



God's Healing from 7 Hidden Things that Blind & Bind our Hearts

6. Cognitive Biases (How we blind ourselves in so many ways)

- ◆ **Empathy Gap.** Believing we are mostly directed and driven by reason, not emotion.
- ◆ **Selection Bias.** Reflexively seeking out only the information that affirms our beliefs.
- ◆ **Confirmation Bias.** Interpreting and remembering only the information that confirms what we already believe, while ignoring or belittling alternate views.
- ◆ **Hindsight Bias.** Tricking ourselves into thinking we “knew it all along,” but actually didn't.
- ◆ **Bandwagon Effect.** Agreeing with popular opinion, even if it is wrong.
- ◆ **Overconfidence Effect.** Reflexively thinking we are better than everybody .
- ◆ **Third-person Effect.** Thinking that others, not us, are heavily influenced by mass media.
- ◆ **Illusion of Control.** Seeing ourselves at the center of our universe and mostly in control of our opinions and outcomes.
- ◆ **Hostile Attribution.** Interpreting other's behavior or comments as having hostile intent, even if it is ambiguous and benign.
- ◆ **Attitude Polarization.** Entrenching ourselves in a viewpoint once we've openly committed to it, and even doubling-down in the face of irrefutable evidence.
- ◆ **IKEA Effect.** Believing that something we put together is better and more valuable.

7. Logical Fallacies (How our perceptions and conclusions get skewed)

- ◆ **Ad hominem** – Attacking a person's character rather than addressing their views.
- ◆ **Strawman fallacy** – Exaggerating another person's views to make it easier to attack.
- ◆ **Red herring** – Changing or redirecting an argument away from your vulnerable position.
- ◆ **False dilemma** – Thinking there are only two either/or options instead of many options.
- ◆ **Hasty generalization** – Creating a quick, broad opinion based on limited information.
- ◆ **Eisogesis** – Forcing your preconceptions into an argument, statement, or document.
- ◆ **Cherry picking** – Choosing examples that support your argument and ignoring the full picture.
- ◆ **Anecdotal evidence** – Using “success” stories to prove a view or supposition is universally true.
- ◆ **Appeal to authority** – Believing something is right only because an “expert” says so.
- ◆ **Appeal to tradition** – Believing something is right because it's been believed for a long time.
- ◆ **Appeal to emotions** – Playing on people's emotions (fear, anger, insecurity) to prove your view.
- ◆ **Begging the question** – Trying to prove an argument is true by repeating it in different words.
- ◆ **Slippery slope** – Taking an argument to an exaggerated extreme and fear of a domino effect.
- ◆ **Circular reasoning** - Asserting that point A is true because point B is true, and vice versa.
- ◆ **Correlation proves causation** – Assuming that simultaneous events effected each other.
- ◆ **Ecological fallacy** – Assuming a specific person totally reflects views of a group they belong to.



Create in me a Clean heart

*Behold, You desire truth in the innermost being,
And in the hidden part You will make me know wisdom.
Heal me, O Lord, and I will be healed... For You are my praise*

(Psalm 51:6; Jeremiah 17:14)

A SEASON OF HEART LEVEL PRAYER

Praise the Lord for who He is

Thank the Lord for what He's done

Ask the Lord to search your heart

7 Hidden Things that Blind & Bind our Hearts

1. Walk through the 7 things diagrammed inside
2. Ask the Lord to reveal the things you tend to do
3. Circle the bullet points of the things He reveals
4. Consider counsel to help you see your blind spots
5. Confess and leave these things before the Lord
6. Receive and walk in your cleansing and healing
7. Thank the Lord continually for His work in you

God's Healing from 7 Hidden Things that Blind & Bind our Hearts



4. Public Role Playing Above the surface "works" or "fruit." Galatians 3:1-5 ; II Cor. 3:1-6 ; James 4:6-10 ; Col. 3:9-10 Not so good roles: "Wax fruit" portrayals of ourselves to others. Very good roles: "Bearing fruit" results of "abiding in Christ" (John 15)

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| ◆ Over-achiever | ◆ Perfect Parent | ◆ Visionary Pastor | ◆ Fearless Leader |
| ◆ Cool Dude | ◆ Providing Husband | ◆ Powerful Preacher | ◆ Brilliant Scholar |
| ◆ Cheerleader | ◆ Submissive Wife | ◆ Sold-out Missionary | ◆ Impressive Theologian |
| ◆ Good ol' Boy | ◆ Sensitive Friend | ◆ Zealous Evangelist | ◆ Champion of Orthodoxy |
| ◆ Gracious Hostess | ◆ Joyful Christian | ◆ Deeper Counselor | ◆ Inscrutable Philosopher |
| ◆ Gallant Gentleman | ◆ Humble Servant | ◆ Gifted Teacher | ◆ Investigative Reporter |
| ◆ Victimized child | ◆ Selfless Churchman | ◆ Anointed Healer | ◆ Passionate Worshipper |
| ◆ Oppressed minority | ◆ Prayer Warrior | ◆ Living Miracle | ◆ Crazy Musician/Artist |

