



RAY EDWARDS

LIVE WITH JOY. LEAD WITH PASSION. PROSPER WITH PURPOSE.

The 5 Destructive

Lies You Tell Yourself, and the Liberating Truths That Will Set You Free Episode 173

Sean: Welcome to the Ray Edwards show, where we help you start, run, and grow your own Internet based business... So you can enjoy more freedom in your life.

My name is Sean Edwards, and I'm the host of today's show. You might've noticed that my last name is the same as the last name of the show's creator-that's because Ray happens to be my father. Dad, before we dig in today's topic, would you like to say a few words about the new format?

Ray: I would. It is a new format, people will recognize this as very different from the way we normally start the show. We've been experimenting with new formats, including a shorter format, but I was really excited about the concept of having a co-host. My friend, Michael Hyatt, has had his podcast co-hosted for over a year and I thought that sounded so much more like a conversation and less like a lecture.

Sean: You're probably looking for my color commentary as well.

Ray: I do, because you help keep me lightened up. I think it'll be a better show and will serve people better. I'm excited about having you do this and I think we can provide a show that gives the good stuff people have been counting on us for, that also improves and delivers more service to our listeners. It'll be up to you all to let us know if that's the case.

Sean: Awesome.

Spiritual Foundations

This is one part of the show that's not going away, because it's the most popular element of the show. I picked a softball topic that won't cause any controversy for this first edition of the new format of the show.

What's the most memorized scripture in HELL? It might surprise you to think about that happening, but it does. The Devil quotes scripture, he did when he tempted Jesus in the wilderness, so there's no reason to think he has a different strategy because he never does he just has the same old boring strategy.

The answer, by the way, is Romans 7:9–10 - *"I was alive once without the law, but when the commandment came, sin revived and I died. And the commandment, which was to bring life, I found to bring death."*

That's from the Apostle Paul, a pretty smart guy.

CS Lewis wrote a book called *Screw Tape Letters*. It's about one of the senior leaders in the demonic realm, teaching his apprentice how to exploit the weaknesses and frailties of human beings. I imagine part of a demon's training manual is to memorize Romans Chapter 7:9-10.

Maybe it's part of the seminar given in hell, called "how to's start a revival of sin", because that's what Paul says.

It's funny to me, we read scripture but we just pass right over what it says and how astonishingly weird it is sometimes. Paul actually says that when you introduce the law, there will be a revival of sin. If that was on the billboard of your local church would you attend? Probably not. He also says that the law kills, and that it brings death. What's he talking about, the law? The most visible portion of the law is the 10 Commandments and this sheds new light on the efforts of some people to get the 10 Commandments posted in all of our schools and government buildings doesn't it? So if you think that's a good idea, if you're one of those people that has posted that thing on Facebook, ask yourself this, if I'm in favor of that that means what I want to do is start a revival of sin at our schools.

I don't think that's what you're after.

In Romans Chapter 3:20, Paul writes "By the law is the knowledge of sin". Without the law we wouldn't even know there was sin, so we wouldn't be breaking the law. The devil is a legalist. He uses the law to make your failures, your shortcomings, and your flaws take the spotlight. He puts the spotlight on you, what you did, what you can do or what you're doing. This is what he uses to keep you out of fellowship with God. It's all in your head.

So how you get out of this pit of defeat and despair? Stop putting the spotlight on you and your sin. Instead put the spotlight on Jesus and his finished work. Because by his death he took your condemnation, your sinfulness, your violations of the law, He removed all that and made you qualified to receive God's acceptance 100% worthy to receive God's love and all of his blessings.

That should make you really happy and should prevent you from taking part in a revival of sin.

Feature Presentation

Sean: Sean Edwards back again. Okay, dad, let's dive into today's topic. Let me quote something you wrote on your blog... *"Myths are stories that teach us something about our best selves, that inspire us to reach for something better, or that caution us against grave error. Lies, on the other hand, are simply falsehoods perpetrated upon us for the purpose of robbing us of something."*

What did you mean by that?

Ray: Well, this isn't a whole Bible episode, so if you're one of those people who say Ray, I love you, but I wish you wouldn't do all that Bible talk so much. Don't worry, I'm about to pass into things you will find more palatable. I will tell you this. In the Bible it says the Devil is a liar and that he comes to rob, kill and destroy. So lies rob us of our destiny, of our identity, of our possibility.

