

## ✓ OWF.6. The Identity Lies We Believe

Thursday, 1 May 2025 11:35 AM

### The Lies We Believe

#### I. The Heart Wound

- When we are deeply wounded there is a painful memory imprinted upon our heart
- 1. The Memory contains:
  - **What happened** to us, what was done or was withheld from us
  - **The Grief and Pain** associated with that event
  - **Our Personal Reactions** to that event
- 2. False Beliefs (LIES).
  - One of the most common reactions to being hurt are the beliefs that we form
    - A belief is the result of **accepting something as being true**
    - A particular belief does not make something true
    - If something is not true then it is a Lie
- 3. Children frequently Misinterpret Situations
  - Children tend to interpret what has happened through a self centred viewpoint
    - They frequently come to conclusions that are wrong.
    - A lie is something that is not in agreement with reality
    - Lies have no power unless they are believed
    - The most common lie is an Identity Lie

#### II. Identity Lies

##### 1. What is an Identity Lie?

- **An Identity Lie is a belief that you have about yourself that is not true**
  - An identity lie often forms after being hurt or shamed by someone
    - *"I am clumsy"*
    - *"I am stupid"*
    - *"I am unwanted"*
    - *"I am too Fat/Skinny/Ugly/Short/Tall/Dark"*
    - *"I am a failure"*
  - An identity lie also can develop due to experiences of **neglect**, when valid needs are not met
    - *"I am not important"*
    - *"No-one really cares about me"*
    - *"My needs don't count"*

#### III. Performance Orientation

##### 1. Performance Orientation is the most common Identity Lie

- Performance Orientation is a lie, something we believe that is not true.
  - It consists of two connected beliefs:
    1. *"I am not loved"*
    2. *"If I do enough, then I will be loved, or not yelled at"*
  - We falsely believe that Our Identity is based upon achievement
  - We base our identity upon what we do and not who we are

##### 2. Performance Orientation is an Identity Lie of "Always needing to do something"

- This Identity Lie is carried over into all relationships
  - The person *"Always need to be doing"* in order to feel loved and valuable
  - They become anxious and guilty if they *"are not doing something"*
  - They can never rest or relax, and they impose this false belief onto all relationships

##### 3. Performance Orientation negatively affects all relationships

- It forms a barrier to receiving and giving love. We must *"earn it"*
  - It makes it difficult to relate to God by faith...we must earn His approval
  - *"I am not good enough"*
  - The child easily is taken advantage in religious families to feel constant guilt and shame
  - It makes it difficult to relate to your spouse or children.
  - Nothing and No-one is *"good enough"*
  - It makes it difficult to be authentic and vulnerable
  - The real you cannot be seen, only the performer

4. **The Saddest part of Performance Orientation**
- Achievement or success is “never enough” to satisfy the pain within
  - No matter what you do, or how much you do, it is “Never enough”
  - You still believe that you are “unloveable”
  - It is an Identity Lie and its source is The Devil

5. **Examples of Identity Lies**

- o **Identity Lies are all about me**
- *I am a mistake*
  - *I am stupid*
  - *I am weak*
  - *I am unloveable*
  - *I am a bad person*
  - *I am all alone*
  - *I am a naughty person*
  - *I am a burden*
  - *I am a coward*
  - *I can never change*
  - *I do not belong*
  - *I will never be good enough*
  - *I have no hope for the future*
  - *I would be better off dead*
  - *I must do things to be loved*

IV. **Performance Orientation is a Demonic Lie**

1. **God The Father publicly validated Jesus Identity**

- o [Luk 3:21](#) *When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened.*  
*And the Holy Spirit descended in bodily form like a dove upon Him, and a voice came from heaven which said, "You are My beloved Son; in You I am well pleased."*
- o **Notice What Father God Does:**
1. Father gives access to His Presence
  2. Father gives access to His Resources
  3. Father Empowers Jesus
  4. Father expresses His Love and Approval
  5. Father publicly validates Jesus Identity

2. **The Devil attacked Jesus Identity**

1. **In the Wilderness**

- [Luk 4:3](#) *And the devil said to Him, "If You are the Son of God, command this stone to become bread."*
- Jesus Identity is attacked directly by Satan.
  - *"If you be the Son of God"*
- Satan seeks to persuade Jesus to
  - Doubt the Word and Character of God
  - Attach His identity to performance by doing something special
- Performance Orientation is an agreement with Satan