Healing comes through Broken Prayer

(Jeremiah 17:14, 7-8)



in
 ◆ Community (I John 1:3-4)
 ◆ Counsel & (I John 1:5-8)
 ◆ Confession (I John 1:9-10)
 at the **Cross**
 where His Blood (I John 1:7)
 only cleanses Sin,
 not excuses. (James 5:16)

BELOW THE SURFACE * HIDDEN ROOT LEVELS OF THE HEART

3. Personal Coping Strategies to not be hurt again. II Corinthians 10:3-5 ; Prov. 14:12-13 ; Prov. 3:5-8 ; James 3:13-18

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| ◆ <u>Isolationism</u> : Narrowing your borders to stay in control | ◆ <u>Work-aholics</u> : Being driven to do more to feel successful | ◆ <u>Pride & Posturing</u> : Acting right to cover your wrongs |
| ◆ <u>Perfectionism</u> : Having things done right to feel all right | ◆ <u>Fun-aholics</u> : Looking for pleasures to cover your pains | ◆ <u>Misdirection</u> : Focusing all eyes on anything but you |
| ◆ <u>Romanticism</u> : Dreaming of ideals to escape reality | ◆ <u>Fight-aholics</u> : Forcing your views to feel in control | ◆ <u>Busyness</u> : Doing more stuff to distract you from hurt |
| ◆ <u>Materialism</u> : Getting nice things to sooth your heart | ◆ <u>Flight-aholics</u> : Getting away from it all to forget it all | ◆ <u>Productivity</u> : Finishing more stuff to feel more satisfied |
| ◆ <u>Asceticism</u> : Denying all worldly things to feel more holy | ◆ <u>People-holics</u> : Clinging to others to feel more accepted | ◆ <u>Religiosity</u> : Using church ministry to escape responsibilities |

2. Reflexive Defense Mechanisms II Corinth. 10:3-5; Jeremiah 17:1-6; Prov. 18:17; Eph. 6:11ff (more are listed in Minirth & Meyer's Intro. to Christian Counseling, pp. 235-246)

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| ◆ <u>Denial</u> : denying our own sin & struggles to avoid the pain | ◆ <u>Suppression</u> : burying our sin to deal with later... maybe. | ◆ <u>Compensation</u> : doing good things to cover up bad things |
| ◆ <u>Distortion</u> : distorting reality to suit our own inner needs | ◆ <u>Phariseeism</u> : covering our sin with self-righteous works | ◆ <u>Sarcasm</u> : venting our inner angst/anger with critical humor |
| ◆ <u>Projection</u> : projecting our sin on to others & shifting blame | ◆ <u>Devaluation</u> : criticizing others to feel good about ourselves | ◆ <u>Intellectualization</u> : using intellect to cover up inner angst |
| ◆ <u>Rationalization</u> : justifying our sin with false reasoning | ◆ <u>Withdrawal</u> : running and hiding from dealing w/ conflicts | ◆ <u>Controlling</u> : covering our insecurities by controlling others |
| ◆ <u>Repression</u> : burying our sin to the point of being blind to it | ◆ <u>Idealization</u> : creating the illusion that everything's fine | ◆ <u>Compartmentalizing</u> : stuffing sin in a secret mental closet |

1. Wounded Broken Hearts Jeremiah. 17:1-6 ; II Corinthians 7:1-10

- START HERE**
- a. Come from: Our Sin Other's Sin Life's trials (John 16:33)
 b. We will experience: neglect, humiliation, rejection, betrayal...
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| ◆ <u>Non-sinful responses</u> : Hurt , grief, deeply distressed (Mark 14:32-35) |
| ◆ <u>Satan's seduction</u> : Lies , deception, distrust (John 8:43-44) |
| ◆ <u>Sinful reactions</u> : Bitterness , unforgiveness (Matthew 18:21-35) |

5. Soothing, but Binding Addictions Proverbs 23:31-35

- a. Seduced into a **snare & fortress**. (II Timothy 2:24-26 ; II Cor. 10:3-4)
 b. Addicted and **enslaved to sin**. (I Corinthians 6:18-20 ; Romans 6:12-18)
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|-----------|---------------|------------|------------|------------|
| ◆ Alcohol | ◆ Smoking | ◆ Anorexia | ◆ Flirting | ◆ Approval |
| ◆ Drugs | ◆ Medications | ◆ Bulimia | ◆ Spending | ◆ Winning |
| ◆ Sex | ◆ Pornography | ◆ Cutting | ◆ Leisure | ◆ Success |
- c. Vulnerable to **demonization**. (II Timothy 4:1; Matthew 17:14-21)

Scriptural basis re: Healing Prayer- Below the Surface, at the Roots

4. Public Role Playing

[[**Galatians 3:1-5** You foolish Galatians, who has bewitched you, before whose eyes Jesus Christ was publicly portrayed as crucified? 2 This is the only thing I want to find out from you: did you receive the Spirit by the works of the Law, or by hearing with faith? 3 Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh? 4 Did you suffer so many things in vain -- if indeed it was in vain? 5 So then, does He who provides you with the Spirit and works miracles among you, do it by the works of the Law, or by hearing with faith?]]

