

# 12 MYTHS

July 13, 2017

## 12 Myths that Christians Believe That Aren't in the Bible

A myth is a widely held but false belief or idea, a misrepresentation of the truth. Not everything believed as biblical truth is truly biblical. This series will seek to unravel 12 commonly accepted beliefs that cause bondage rather than liberty. Men need to be aware of how nuggets of truth become cornerstones for error when wrongly understood. We need help to build solid scriptural foundations that produce emotional freedom. Christian men have taken so much scripture out of context and made a whole religion out of it. This has caused so many problems for men who need help and instead of being thrown a lifeline; they are left to drown hanging on to a Bible verse thrown from the shoreline. This series looks at the adjustments that need to be made to help men who need solid direction in how to grow to full maturity.

**A Man knows that to be motivated by duty, obligation, or compulsion is death. God invites us to be motivated by love.**

Highland Colony Men's Roundtable

www.MensTable.com

### Myth: "Shoulds" are Good!

**Bible Verses:** I Corinthians 3:10-16; Psalm 119:17-24; 33-34; Romans 7:14-25; II Cor. 5:16-21; Romans 4:15; II Cor. 7:8-11; Ezekiel 18:4; Romans 5:20,21; II Cor. 9:7; Romans 8:1-6  
**Music:** Keep Your Eyes On Me - Tim McGraw & Faith Hill

**Videos:** THE SHACK (2017) clip 3

**Resources:** 12 Christian Beliefs That Can Drive You Crazy – Relief from False Assumptions by Dr. Henry Cloud & Dr. John Townsend

### Are You Free: Do You Live under the Law or Grace?

1. By nature, we are \_\_\_\_\_ . We are slaves to the law of sin and death. As long as we are under the law, we will fail—as much as we try and as good as our intentions may be. We are slave to sin (Romans 7:14-25).
2. Trust Christ—\_\_\_\_\_ > The man who trusts Christ as Savior is out from under the law of condemnation (II Cor. 5:16-21).
3. Experientially, \_\_\_\_\_ > We can feel and act as if we will lose love if we sin. Emotionally we are still under the law. We feel that if we do not do as we should, we are bad or condemned and that we deserve to be punished.
4. \_\_\_\_\_, \_\_\_\_\_, Loss of \_\_\_\_\_ > When we do not do as we should and we experience these things, we are still under the law.
5. 5 Major Consequences of being under the law—living under the "shoulds":
  - a) The Law brings \_\_\_\_\_ > Angry is a natural fruit of the law (Romans 4:15).
  - b) Feeling \_\_\_\_\_ > Condemnation and guilt are not options for the Christian, only godly sorrow (II Cor. 7:8-11). Feeling remorse, not guilt is based on love for others, i.e. empathy.
  - c) Separated from \_\_\_\_\_ > "God does not love me!" (Ezek. 18:4). We need to stand in Grace (Rom. 5:20).
  - d) Sin \_\_\_\_\_ > When the "shoulds" become law, we'll sin even more (Romans 5:20,21).
  - e) Gain \_\_\_\_\_ > When our motivation is compulsion or a feeling of obligation, rather than love, there is no benefit. When we live by "should," rather than because we "want to" there is no profit (II Cor. 9:7).

### QUESTION: "If the Shoulds will NOT Keep us in line, what will?" – Romans 8:1-6.

1. \_\_\_\_\_ > We are motivated by the experience of God's love (Romans 2:4; Eph. 4:30).
2. \_\_\_\_\_ > Close relationships with those that we love and love us, serve to discipline us. When we are out of line, other people whom we love and who love us will come to us in love and truth to tell us when we are wrong.
3. \_\_\_\_\_ > Unless we are in denial, we recognize that the ways we live are not satisfying. We get tired of our behavior patterns that cause problems in relationships, that set us back in life. Stop worrying about what we should do, and take responsibility for the pain we have caused those we love.

### THE DISCOVERY OF TRUE FREEDOM.

1. \_\_\_\_\_ > We want to change, not because we ought to, but because we hate the hypocrisy, the lust, or the idolatry of our lives. We experience real godly sorrow. This is the beginning of what Jesus calls "poverty of spirit," which brings us to grace in a much deeper way. We find that we have to accept the fact that though we cannot change, we are okay in God's eyes as we are, and that He wants to help us even in this badness, failure, and inability.
2. \_\_\_\_\_ > We let others know us in our failures, secrets, and shame (James 5:16). We then get our minds off the guilt and the "try harder" cycle, and we begin to connect with the love extended to us from God and others. We begin to look deeply at our own problems—we begin to change. This is what we call **RECOVERY**.
3. \_\_\_\_\_ > Guilt says, "I am so terrible!" Love says, "I want to live!" The true motivation that brings change is hating one's own life (Luke 14:26), then hungering and thirsting for something better (Matthew 5:6).