Francis Frangipane, a great author, said, *'any area of your life that is not glistening with hope is under the influence of a lie.'* Therefore, if there's any part of our lives where we're not glistening with hope, and think what that would look like, then you can be sure you're under the influence and believing a lie, which is robbing you of what's available to you right now in that very area.

Sean: Have you ever had this happen to you personally?

Ray: Yes. You've been part of this process so you can comment if you feel like it. A couple years ago, four to be exact, I was diagnosed with Parkinson's disease and for a guy who believes in Divine healing and that God doesn't want us to be sick and that He's provided a way for us to be well, at first this was a fun challenge. I was like, okay, I have Parkinson's disease, I'm going to be healed. It's going to be amazing and people are going to flock to hear what I have to say about getting healed.

So far it hasn't happened that way. I went through a period where I was definitely under the influence of some lies. Some of those lies were, maybe what you believed all this time was wrong. What if you were just wrong about this? Maybe you did something, you've told people that their sin doesn't over power the grace of Jesus, to cause this to happen to you. Maybe, even though Ray, you haven't believe it up until now but maybe God's punishing you for something.

These were lies I had to deal with and I went into a dark space for a while, but I was liberated by the truth. In this case, pointedly on a couple of occasions the truth came in the form of your mother, who slapped me upside the head and said, you've got to pull your head out of your pit of despair and remember the truth of who you are, who God is and what God has called you to do, regardless of the circumstances you're facing. You get to choose and right now you're choosing to be a victim.

So I was under the influence of a lie and it was robbing me of my joy, my destiny, my influence and my ministry.

Sean: Okay, so let's dig in to, The 5 Destructive Lies You Tell Yourself, and the Liberating Truths That Will Set You Free.”

What is the first of the five lies?

Ray:

1. Once I have [BLANK], I will be happy. Like...
 - Once I have my debts paid off then I'll be happy.
 - Once I Have the promotion I'll be happy.
 - Once I have that new Lexus I'll be happy.
 - Once I have the perfect mate, who marries me...
 - Once I have the perfect marriage...
 - Once I have my marriage repaired...
 - Once I have the new house...
 - Once I have... fill in the blanks

The answer is no you won't be. If you can't be happy now, you won't be happy then. Happy doesn't happen to you... it's something you decide. I had two friends, who were victims of what I would call this "If-When" syndrome. If I get this that's when I'll be happy. I'll just go ahead and fast forward, they both died of cancer. I don't want to tarnish their memory so I won't name names, because they had challenges that they dealt with that could have easily been me.

The first one was someone who pursued financial gain at the expense of his family, his spiritual well-being and his health. In doing so he brought his family to financial ruin and he was dying in his living room with the best medical care that no money could provide

and we talked frequently during that time. He told me, if I had only known that this would be how it would end, I would have done things differently. I was always out for the next big deal, big buyout or cash-in of my company and now I realize that was meaningless.

The second was someone who I connected with a few years ago. We'd known each other for quite some time. I was recently going back through my email history and realized I knew him for 10 years and reconnected over the past few years. We became close friends and shared a lot. Then he began to also go through some health challenges and he basically ignored the gravity of his health condition and kept pursuing all kinds of different ideas, business schemes, make money quick... he was the walking definition of entrepreneurial ADD. It was like the next bright shiny object that came by he was like... squirrel!! I would talk to him about his latest idea and counsel him, that if this is it then stick with it, you can do it you have the capability so apply your genius to this. He didn't and he dispersed his energies and ignore the one thing that probably demanded the most of his attention. In looking back on the experience if he had just faced the truth and stopped the if-when game, he may still be with us. He certainly could have been happy in those moments. He was unhappy the last years of his life, and last months and into the last weeks because he always put happiness somewhere out in the future.

That's what this lie does. Once I have [blank] then I'll be happy.

Sean: So to avoid that tragedy what's the liberating truth?

Ray: You get to decide what is required for you to be happy. There's a story Tony Robbins tells about two guys that attended one of his resort retreats in Fiji.