[[**2 Corinthians 3:2-6** 2 You are our letter, written in our hearts, known and read by all men; 3 being manifested that you are a letter of Christ, cared for by us, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts. 4 Such confidence we have through Christ toward God. 5 Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God, 6 who also made us adequate as servants of a new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.]]

James 4: 6 But He gives a greater grace. Therefore it says, "GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE." 7 Submit therefore to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. 10 Humble yourselves in the presence of the Lord, and He will exalt you.

[[**Colossians 3:9-10** 9 Do not lie to one another, since you laid aside the old self with its evil practices, 10 and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him

3. Personal Coping Strategies

[[**Proverbs 14:12-13** There is a way which seems right to a man, But its end is the way of death. 13 Even in laughter the heart may be in pain, And the end of joy may be grief.]]

[[**Proverbs 3:5-8** 5 Trust in the LORD with all your heart And do not lean on your own understanding. 6 In all your ways acknowledge Him, And He will make your paths straight. 7 Do not be wise in your own eyes; Fear the LORD and turn away from evil. 8 It will be healing to your body And refreshment to your bones.

[[**James 3:13-18** 13 Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. 14 But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. 15 This wisdom is not that which comes down from above, but is earthly, natural, demonic. 16 For where jealousy and selfish ambition exist, there is disorder and every evil thing. 17 But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. 18 And the seed whose fruit is righteousness is sown in peace by those who make peace.

2. Reflexive Defense Mechanisms

[[**2 Corinthians 10:3-5** 3 For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,]]

[[**Proverbs 18:17** The first to plead his case seems right, Until another comes and examines him.

[[**Ephesians 6:11** Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

1. Wounded Broken Hearts

[[**Jeremiah 17:1-14** The sin of Judah is written down with an iron stylus; With a diamond point it is engraved upon the tablet of their heart ...5 Thus says the LORD, "Cursed is the man who trusts in mankind And makes flesh his strength, And whose heart turns away from the LORD. 6 "For he will be like a bush in the desert And will not see when prosperity comes, But will live in stony wastes in the wilderness, A land of salt without inhabitant. .. 9 "The heart is more deceitful than all else And is desperately sick; Who can understand it? 10 "I, the LORD, search the heart, I test the mind, Even to give to each man according to his ways, According to the results of his deeds]]

[[**2 Corinthians 7:1-10** Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God. 2 Make room for us in your hearts; we wronged no one ... 5 For even when we came into Macedonia our flesh had no rest, but we were afflicted on every side: conflicts without, fears within. ... 9 I now rejoice, not that you were made sorrowful, but that you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God, so that you might not suffer loss in anything through us. 10 For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.

[[**John 16:33** "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

[[**Matthew 18:21-35** Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" 22 Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven... 32 "Then summoning him, his lord said to him, "You wicked slave, I forgave you all that debt because you pleaded with me. 33 "Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?" 34 "And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. 35 "My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart."

HEALING AT THE CROSS!

[[**Jeremiah 7: 14** Heal me, O LORD, and I will be healed; Save me and I will be saved, For You are my praise. ... 7 "Blessed is the man who trusts in the LORD And whose trust is the LORD. 8 "For he will be like a tree planted by the water, That extends its roots by a stream and will not fear when the heat comes; But its leaves will be green, And it will not be anxious in a year of drought Nor cease to yield fruit.]]

[[**1 John 1:3-10** 3 what we have seen and heard we proclaim to you also, so that you too may have fellowship with us; and indeed our fellowship is with the Father, and with His Son Jesus Christ. 4 These things we write, so that our joy may be made complete. God Is Light 5 This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all. 6 If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; 7 but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. 8 If we say that we have no sin, we are deceiving ourselves and the truth is not in us. 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say that we have not sinned, we make Him a liar and His word is not in us.]]

James 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed.

5. Soothing, but Deadly Addictions

[[**Proverbs 23:31-35** 31 Do not look on the wine when it is red, When it sparkles in the cup, When it goes down smoothly; 32 At the last it bites like a serpent And stings like a viper. 33 Your eyes will see strange things And your mind will utter perverse things. 34 And you will be like one who lies down in the middle of the sea, Or like one who lies down on the top of a mast. 35 "They struck me, but I did not become ill; They beat me, but I did not know it. When shall I awake? I will seek another drink."

[[**2 Timothy 2:24-26** 24 The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, 25 with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, 26 and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will.

[[**2 Corinthians 10:3-4** 3 For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.

[[**1 Corinthians 6:18-20** 18 Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. 19 Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? 20 For you have been bought with a price: therefore glorify God in your body.

[[**Romans 6:12-18** 12 Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. 14 For sin shall not be master over you, for you are not under law but under grace. 15 What then? Shall we sin because we are not under law but under grace? May it never be! ... 17 But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, 18 and having been freed from sin, you became slaves of righteousness.