### THE LIFE OF FREEDOM.

1. \_\_\_\_\_ > Being out from under the law means that we are free to love. Looking in the mirror of God's law, we realize that if we do not love, our lives will be empty. We realize that a life without fulfilling relationships is worthless, has little meaning, and can even cause harm to others.
2. \_\_\_\_\_ > When we evaluate our performance, we look at what we should be doing, but we do not condemn ourselves. When we fail, we own our failure. With grace, we do not need to be defensive, for we are not condemned. Guilt says, "I should be different, and if I'm not, then I'm bad." Grace says, "I see the standard, and I'm not measuring up. I'm in trouble. I need to change if I'm going to live and have more what I desire. If I want certain outcomes, I need to change. This is different from changing to avoid being bad.
3. "\_\_\_\_\_ " vs. "\_\_\_\_\_ " > The shoulds want us to "have to." We must or we are bad. We have no choices. Shoulds used in that way will always fail. Be freed from shoulds, and you will start to live. You will be free to desire God and His life.

### ACTION: Journal This!

1. What "shoulds" govern how you live?
2. How do "shoulds" (slavery to guilt & fear) keep you from loving?
3. When has a "have to" become a "went to" in your life?

**Philip K. Hardin, M.A., M.Div.**

Director of Business & Professional Outreach, Intl.

Licensed Marriage & Family Therapist & Licensed Professional Counselor

Email: phil@bpointl.org

Webpage: www.bpointl.org

**Bible Verses**

**I Corinthians 3:10-16; 10** Using the gift God gave me as a good architect, I designed blueprints; Apollos is putting up the walls. Let each carpenter who comes on the job take care to build on the foundation! **11** Remember, there is only one foundation, the one already laid: Jesus Christ. **12** Take particular care in picking out your building materials. **13** Eventually there is going to be an inspection. If you use cheap or inferior materials, you'll be found out. The inspection will be thorough and rigorous. You won't get by with a thing. **14** If your work passes inspection, fine; **15** if it doesn't, your part of the building will be torn out and started over. But you won't be torn out; you'll survive - but just barely. **16** You realize, don't you, that you are the temple of God, and God himself is present in you?

**Psalms 119:17-24; 33-34 ;17** Be generous with me and I'll live a full life; not for a minute will I take my eyes off your road. **18** Open my eyes so I can see what you show me of your miracle-wonders. **19** I'm a stranger in these parts; give me clear directions. **20** My soul is starved and hungry, ravenous! - insatiable for your nourishing commands. **21** And those who think they know so much, ignoring everything you tell them - let them have it! **22** Don't let them mock and humiliate me; I've been careful to do just what you said. **23** While bad neighbors maliciously gossip about me, I'm absorbed in pondering your wise counsel. **24** Yes, your sayings on life are what give me delight; I listen to them as to good neighbors! **33** God, teach me lessons for living so I can stay the course. **34** Give me insight so I can do what you tell me - my whole life one long, obedient response.

**Romans 7:14-25; 4** I can anticipate the response that is coming: "I know that all God's commands are spiritual, but I'm not. Isn't this also your experience?" Yes. I'm full of myself - after all, I've spent a long time in sin's prison. **15** What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. **16** So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary. **17** But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! **18** I realize that I don't have what it takes. I can will it, but I can't do it. **19** I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. **20** My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time. **21** It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. **22** I truly delight in God's commands, **23** but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge. **24** I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question? **25** The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

**II Cor. 5:16-21; 16** Because of this decision we don't evaluate people by what they have or how they look. We looked at the Messiah that way once and got it all wrong, as you know. We certainly don't look at him that way anymore. **17** Now we look inside, and what we see is that anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life burgeons! Look at it! **18** All this comes from the God who settled the relationship between us and him, and then called us to settle our relationships with each other. **19** God put the world square.

with himself through the Messiah, giving the world a fresh start by offering forgiveness of sins. God has given us the task of telling everyone what he is doing. **20** We're Christ's representatives. God uses us to persuade men and women to drop their differences and enter into God's work of making things right between them. We're speaking for Christ himself now: Become friends with God; he's already a friend with you. **21** How? you say. In Christ. God put the wrong on him who never did anything wrong, so we could be put right with God

**Romans 4:15; 15** A contract drawn up by a hard-nosed lawyer and with plenty of fine print only makes sure that you will never be able to collect. But if there is no contract in the first place, simply a promise - and God's promise at that - you can't break it.