One was a billionaire and one was someone who made a normal income, yet they were both at the same event. He asked the question of the group, what are the requirements to make you happy? The billionaire had a long list, very exacting criteria. His net worth had to increase by a certain percentage every day. These KPIs and report on the dashboard had to be a certain way every morning. He had to be at his ideal weight, ideal body fat ratio. He had a huge list of things for him to have a good day and be happy.

The other guy was smiling and laughing and Tony says, what about you? What's required for you to be happy? That guy said, well Tony, it's pretty simple. Every day above ground is a good day.

And Sean, I know you've heard me say this many times and now you know where I got it. That's a decision about what it takes to be happy that anybody can make.

Sean: Perfect. **What is lie #2?**

Ray:
2. I can't get paid what I'm worth.

There's a lot of variations of this lie, like I don't get paid what I'm worth. People aren't willing to pay what my service is worth. I work really hard and don't get paid enough. It all comes down to this, I can't get paid what I'm worth.

Sean: **How do you know if you're being influenced by this lie?**

It sounds like it can be sneaky.

Ray: It can be. It can be insidious. What's interesting to me is that people will tell me they believe certain things and profess to the world they believe certain things but their language always gives them away. Here's a hint. If you're trying to figure out what's really inside people, just listen to what they say. Let them talk. Let them do the talking and you do the listening and people will eventually say the things that are inside them.

I think if you listen to your own language and self-talk, the things you say to others, look for something I call "Loser's limp". I didn't come up with it, it's from Zig Ziegler first introduced this idea. "Loser's limp" is the guy on the basketball court who's limping at the beginning of the game or he's on the track and he's limping because that way if he loses nobody can accuse him of being a loser, because he'd already lost before the race started. He'd already given himself an excuse. So I would ask myself, do I say things that give me an excuse, like well, I'm a woman so I can't get paid as much as a man?

Ladies, before you write angry emails, I understand that's a real discriminatory thing that happens in the world. What I am saying is that you don't have to sit still for that. You don't have to accept that and you don't have to wait for men to change the laws to make it so you get paid the same. You can grab onto the other reality for yourself.

So if you're taking on the role of a victim and saying people don't understand how important what you do is, if you say things like well, people just don't understand the importance of my work, people don't appreciate how valuable the counseling I give is, people don't have an appreciation for art or this is just the economy and in this economy you can't make it doing what I do, people just won't pay for it. If you hear those things coming out of your mouth that's Loser's limp and it's a good way to know that you're under the influence of this lie.

Sean: A lot of people are probably wondering if you've been under the influence of a lie.

Ray: Like this one?

Sean: Yes.

Ray: Me?

Sean: Yes.

Ray: Yes, I definitely have. I definitely was under the influence of this same lie when I first found out I had Parkinson's disease. And I'm not sure I tied the bow on that story from earlier, I came out of that period deciding I wasn't going to live as a victim, but instead as being victorious. I still believe that God has ordained a day before I leave this planet that I will be completely healed of Parkinson's disease. I believe that day will happen. It could be today or next week or 99 years from now.

Much like Shadrach Meshach and Abednego, who were told to either bow down to the king of the land, who is the God of the land or you'll be thrown into the furnace. They said oh great king, we will not bow to you, because our God is able to protect us. But even if He does not we will not bow to you. So I decided I was going to be the victor even if I'm not healed in this life, but I have to wait until the next phase of life to be healed. I still won't be the victim. In fact, I believe all disease and challenges come from the Devil.

I know, those of you who aren't into the Bible you're like, there you go again with Bible talk, listen Bible man that isn't what I came to this podcast for. You think of it like this, I know some people call it the resistance or negative energy or negative self-talk, whatever you're comfortable with, however you like to disguise the Devil so you're comfortable with him go right ahead. If you can honestly say to the enemy, however you think of him or it, I'm not going to allow your attempt to destroy my life to be successful. In fact, I'm going to turn it against you. Then start asking yourself the question of... how can I use this to change what's happening to me into a benefit instead of into something terrible and a horrible faith.

Sean: What is the liberating truth to this lie?

