



## #3 In the Mastermind Series Reframe Your Story

Forest Park Church

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By Jason Corder

*What portrait of Jesus do you have in your mind?* Everyone, knowingly or not, has painted a portrait of Jesus in their mind. Some people have actually painted pictures of a version of Jesus, All of these are some sort of distortion of the historic Jesus that is usually painting and framing Jesus from the perspective of the artist, who they think Jesus is or who they want Him to be. Some are clearly irreverent while others are likely well-meaning but inaccurate.

**The portrait in your head, the understanding you hold will determine how you consider and respond to Jesus.**

Christians can easily have these portraits distorted by

- Legalistic tradition* crafting an image of God's Son as harsh and unrelatable,
- Liberal license* showing a wise teacher who cared for the poor and marginalized but never addressed sin or called for repentance and obedience,
- Or *ignorance* making a portrait vague or less than fully accurate.

**The life you have is often a reflection of the thoughts you think.**

In the mastermind series, we've discussed two subjects:

1. Comes into your mind—Comes out in your life.
2. Cannot have a positive life—Negative mind.

### **2 Cor 10:3-5**

*<sup>3</sup> For though we live in the world, we do not wage war as the world does.*

*<sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup> We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

**For the last several weeks, we've been discussing Neural Pathways**

The more you think a thought, the easier it is to continue to think that way.

**However, those neuropathies are often influenced by our cognitive biases. (Mental Filters).**

- Cognitive bias is a mistake in reasoning based on personal experiences or preferences.** (Mental filter impacts how think.)

For instance:

- If you grew up around abusive men, you might find it hard to trust men, even God.
- If your parents said that “rich people were bad” you might start to feel guilty when you start to succeed.
- If you were constantly told you were not good enough, you may struggle ever to find confidence in yourself
- If you were told particular behaviors were normal, even though now you realize that they weren’t.

**These FILTERS shape how you see life. When we change the filter, we change how we feel.**

- A cognitive bias is a default filter, a pre-wired response to a particular situation.
- This is why two people will respond to the same situation very differently

## **I. Faith Filter**

**It’s not that the facts are different at all it is the individual’s filter that shapes how they see or respond to a particular situation.**

For instance

- When someone is offered feedback, one person might be offended while the other person is thankful
- One person might see the church as a group of hypocritical Christians well another would see the same group as saved sinners

- We see this often when we watch the news, the filter through which the news anchor interprets the events of the day shapes how they see the worldview

Maybe there's no better example that we could explore this morning than the example that we find in numbers the 13<sup>th</sup> and 14<sup>th</sup> chapters.

- Moses spies to explore the land and prepare for the Israeli Advance.
- It was beautiful and more than they could ever imagine
- When the spies return, and give their reports their perspective or filter, lead them to completely different conclusions.
- Two of them, Joshua and Caleb said it's a beautiful land and let's go take it with the Lord's help.
- But the other 10 said things like it's a land of horrors, it's full of Giants, giant wild cities. We were like grasshoppers in their eyes in our eyes as well.

It's not that the facts are different. They both went on the same trip.

- They both saw a land, flowing with milk and honey.
- They both saw the Giants
- They both witnessed the walled cities

**It was the filter through which day saw the land that made the difference.**

- 10 saw it for what it was
- A well defended prosperous land,
- Defended by powerful people
- From their perspective (or cognitive bias,) it would be a land that would be impossible to take

**But Joshua and Caleb saw the land through the lens of faith they saw what God could cause to happen.**

- None of the facts were different, but their filters led to very different outcomes.

Often, when we think about faith, we don't view it as a lens through which we see life but rather as a traditional belief system.

And yet we were reminded that so often in the life of Jesus, he would respond to some failure on the part of the apostles with the simple phrase, "Oh you of Little Faith"

## Hebrews 11:6

*And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.*

In much the same way an optometrist can offer us a lens to improve our sight, God offers us a lens that can fix our spiritual vision — the vision we need to view life correctly we must recognize that we desperately need the vision correction.

- It is a kind of corrective lens we put on to help us see life more clearly.
- It helps us to comprehend and make sense of confusing circumstances and helps us to see Christ even in the midst of a crisis.
- When we wear faith as a lens, we believe that even though we can't see Him, we know that God works for our good in every situation we face

## Romans 8:28

*<sup>8</sup> And we know that for those who love God all things work together for good,<sup>[a]</sup> for those who are called according to his purpose.*

Faith is not like a lever you pull that sometimes hits and sometimes misses... it is a lens that is always available to guide you through times of darkness.

### **But you have to choose to look through it.**

The truth is, everyone wears a lens of some kind.

- We wear either the lens of faith or the lens of fear.
- The one you wear will make all the difference in your life.

**As we saw with the 12 spies** (who were the best of the children of Israel) sent to the land to explore, there were two sets of people who were exposed to the same thing, but some chose to see and respond through the lens of faith, while others preferred the lens of circumstances and fear.

There is no “faith gene.” It’s not automatic; it requires you to choose.

## Deuteronomy 30:19

*“This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life so that you and your children may live.”*

## Tip 1: Watch What You Say

Notice the difference between what Caleb and Joshua said (“We are well able to overcome it”) and what the other ten said (“The land is strong, the cities are fortified and very large, the giants are big, and we are grasshoppers”).

## Tip 2: Watch What You See

The Scripture says that two of the spies carried one of these massive clusters of grapes on a pole back from the Promised Land to show to the camp of Israel (Numbers 13:23). The verse does not indicate who those two men were, but **I like to think it was Caleb and Joshua!**

- Just imagine when everyone else had their eyes fixed on the fearful size of the giants in the land around them,
- Caleb and Joshua had their eyes fixed on the provision.
- By focusing on the natural circumstances, the ten lost the ability to access God’s supernatural provision through the lens of faith.