2. **On The Cross**

- [Mat 27:39](#) *And those who passed by blasphemed Him, wagging their heads*
- [Mat 27:40](#) *and saying, "You who destroy the temple and build it in three days, save Yourself! If You are the Son of God, come down from the cross."*
- [Mat 27:41](#) *Likewise the chief priests also, mocking with the scribes and elders, said,*
- [Mat 27:42](#) *"He saved others; Himself He cannot save. If He is the King of Israel, let Him now come down from the cross, and we will believe Him."*
- Jesus identity is again attacked by Satan.
- This time Satan's attack comes through the voices of people
  - People Jesus had served and ministered to
  - People in religious authority
- The Attack is still the same
  - Doubt the Word and Character of God
  - Attach His identity to performance, by doing something special

2. **Jesus Overcame Identity Lies**

- o [Luk 4:4](#) *But Jesus answered him, saying, "It is written, 'MAN SHALL NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD OF GOD.'"*
- Jesus refused the Identity challenge
  - Jesus refused the Identity Lie of Performance Orientation
  - Jesus believed and declared aloud the Word of God

3. **Jesus Also Exposed the Devil as a Liar**

- o [Jhn 8:44](#) *You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.*
- o **Satan is a Liar**

- Satan is the Father (Originator or source) of Lies
- **Performance orientation is An Identity Lie**
  - Believing this Identity Lie is coming into agreement with Satan
  - It results in lifelong bondage and loss of the joy or being loved

## V. Parental Inversion is an Identity Lie

### 1. What is Parental Inversion?

- **Parental inversion is a role reversal of the parent-child relationship**
  - This occurs when a child takes on the responsibilities, or emotional support, or the decision making roles normally expected of a parent
  - A parent is absent or fails fulfil their responsibilities

### 2. Common Types or Parental Inversion

#### 1. Emotional

- The child becomes the emotional care person for the parent
- They provide comfort
- They help manage the parents feelings, and struggles and trauma
- They are the “go to” person for the parent
- They take over the role of their spouse in all but the bed

#### 2. Practical

- The child takes on the practical responsibilities of the household
- Managing household tasks
- Caring for the younger siblings
- Providing financial support

#### 3. Leadership

- The child assumes the leadership or guiding role in the family
- They often make decisions or act more maturely than the parent

### 3. Common Causes of Parental Inversion

- The neglect or the absence of one of the parents
  - Neglect of normal parental care
  - Emotional immaturity
  - Addiction to alcohol or drugs
  - Mental illness, depression
  - Unresolved trauma
  - Divorce
  - Family or Cultural expectations

### 4. The Identity Lies of Parental Inversion

- **Parental inversion is built upon lies the Child believes, often because of the family chaos or trauma**
  - “I am responsible”
  - “I am responsible to keep the peace”
  - “I am the responsible one”
  - “I am the strong one”
  - “If I don’t help out, bad things will happen”
  - “If I help everyone, then someone will see and meet my needs”
  - “I feel sorry for Mum/Dad”

### 5. Effects Upon the Child

- **The effects upon the child are lifelong and negatively affect all relationships**
  - Loss of childhood and premature maturity
  - Grief over the loss of Childhood
  - Resentment and anger at “having to do all these things”
  - Deep Bitter judgments against both Father and Mother
    - *The Father who abandoned and never protected me*
    - *The Mother who was so weak and needy*
  - Depression and feeling constantly “Burdened”
  - Anxiety and Fear of Conflict
  - Hypersensitivity
  - Difficulty setting boundaries in adult relationships
  - Becoming “The Rescuer” and “The Enabler” in unhealthy relationships
  - Confusion about personal Identity and self worth

## VI. Jesus Rescues us from Identity Lies

- [Mat 11:28](#) *Come to Me, all you who labor and are heavy laden, and I will give you rest.*
- [Mat 11:29](#) *Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.*
- **Jesus Purchased Freedom for Us on the Cross**
- **We are Responsible to address the root issues**
- **Practical Steps:**

1. **Invite Holy Spirit to expose our heart condition and the Identity Lies**
2. **Acknowledge what has happened, our Experience**
3. **Grieve over the pain and loss we have experienced**
4. **Forgive Father and also Mother for being the source of this pain**
5. **Break all Ungodly agreements**
  - Bitter Judgments
  - Agreements with Lies
6. **Become transformed by**
  - Renewing the mind and heart with the Word of God
  - Breaking old patterns in relationships
  - Forming healthy relationships with boundaries