**II Cor. 7:8-11; 8** I know I distressed you greatly with my letter. Although I felt awful at the time, I don't feel at all bad now that I see how it turned out. The letter upset you, but only for a while. **9** Now I'm glad - not that you were upset, but that you were jarred into turning things around. You let the distress bring you to God, not drive you from him. The result was all gain, no loss. **10** Distress that drives us to God does that. It turns us around. It gets us back in the way of salvation. We never regret that kind of pain. But those who let distress drive them away from God are full of regrets, end up on a deathbed of regrets. **11** And now, isn't it wonderful all the ways in which this distress has goaded you closer to God? You're more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you've come out of this with purity of heart.

**Ezekiel 18:4; 4** Every soul - man, woman, child - belongs to me, parent and child alike. You die for your own sin, not another's.

**Romans 5:20,21; 20** All that passing laws against sin did was produce more lawbreakers. But sin didn't, and doesn't, have a chance in competition with the aggressive forgiveness we call grace. When it's sin versus grace, grace wins hands down. **21** All sin can do is threaten us with death, and that's the end of it. Grace, because God is putting everything together again through the Messiah, invites us into life - a life that goes on and on and on, world without end.

**II Cor. 9:7; 7** I want each of you to take plenty of time to think it over, and make up your own mind what you will give. That will protect you against sob stories and arm-twisting. God loves it when the giver delights in the giving.

**Romans 8:1-6; 1** With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no longer have to live under a continuous, low-lying black cloud. **2** A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death. **3** God went for the jugular when he sent his own Son. He didn't deal with the problem as something remote and unimportant. In his Son, Jesus, he personally took on the human condition, entered the disordered mess of struggling humanity in order to set it right once and for all. The law code, weakened as it always was by fractured human nature, could never have done that. **4** And now what the law code asked for but we couldn't deliver is accomplished as we, instead of redoubling our own efforts, simply embrace what the Spirit is doing in us. **5** Those who think they can do it on their own end up obsessed with measuring their own moral muscle but never get around to exercising it in real life. Those who trust God's action in them find that God's Spirit is in them - living and breathing God! **6** Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life.

**Keep Your Eyes On Me**

Tim McGraw & Faith Hill

Ain't it just like a tear  
To go and blur out everything  
Ain't just like glass  
To fall and break so easily  
Ain't just like love  
To leave a mark on the skin and underneath  
Yeah, when the pain goes and shadows  
everything

Keep your eyes on me  
Keep your eyes on me  
When it hurts to much to see  
Keep your eyes on me

Ain't it the sinner  
Who gets all the grace sometimes  
Ain't it the saint  
Who picks up the pieces left behind  
Yeah, and it's human to hurt the one  
You hurt the one you love the most  
And you can't find the sun

Keep your eyes on me  
When you're lost in the dark  
Keep your eyes on me  
When the light in your heart is  
Too burned out to see  
Keep your eyes on me

You swear you're all alone sometimes  
Keep your eyes on me  
And you can't find your way home sometimes  
Keep your eyes on me  
Keep your eyes on me

Keep your eyes on me  
When you're lost in the dark  
Keep your eyes on me  
When the light in your heart is  
Too burned out to see  
Keep your eyes on me

12

MYTHS

# 12 Myths that Christians Believe That Aren't in the Bible!

A myth is a widely held but false belief or idea, a misrepresentation of the truth. Not everything believed as biblical truth is truly biblical. This series will seek to unravel 12 commonly accepted beliefs that cause bondage rather than liberty. Men need to be aware of how nuggets of truth become cornerstones for error when wrongly understood. We need help to build solid scriptural foundations that produce emotional freedom. Christian men have taken so much scripture out of context and made a whole religion out of it. This has caused so many problems for men who need help and instead of being thrown a lifeline; they are left to drown hanging on to a Bible verse thrown from the shoreline. This series looks at the adjustments that need to be made to help men who need solid direction in how to grow to full maturity.

