

Casas Adobes Baptist Church
Sunday Morning, August 3, 2008
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GOD IS GREATER THAN MY LIFE SCRIPTS
Selected Psalms
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ROGER

•BACKGROUND SLIDE #1: Turn to the Book of Psalms.

ROGER AND CHET

Roger introduces Chet and they welcome each other...Director of Counseling at Casas.

Chet – Great to be here Roger. Always a good time.

ROGER

As we read the Bible we encounter the Life Scripts of many people. If we read with insight, we will get rich, deep understandings both into their lives and into the lessons God wants to teach us through them.

CHET

SLIDE #2: A Life Script is an ongoing program for our lives that we act out automatically. Life scripts can be constructive, destructive, nonproductive or combinations of all three.

ROGER

Repeat and Review definition

So give us an example of how life's dramas might look like, life scripts flow as.

CHET

O.K. This is the story of a ten-year boy who looked up to and admired his dad and his granddad. They got together and decided to play a joke on him. They promised that some day he would inherit an island and over the next several years repeated the promise.

And so his whole young life he was thinking about this day that he'd inherit an island.

Well when he turned twelve they took him to see his island. When they got there it turned out to be a snake infested, swampy worthless piece of property and the grandfather and father just laughed their heads off but the boy was devastated.

The boy's name was PT Barnum—the P.T. Barnum of circus fame.

It's no wonder that he started the

SLIDE #3: "A sucker is born every minute." P.T. Barnum

So we can see how this dramatic early childhood experience scripted him not to trust, to take advantage of other people, to strike first before people strike you and that was set pretty much in cement.

His life story is an example of how a life script can get set inside of us and determine a whole course of action and then from then on we can act in unconscious ways to reinforce this life script.

ROGER

In Psalms we see life scripts unveiled by what the writers wrote.

In the same way we see the life scripts of people (and ourselves) by what they think, say and do.

This morning we will examine several of David's life scripts and then make observations to enhance our daily living.

Several of David's major life scripts are laid out clearly in his psalms.

SLIDE #4: Rejection was one of David's basic life scripts.

Psalm 69:8-12: I am a stranger to my brothers, an alien to my own mother's sons ... When I weep and fast, I must endure scorn; 11 when I put on sackcloth, people make sport of me. 12 Those who sit at the gate mock me, and I am the song of the drunkards.

CHET:

SLIDE #5: Self Loathing and self condemnation haunted him and guided his actions for most of his adult life.

Psalm 22:6: But I am a worm and not a man, scorned by men and despised by the people.

Psalm 51:5: "Surely I was sinful at birth, sinful from the time my mother conceived me."

ROGER

Not all of his life themes were negative.

He found great acceptance, help and friendship with God. This produced a stream of positive self images that helped him through some of the most difficult times of his life.

SLIDE #6: Psalm 139:1-3: O LORD, ... you know me. 2 You know when I sit and when I rise; you perceive my thoughts from afar. 3 You discern my going out and my lying down; you are familiar with all my ways.

God always "came through" for David.

•SLIDE #7: Psalm 118:13: "I was pushed back and about to fall, but the Lord helped me."

Psalm 34:4: "I sought the Lord and he answered me and delivered me from all my fears."

CHET

•SLIDE #8: Jacob's life script: Rebecca and Isaac: played favorites; deceived each other; and lied.

Jacob had four wives (three too many) played favorites; deceived each other; and lied. “Jacob loved Joseph best of all.”

Jacob’s children played favorites; deceived each other; and lied.
Deceived him by showing him a bloody coat of many colors and telling him that Joseph was dead.
The brothers also played favorites—they hated Joseph.)

(Notice how the life theme of rejection carries on to the next generation.)

ROGER

We can all identify with family traditions that are handed down through the family. The mother cut the ends of the ham off when she cooked the ham on special occasions. Her daughter, now married, did the same thing, but never stopped to ask "why?"

So she decided to ask her mother. Her mother didn't know either. So they both decided to ask the grandmother. The grandmother said that she always cut the ends of the ham off because the pan was too short.

CHET

Let me give you some examples of how relevant this is.

Last week I was watching CNN news this very interesting story came up about of people that were taken on their way into jail and the shirts they were wearing when they were booked and their mug shots were taken at the police station.

ROGER

Hold it, these are guys that had been arrested, and these were the shirts that they had on as they were being led in by the police officer to be booked.

CHET

Correct, they are just wearing these shirts.

•SLIDE #9: “Every idea I get, gets me into trouble.”

“Trouble always finds me.”

“It wasn’t me”

•SLIDE #10: “Trust me, I’m a liar.”

“I may not be Mr. Right”

“I have PMS and a handgun.”

ROGER

Was a girl wearing that one?

CHET

You can see that probably these people were scripted from a young age to get into trouble.

ROGER

•SLIDE #11: **CULTURAL LIFE SCRIPTS**

These are scripts we adopt because of the nature of the culture in which we live.

American v. Mexican v. Philippine v. Asian

McCain v. Obama

WASP + 7 year POW experience v. African American + Thailand Asian Culture

•SLIDE #12: FAMILY LIFE SCRIPTS

CHET

These are scripts we get from our families or others close to us.

Yes, I knew a young lady in college, who told me that she had a twin brother and her name was Reto and his was zero.

