

Healing the Wound of Fatherlessness

Apostle Mike Connell

Session 6: The Identity 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**
 - 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"*
 - 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 is two beliefs
 - *"I am not loved"*
 - *"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"

- The Identity Lie is carried over into all relationships
- The person *"Always needs 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 is easily 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 *"unlovable"*
- It is an identity lie and it's source is the devil

5. Examples of identity Lies

- **Identity Lies are all about me**
 - *I am a mistake*
 - *I am stupid*
 - *I am weak*
 - *I am unlovable*
 - *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

- Luk 3:21 *When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayer, 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 whom I am well pleased"*
- Notice what Father God does:
 - i) Gives access to His presence
 - ii) Father gives Him access to His resources
 - iii) Father empowers Jesus
 - iv) Father expresses His love and Approval
 - v) Father publicly validates Jesus' identity

2. The devil attacked Jesus' identity

- 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
- 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 priest 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'll believe Him"*
 - Jesus' identity is again attacked by Satan
 - This time the attacks come 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

- **Jesus Overcame Identity Lies**
 - *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
- **Jesus also Exposed the Devil as a Liar**
 - *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.*
 - **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 of 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 to fulfill their responsibilities

2. **Common Types of Parental Inversion**

i) **Emotional**

- The child becomes the emotional care person for the parent
- They provide comfort
- They help manage the parent's 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

ii) **Practical**

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

iii) **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 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 Judgements 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 labour 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:**

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