Ray: We started by saying I can't get paid what I'm worth, that was the lie. The liberating truth is that you're getting paid exactly what you **WANT** and **THINK** you deserve. That may upset you and I'm okay with that, you'll get over it. If you will sit for a moment and if it brings up a lot of anger and resistance or a desire to write bad things that's okay, but try this. For a moment, just pretend that I was right that you're getting paid what you think you're worth. You can have your other belief back in a moment. Ask yourself... what is it that I believe that causes me to get paid at this low level?

That begins the journey out of not getting paid what you're worth, because you'll begin to see what the truth is, which is that you get to decide.

Sean: Let's move to lie # 3. What is it?

Ray:

3. Because of [this limitation] I cannot get [this aspiration].

- Because I don't have a degree, I can't get that job.
- Because I'm too young, I can't achieve in this area of business or life or I can't be a leader in this organization because I'm too young and people won't respect me.
- Because I'm too OLD, I can't achieve in this area of business or life.
- Because I'm too old I can't get a job.
- Because I'm too old it's too late to start a business.
- Because I'm too old it's too late to start a new relationship.

This lie takes on a lot of different forms but it basically comes down to... because of this particular limitation I just named I cannot get this aspiration that I want.

Sean: What do you think the source of this lie is?

Ray: I think it is that you feel unworthy. You're protecting yourself from humiliation. You're afraid people will find out what's really inside you, so you protect yourself by saying, there's something else outside me that causes this to be true, it's not the fact that I feel like I'm not up to the challenge, that I have self-esteem issues and I don't think highly enough of myself to be able to put myself out and accomplish this. I think we're protecting ourselves from humiliation.

Sean: So what's the truth in this situation?

Ray: Well, you get to decide how you're going to respond. This is a theme you're hearing throughout this show, because I think it's a universal principle. Unlike every other animal

we have the ability to react to stimulus by putting a pause between stimulus and response. In the behavioral kingdom of animals... dogs, horses, pigs, whatever... we know that biological behavior is that there's a stimulus, like if you poke a horse with a poker and there's a response when the horse kicks the snot out of you. He doesn't think about it he just does it, it's a response.

Unlike other animals, most of the time we have a pause where we get to decide how we're going to respond to this. In that pause is an indication of how we're different and special, because we get to choose that response. The key is that often we don't pause we simply response. I still do this occasionally, I think we all do. No matter how good you get at thinking through your response, sometimes you just respond automatically where you snap at people or behave in a way that's not representative of your best self. But, you do have the ability to decide in advance how you're going to respond.

Like you look for the cues that cause this belief to crop up for you, this belief that because of this limitation I cannot get this aspiration, and whenever you see that coming up then you decide in advance how you're going to respond. So instead of doing what most people do, which is build a build a CASE for why the lie is true. Well, I know 15 people who got fired or laid off because they were 55 and the company said it wasn't for that reason but I know it was. They wanted them out so they could hire three new models for 1/3 the price each and have three people working for the price of one. I know that's the truth. I can show you all these examples, articles in Time Magazine or this newspaper article. Why, there was even a special on 20/20 about this very thing.

So you're building a case for why the lie is true. How's that working out for you? Is it helping? Or, could you build a case for why you can do the thing you want to do, despite the limitation? In fact, could you build a case for why you could do the thing you want to do, because of the limitation; how you could turn it around and make it into something where you become victorious? If you don't believe that's true just think of ... Helen Keller, Nick V, Joni Erikson Tada, Barak Obama (regardless of your political views, here's an African American man who became the President of the U.S., something that 10 years ago many people said was impossible and would never happen). Think of Tony Robbins. You can say he's giant physically and he's also world famous and rich, but he didn't start that way. He was an unknown and broke with a high school education and he's still at that level of formal education, although he's educated himself by turning that limitation into more of an empowerment for himself. Now he teaches psychiatrists and psychologists how to work with people to overcome their psychological hang ups.

We all know stories of people who had great limitations and turned that very thing into what allowed them to achieve the aspiration that they were chasing after.

Sean: Perfect. What's Lie #4?

Ray:

4. All I want is peace.

How many times have you heard people say this? You most often hear people, who's life is total chaos, which is mostly self-created, say I just want peace that's all I want. I think if you really wanted peace you would have it.

Sean: Talk more about that.

