a point. But in the Houston area a couple of months ago there was a newscast of something that happened just outside the city limits. It seemed that some furniture deliverers had come to a house to make their delivery, had brought their truck, and when they came up to the front door, the woman -- I'm telling you the truth -- the woman insisted that they have take off their shoes only they refused to. And she asked them again. She said, "I'm telling you you're not coming in my house" and I'm paraphrasing this "without taking off your shoes." They refused to again, and then she pulled a gun on them. And I'm telling you the truth. Now I'm telling you, she did not shoot them but she did end up in a little bit of trouble and that's another story. But here's what I want to say to you, what on earth would cause a woman to pull a gun on men that would not take their shoes off to come and deliver her furniture? Here is my theory, I don't know for sure. [Laughter] My theory is that she had vacuumed, anybody know what I'm talking about, and she had all the lines -- [Laughter] And don't you just hate like how you don't know how to get back out of the room? [Laughter] Anybody know what I'm talking about? Gentlemen, I don't know if y'all are getting this with me but women don't want people to walk on their freshly vacuumed carpet. We don't want that! I suggest you don't do it. Now you know what can happen. [Laughter] I'm also suggesting to you that there could have been a little hormonal difficulty and they should have rescheduled is all I'm suggesting. [Laughter] Perhaps I'm wrong. When I'm going to bring you bodily harm because you walked on my vacuumed carpet, I need Second Timothy 1:7 in the worst way! I want you to see in Second Timothy 1, verse 13, it is the coolest thing. This is why I love to look at different translations of verses and love to study and see what translators have to say about it. Second Timothy 1:13 says, Paul is talking to Timothy: blank.

That phrase that is translated "sound teaching" means in its most literal sense and this is how Word Biblical Commentary translates it, healthy words -- healthy words. It says: blank. For you that are holding a Bible today, listen, that is packed full of healthy words. In a world that is just fraught with and again, I don't mean this in the medical term, I just mean we live in a world that is just nuts. We're going so quickly, we're under so much pressure, under so much stress we're just like -- we feel like we're just losing our minds. Let me tell you something, I've got to have me some healthy words. One reason why I live on the Word of God is because that's how I hold to the pattern of healthy words; it is health to my bones and renewing to my mind. When I feel threatened or when I feel betrayed or when I feel rejected, I can go back, grab my Bible. Listen, there are times I just lay my head back and lay it open on my head going, "Do something here! Do something here!" Because I'm just going to be honest with you, sometimes it is hard to live inside this

woman. You have no idea what I'm living with in here. Sometimes I feel like there are like 14 of us all in one head. [Laughter] Anybody know what I'm talking about? I've got to have me some healthy words. Somebody say I've got to have some healthy words.

Audience: I've got to have some healthy words.

Beth: I want you to write down a portion of a verse I'm going to give you are a different translation. It is Isaiah 33:6. Isaiah 33:6. Listen, somebody right now is about to get a word -- about to get a word. Isaiah 33:6 says: blank. The new English translation says it this way: blank. Listen, life will rock and roll you. It is a constant roller coaster. You wake up every morning, you have no idea what will happen that day -- but God knows. Your God has not given you a spirit of fear but of power, of love, and a sound mind. And he, your God is your constant source of stability. We established at the very beginning of this series that we were talking about times that are situational when we feel like we're just going to lose our minds; times of spiritual warfare when our minds are tormented with vain imaginations. We established early on that we were not talking about authentic mental illness that so desperately needs medical supervision. But I do want to conclude with the story that comes out of the life and out of a movie that was made of the life of a man who dealt with a very serious mental illness. The story that is based on the life of the Nobel prize winner John Nash called "A Beautiful Mind." I've seen it a number of times, drawn to it I guess because in my extended family we have dealt with mental illness and so I guess that's one reason why, for whatever cause it just draws me. But there is a speech at the very end of the movie where he accepts his Nobel prize that brings me to tears every single time I watch it. I want to read you his words as he accepts this very prestigious prize at the very end of the movie, "A Beautiful Mind." Standing in his tux at the podium, in the microphone, in front of a crowd of people dressed in formal wear he says this, "I've always believed in numbers and the equations and logics that lead to reason. But after a lifetime of such pursuits I ask, what truly is logic? Who decides reason? My quest has taken me through the physical, the metaphysical, the delusional and back and I have made the most important discovery of my career, the most important discovery of my life. It is only in the mysterious equations of love that any logic or reasons can be found." And he looks out in the audience and he finds his wife and he locks straight on her eyes. And he says this to her, and she knows who he is talking to, "I'm only here tonight because of you. You are the reason I am. You are all my reasons." That is Jesus to me. At the risk of losing your respect, I went through a season of my life in my early 30s when the devil almost successfully came to take my mind. And I feared that like some of my predecessors in my family line, I would not be able to hold on and grasp reality. And it was a lie -- it was a lie because on the other side of that healing process, I only lost my destructive mind and I found a healthy one. I no longer think like that person. I no longer act like that person. I no longer feel like that person. I have been transformed. And there is only one reason that I am and it is Jesus. And I have thought every single time I've watched that