## **Myth: "Shoulds" are Good!**

*1 Corinthians 3:10-16 > The Bible does not say, "You should, or else you are bad." It says, "You should, or else you will suffer lose."*

*Psalms 119:17-24, 33-40 > God's way is the way to live.*

# Are You Free: Do You Live under the Law or Grace?

1. By nature, we are **NOT Free**. We are slaves to the law of sin and death. As long as we are under the law, we will fail—as much as we try and as good as our intentions may be. We are slave to sin (Romans 7:14-25).
2. Trust Christ—**Be Free** > The man who trusts Christ as Savior is out from under the law of condemnation (II Cor. 5:16-21).
3. Experientially, **still under the law** > We can feel and act as if we will lose love if we sin. Emotionally we are still under the law. We feel that if we do not do as we should, we are bad or condemned and that we deserve to be punished.
4. **Guilt, Anger, Loss of Love** > When we do not do as we should and we experience these things, we are still under the law.
5. 5 Major Consequences of being under the law—living under the “shoulds”:
  1. The Law brings **wrath** > Angry is a natural fruit of the law (Romans 4:15).
  2. Feeling **Condemned** > Condemnation and guilt are not options for the Christian, only godly sorrow (II Cor. 7:8-11). Feeling remorse, not guilt is based on love for others, i.e. empathy.
  3. Separated from **Love** > “God does not love me!” (Ezek. 18:4). We need to stand in Grace (Rom. 5:20).
  4. Sin **Increases** > When the “shoulds” become law, we’ll sin even more (Romans 5:20,21).
  5. Gain **No Benefit** > When our motivation is compulsion or a feeling of obligation, rather than love, there is no benefit. When we live by “should,” rather than because we “want to” there is no profit (II Cor. 9:7).

# QUESTION: “If the Shoulds will NOT Keep us in line, what will?” – Romans 8:1-6.

1. **Love of God** > We are motivated by the experience of God’s love (Romans 2:4: Eph. 4:30).
2. **Love and deep connection to community** > Close relationships with those that we love and love us, serve to discipline us. When we are out of line, other people whom we love and who love us will come to us in love and truth to tell us when we are wrong.
3. **Miserable living a life of sin** > Unless we are in denial, we recognize that the ways we live are not satisfying. We get tired of our behavior patterns that cause problems in relationships, that set us back in life. Stop worrying about what we should do, and take responsibility for the pain we have caused those we love.

# THE DISCOVERY OF TRUE FREEDOM.

1. **Genuine and Shameless Mourning** > We want to change, not because we ought to, but because we hate the hypocrisy, the lust, or the idolatry of our lives. We experience real godly sorrow. This is the beginning of what Jesus calls “poverty of spirit,” which brings us to grace in a much deeper way. We find that we have to accept the fact that though we cannot change, we are okay in God’s eyes as we are, and that He wants to help us even in this badness, failure, and inability.
2. **Known in Our Broken State** > We let others know us in our failures, secrets, and shame (James 5:16). We then get our minds off the guilt and the “try harder” cycle, and we begin to connect with the love extended to us from God and others. We begin to look deeply at our own problems—we begin to change. This is what we call **RECOVERY**.
3. **I WANT TO LIVE!** > Guilt says, “I am so terrible!” Love says, “I want to live!” The true motivation that brings change is hating one’s own life (Luke 14:26), then hungering and thirsting for something better (Matthew 5:6).

# THE LIFE OF FREEDOM.

1. **Love & Relationships** > Being out from under the law means that we are free to love. Looking in the mirror of God's law, we realize that if we do not love, our lives will be empty. We realize that a life without fulfilling relationships is worthless, has little meaning, and can even cause harm to others.
2. **Performance** > When we evaluate our performance, we look at what we should be doing, but we do not condemn ourselves. When we fail, we own our failure. With grace, we do not need to be defensive, for we are not condemned. Guilt says, "I should be different, and if I'm not, then I'm bad." Grace says, "I see the standard, and I'm not measuring up. I'm in trouble. I need to change if I'm going to live and have more what I desire. If I want certain outcomes, I need to change. This is different from changing to avoid being bad.
3. **"Have to"** vs. **"Want to"** > The shoulds want us to "have to." We must or we are bad. We have no choices. Shoulds used in that way will always fail. Be freed from shoulds, and you will start to live. You will be free to desire God and His life.

# **ACTION: Journal This!**

1. What “shoulds” govern how you live?
2. How do “shoulds” (slavery to guilt & fear) keep you from loving?
3. When has a “have to” become a “went to” in your life?

MYTHS