Ray: I think what most people are saying when they say they want peace is they want no problems. I want a life with no problems. There is no life with no problems. I find I'm a Christian, which you've probably figured out. Christians oftentimes believe, I'm a believer now and I should have no problems and then they have problems and think they're doing something wrong, so they go looking for a different church that has a different version of Christianity that'll help them have no problems. Then they find a charismatic church and realize these people have it figured out. I don't have all this because I don't have the Holy Spirit yet or whatever the difference is.

Then they think they won't have problems, they'll work harder, pray harder, read more scriptures and go to more Bible meetings and yet they still have problems. I think they're ignoring the fact that their head teacher said, in this world you will have problems but don't worry I've overcome the world. He didn't say, don't worry I'll fix all your problems He said don't worry I've overcome the world. We will have problems, so if that's what you mean by peace, you won't have that until you're dead.

However, if by peace you mean tranquility, contentedness and being centered no matter what's happening around you, then I think you can have that. It's a decision, you simply decide you're going to be at peace no matter what's happening. The Apostle Paul wrote about it and again you don't have to be a Christian to take this advice, Buddha said similar things. He had other people who wrote for him. You get to decide whether you'll be at peace or not. Here's what people miss... I can decide I am going to be at peace no matter what, but then it requires practice.

You have to practice being at peace. It's a skill that you can learn or not learn and whine, moan and be miserable and consequently make everyone around you miserable as well.

Sean: What is the final lie, Lie #5

Ray:

5. Because of [SOME EVENT FROM THE PAST] I cannot [DO WHATEVER IT IS I MIGHT WANT TO DO NOW].

An example of this would be like,

- Because my parents abused me I cannot have a great relationship now as an adult.
- Because I had an alcoholic father I cannot be free of alcohol addiction myself.
- Because my family is poor it's like we're cursed, I cannot ever make money or have wealth myself.
- Because of an event in the past, I now cannot live out the dreams I want to have for the future.

Sean: This sounds a lot like lie #3... How is it different?

Ray: Lie #3 is "because of [this limitation] I cannot get [this aspiration]". It sounds similar, I think these are two very different lies that we're dealing with. While #3 is about a self-belief, I think #5 is about a "nurtured wound" and "victim mindset". I talked about it earlier, about being a victor instead of a victim.

Sean: What do you mean by that?

Ray: Some of you maybe saw the motion pictures 'The Lord of the Rings' movies and you remember Gollum, who had his precious. He cherished and treasured it and he became warped by the power of the ring. The ring was filled with evil and Gollum became warped and the more he became warped by it the more he coveted it, nurtured it, protected it and held it close to him. It was the reason for his existence. I see this happen with people. People have a victimized past.

You can be victimized, but that doesn't mean you are a victim. If you're a child and you're abused then you're definitely being victimized and you're a victim temporarily. But a victim mindset means you take on that identity and then you nurture the wound, hold it close, like people try to tell you, you could be more. You could have more in your life and you're defensive about that and respond like, don't tell me that. I don't want to hear that. You don't understand what it's like to be me or have my past. I had terrible things happen to me, how can you say that? You're so insensitive. They're nurturing their wound because it's their precious.

Don't touch the precious.

Sean: What's the liberating truth on that one?

Ray: This lie is illogical. Think about it with your brain for a minute. This "thing from the past" is it happening now? No, it's not, because it's from the past. So if it's not happening now, is it real? The nurtured wound person says yes, of course, it's real. It's the most real thing in my life and that is why you fail. You might ask, how do I let go of that it's been such a pattern of my behavior?

You have to start building a case of examples and evidence for how it is that people who overcame this same challenge were able to do so and you feed yourself on their stories, instead of feeding yourself on stories of the terribleness of what happened to you and how it can never be overcome. The Bible says let the weak say they're strong. It doesn't say let the weak form a self-help group and get together and talk with one another about how weak they are.

Sean: Some people are angry about these things. What do you think of that?

Ray: There are two kinds of anger that might be at play here. They may be angry with me for saying this stuff. How dare you Ray, you don't understand. Trust me, I do. They also are probably angry about the thing that happened in the past. This is the most common. They have lots of anger about this certain person who did this certain thing to them or these misfortunes that happen to them. How could God let this happen? How could God not protect me?