## Tip 3: Watch What You Hear

Caleb and Joshua agreed with God and declared, “We are able! God is with us!”

- They cut short those speaking about failure and impossibility and reminded them of God’s promises.
- Generally, what you hear most often will determine what you believe and have faith in.

**Satan’s ultimate battle is a battle for your mind, and wearing the lens of faith provides us with protection from this kind of mental infection.**

After the spies returned and shared their lousy report (Numbers 14:1), the Bible says Israel cried and wept.

- Israel became infected by toxic and infectious information!
- As a result, most of them got infected with worry, anxiety, and fear – and it crippled them.

## II. How to Reframe our Lives.

We may all be in the same situation, but how do we frame it  
How we frame a situation determines how we will see it.

**But how do we reframe a situation? We create a different way of looking at a situation or relationship by changing its meaning.**

- You can't control what happens to you.**
- But you can control how you frame it.**

Maybe you know what it feels like to want something in life and then to experience the opposite.

Worked hard, degree—Job overqualified diff field.  
Dreamed great marriage—Married sweetheart—Divorced.  
At this point in life, I expected something different and better.

For a long while, Paul had dreamed of going to Rome and preaching the gospel of Jesus Christ in the center of the world in his day

- When he finally goes to Rome, it's not as a free preacher but as a prisoner.

**I guess Paul could've framed the situation (Phil 1:12-13)**

*Now I want you to know, brothers and sisters, that what has happened to me really stinks. As a result of the trauma I've been forced to endure, I'm quitting the ministry and never going back to church. (New Whiners Version)*

### **Phil 1:12-13**

*<sup>12</sup> Now, I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. <sup>13</sup> As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.*

What most people would think is bad. Framing sees the good in it!

Paul saw that he was:

Chained influential Roman guards  
New opportunity every 8 hours

### **Phil 1:14**

*And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.*

## **HOW TO REFRAME YOUR STORY**

### **Matthew 6:6**

*But when you pray, go into your room, close the door, and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.*

*“This, then, is how you should pray: “Our Father in heaven, hallowed be your name,*

*your kingdom come, your will be done, on earth as it is in heaven.*

*Give us today our daily bread.*

*And forgive us our debts, as we also have forgiven our debtors.*

*And lead us not into temptation, but deliver us from the evil one.*

## **How can prayer help us reframe our story?**

1. Prayer that builds a relationship with God is done in private
2. Authentic language from the person praying is imperative
3. Our motives are adjusted in prayer

Before he even starts to pray Jesus first addresses how we approach prayer, he addresses our motive.

- The way he is about to pray is about remembering who God is, aligning with God, and drawing near to him.
- It's not about being super spiritual or being seen and gaining power and reputation.
- It's also not about performance.

- He refers to God as the Father. This reminds us of the nature of our relationship with God. We are not his employees that if we perform really well then he owes us and has to answer our prayers.

**Now as Jesus starts his prayer, I want you to notice a few of things:**

1. Jesus' prayer reflects what he himself has said is the greatest command...love God and love people.
2. The first part of the prayer focuses on God and the second part of the prayer focuses on people.
3. Jesus has structured his prayer this way intentionally in order that it reflects his values and priorities.
4. Also notice he says "our" and "us" in his prayer not "my or me".

**"Our Father in heaven, hallowed be your name..."**

- His prayer starts with an everyday reframing of who God is to us.
- Then he prays for God's name to be hallowed, meaning holy, unique, set apart.
- Jesus is ultimately praying for God's name and his reputation to be restored to its rightful place.

**Vs. 10 – "Your kingdom come, you will be done, on earth as it is in heaven."**

- As we pray this, we are aligning ourselves with God's will and plan instead of continuing to pursue our own.
- It's easy to start our days getting caught up in our to-do list and losing sight of the bigger picture and greater meaning of our lives.
- But by praying and meditating on this, we are reminded of something much bigger and higher that we get to be a part of.
- Remembering this reframes not only how we see God but also how we see our day.
- It infuses each day with purpose and meaning.

**Vs . 11 – "Give us today our daily bread."**

Each day God provided the jews with just enough bread (manna) for the day. They couldn't store it up or it would go bad. They learned through this to rely on God and to trust him for their provision.



This line is helping us reframe how we look at our stuff. Every good and perfect gift comes from God and when we pass on from this life, we can't take our stuff with us. This encourages us to be grateful to God for what we have and to be generous and share it with each other.

#### **V. 12 – “And forgive us our debts, as we also have forgiven our debtors.”**

- As Jesus was hanging on the cross, not long before he would die, he prays to the Father asking him to forgive his enemies.
- Jesus consistently modeled forgiveness throughout his life and even at the point of his death.
- There is no greater sign that the grace of God has really come home in our hearts and minds than our willingness to forgive others the way we have been forgiven.
- Praying this daily helps us remember what we've been forgiven and choose to walk in forgiveness willingly and to let the grace of God overflow from us to the world around us.

#### **V. 13 – “And lead us not into temptation, but deliver us from the evil one.”**

- In this final part of the prayer Jesus acknowledges we will face temptation, but he prays to the Father to lead us away from it, to provide us with a way out.
- And he prays for deliverance from evil.
- In the face of temptation and evil he is asking his heavenly Father to help him resist and to remain faithful.

## Conclusion

*What is your next step? Where do you have an incomplete or inaccurate view of Jesus? Read God's word.*

- Have you “seen the light” of Jesus? Do you need move from apathy or rejection to reception and adoration of Jesus for the first time?
- Do you follow Jesus?* Then live as a child of light spreading the illumination of THE WORD to a world who needs it by telling people about Jesus.