portion of the movie, I have thought, he is all my reasons -- all my reasons. Jesus, the lover of your soul. Jesus, the healer of your mind.

James: Well, Beth, I want you to know that inspired the "Beautiful Mind" series and I'm so grateful you're here to elaborate on it as you've been doing all week. But I want all of you to get "A Beautiful Mind" because God wants us to have that.

Let us help you. I want you to get either the DVD or CD's. I want you to get Beth Moore's book, "Breaking Free." It will bless you and I'm telling you, there is no shortcut. There is a shortcut to the start of the journey but the journey is a process. But you don't have to live as trampled ground. You don't have to live with a life that brings forth painful briars and thorns and misery and something that has no fruitfulness, just tares that have no wheat, no strength, no nourishment. You can have a life that is inspirational to others. That's what Betty experienced, free to be herself; not just the church lady, the religious traditional woman down at church but defeated and fearful -- incredible change. I know what God can do but it is a process. There is a telephone number there on the screen. We're offering you the DVD or the CD and the book. We're asking you for the DVD a gift of \$89, for the CD: \$49. What you're going to help us do is minister to others. This television program, all that we do is carried by love. I want to remind you of something, we're caring full-time for 600 orphans in LIFE Centers all over the world, 13 different countries. Those children depend upon us for help. Would you consider maybe adding \$25 or \$50 and say, "I want the material to help me but I would like to help some of these children; I'd like to make an additional gift to help them." I pray you'll consider doing that. Use your bankcard like it is a check or write a check, make it to LIFE, you're sharing life. We want to help enrich your life and inspire you in life so we'll happily send you the material when you ask you for it. But consider reaching out and touching some of these precious children. Every month in our LIFE centers, we're ministering directly to over 6,000 children. You can help us do that. I thank you so much for it! Thank you for making the call. You can go online if you'd like to, lifetoday.org.

Cause spot

James: Now I hope you are calling to ask for "A Beautiful Mind." I want to encourage you to get the DVD. It is something to lock in with her because she is teaching the way -- you're actually going to find yourself with the Bible and with a notepad and something to write with. And a lot of times you're going to hit pause because you want to just stop a minute and write and meditate. Let God speak to you because his word -- let me tell you something, one sentence in his word becomes a whole paragraph, a page. It speaks volumes -- sometimes one thought, one truth. So I encourage you to get the DVD but get it CD if you like it. And then we're going to send Betty's book, "Free to be Me," which so

many people are interested in the incredible journey and story. By the way, it talks about when we were going together; you'll see why she liked me back then and you'll want to get it. [Laughter] But "Breaking Free," incredible -- incredible book on the freedom you can have. If you should get a busy when you call asking for this material please call until you get through. And thank you for tacking on an extra gift to help us care for those children in the LIFE Centers. We really do appreciate that. Join me and Betty again saying thanks to Beth Moore for being here. Beth, we're glad you're here!

Beth: It means the world to me!

James: Thanks for teaching every week like you do! Tell your friends about "Wednesdays with Beth"! Tell your friends that we're talking to her all week on LIFE Today! Thank you!

Music

Friday's tease...