I actually think proper anger is okay. The scripture says, "Be angry and do not sin". That seems to make it clear to me that it's possible to be angry and it not to be wrong. Jesus got angry. Jesus was this capricious unpredictable wild offensive character. Jesus got angry at the money changers in the temple and he lashed out with a whip in anger. Think about the process of that... first He saw what was happening then he got angry. Then He made a whip. You don't do that in five minutes. You first have to find the materials to make the whip, and it had to be a big whip because there were livestock that were caged and standing around.

He had to use the whip to drive the livestock out of those pens. There were probably lots of big guys in the temple and he drove them out as well. How long did that take to make?

I'd say at least a couple hours, which means this wasn't a passing flash of anger, it was a sustained aggressive plan of action on his part. Driving them out indicates to me that He didn't just wave the whip around and say oh guys, I'm going to get angry if you don't get out of there right now. We have the picture of a passive Jesus sitting in a landscape with lots of smiling children on his lap. This was a guy with a big voice, physical strength and with a big whip, so chew on that.

Here's another example, Lazarus has died and he's in the tomb and sometimes it's unfortunate how our translations of the Bible render things. Most of our translations say that Jesus stood before the tomb and was moved in spirit. Well, I'm not a Greek scholar but I know how to look things up and according to what I found those are the same words that are used for anger in other places. So, in other words, Jesus stood outside Lazarus' tomb and He was angry. Why? I think he was angry at death and the injustice of it, of what people had been robbed of, about the enemy he was about to defeat. He was angry and He shouted, Lazarus come out. I don't think He was meek.

It's okay to hate. You can be a hater. Hate the things that God hates and you're in good company. So you can hate the evil that was done to you. You can hate what empowers that evil in the world. You can even dedicate yourself to fighting against it if you want to, if you're called to do that. Hate that, but don't use your anger as a way to fuel your victimhood.

Sean: We've been talking about "The 5 Destructive Lies You Tell Yourself, and the Liberating Truths That Will Set You Free." To recap here are the five lies, and the liberating truths.

LIE #1. Once I have [BLANK], I will be happy.

LIBERATING TRUTH: No you won't. If you can't be happy now, you won't be happy then. We DECIDE to be happy.

LIE #2. I can't get paid what I'm worth.

LIBERATING TRUTH: You are getting paid exactly what you WANT and THINK you deserve. If you want to get paid more, you must decide you are worth more.

LIE #3. Because of [this certain limitation] I cannot get [this certain aspiration].

LIBERATING TRUTH: You get to decide how you're going to process ANY limitation... in advance.

LIE #4. All I want is peace.

LIBERATING TRUTH: If by peace you mean tranquility, contentedness, and being centered. It's a decision and then it's PRACTICE.

LIE #5. Because [SOME EVENT FROM THE PAST] I cannot [DO WHATEVER IT IS I MIGHT WANT TO DO].

TRUTH: This lie is just illogical. This "thing from the past" is not happening now - so how does it prevent you? It's not real. Find examples of people who have overcome this same challenge, and feed yourself on their stories.

Ray: That's a great summary of the five lies and liberating truths. These are powerful life changing beliefs, that if you can replace the lies with the truths they will liberate you and set you free to achieve the things you desire.

Sean, you know this, I believe that desires we have about our lives are placed within us for a reason. It's our destiny and what we're meant to do. Don't let a lie prevent you from doing the great thing you've been called to do in your life.

Sean: You can find the downloadable version of this show, as well as the show notes, a word for word transcript, and the links to any resources we mentioned, by going to RayEdwards.com/173.

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Dad, any final thoughts?

Ray: Yes, lies come from the father of lies, the Devil. Jesus said that the devil was a liar from the beginning and that everything he says is a lie. Whether you believe that or some impersonal force, good vs. evil or yin vs. yang, you know what's true, what's a lie and you know what's good and not good. The wonderful thing about lies is they are easily dispelled by the truth.

So I encourage you to fill your mind and heart with the truth, and you can escape the bondage from these or any other lies that you may have bought into.

Until the next time I urge you to think true good and pure and empowering thoughts, and I pray that God will do more for you than you could possibly ask, think or imagine.

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