Now that wasn't the real name of course but that's what the parents called them –their nicknames.

So if your name was Reto you'd think well maybe I'm retarded or I can't think, and if your name was zero you would conclude that I'm nothing, actually a zero would be a don't be injunction and is a suicidal injunction because people would be told that you would be better off if you hadn't been born.

If you grew up and you and your brother were called Reto and Zero you would probably have some issues and that would give you a different life script wouldn't it?

ROGER

Names can be wonderful, positive life ordering things.

A guy I use to play golf with was a wonderful man he was a developer, great integrity, great character and his last name was Fail. His first name was 'Never'. He's from the Fail family. Now if I was his dad or granddad, I would change that name. But his last name was Fail.

So they chose to name him Never Fail and he didn't, he played out that name.

How would you like to go through life with a name like Fail?

But the truth was, his parents made it a great life theme for him and he lived it out.

Jesus. What might it mean to you to be named "Savior?"

Of course, life scripts have implications much farther than just names.

CHET

My client whose father finally came to see him play a baseball game. The boy hit a home run. The father later came up to the boy and told him, "You weren't holding the bat right." Clearly, the script message was, "You're not good enough."

Some scripts are incredibly Negative:

•SLIDE #13: "You're a bad seed, we'd been better off without you."

"You're too lazy to work. You will never hold a job."
"You'll never amount to anything
"There's always at least one of us in prison."

Some are incredibly Positive.

•SLIDE #14: "You'll be famous some day"
"With your get up and go you could sell refrigerators to Eskimos."
"There's always been a doctor in our family."

We incorporate these messages from our families because we hear them or they are implied and then we believe it.

ROGER

I was thinking we always raised our kids you know they have all kinds of life themes and now we got two dogs at home and I was thinking the other day we were walking the dogs and my golden retriever turned to smell another dogs waste products and I looked down and said hey, were Barrier's we don't eat other dogs doo doo, and Julie just roared.. So even with dogs were putting life themes into our dogs.

CHET

The Weld Family Motto Handed Down through the Generations:

•SLIDE #15: Latin: "Nil sine numine," or "Nothing without Providence."
That's a family script message that has become an individual script message. Agrees with scripture, e.g., John 15:5 - "... for without me you can do nothing."
I got that from a young age so that encouraged me to include God.
I didn't always do that in my life until I genuinely gave my life to the Lord.

I usually ask people what is the written over the mantle on your wall growing up as a child—or if something was written over the mantle what would that be?

They'll think of something, they'll tell me and that will usually be the family script.
So these family scripts are important and create the kind of people we are.

ROGER

We also have individual life scripts.

•SLIDE #16: **INDIVIDUAL LIFE SCRIPTS**

CHET

Individual Life Scripts are scripts we tell ourselves which compel us to act in a certain way, to live up to a specific identity, and to fulfill a destiny.

•SLIDE #17: "Nobody likes me."
"I'm a bum. I'll never amount to anything."
"I'm stupid. I never do anything right."
"I am not as good as other people. I will never be good enough."

•SLIDE #18: "I'm a self-starter."

"I've got a good head on my shoulders."

"I can accomplish whatever I decide to accomplish."

"Life is full of opportunities to succeed."

ROGER

A lot of these are self-fulfilling. "I have a good head on my shoulders" versus "I am not as good as other people. I will never be good enough." (CURSES)

Let's draw several helpful applications. People have not changed in thousands of years. We see life scripts in the Bible. We see life scripts today.

OBSERVATIONS

•SLIDE #19: FIRST: WE ARE NOT DOOMED TO LIVE FOREVER WITH OUR NEGATIVE LIFE SCRIPTS.

CHET

Yes, and part of our job in the counseling is to help them stop the negative script and begin something positive and I often say well you succeeded where your dad didn't.

We can replace a bad script with a good one.

Remember Jacob?

Wrestled with the angel. God broke him.

Changed his name from Deceiver (Jacob) to Prince (Israel).

ROGER

I was sitting with a counselor one time and dealing with some issues trying to get my feet on the ground and were talking about this, that, and the other, he said you know Roger, most people settle this when their thirteen years old. And he went on and about three sentences later I said hold it, did you just say I was immature? And he said well yeah, in that area you're a little immature. I had a life theme that wasn't a mature life theme it was one that I had gotten early but I sure didn't want to live with that the rest of my life and here I'm like 30-35 identifying one of those early life themes, most people don't live with that one and again I've forgotten all the details of it except for that moment understanding there are some life themes that come really early and some we deal with and some we don't and I was 35 years old and it was time to deal with that family life theme.

CHET

Story of being told can't get married at 20.

ROGER

- SLIDE #20: SECOND: WE ARE WISE IF WE UNCOVER THE REASONS AND SOURCES FOR OUR LIFE SCRIPTS SO THAT WE MAY DECIDE—OR REDECIDE—WHICH ONES WE WANT TO KEEP, ALTER OR DISCARD.

Review and explain the third reason.

CHET

Growing to maturity is basically re-deciding some of these old messages.

There is power in learning about our past ancestors—we can see their scripts and often understand ours.

I moved my elderly parents out here in 1998 and they were in their 80's and I was still learning stuff about me for the next ten years just rubbing shoulders with them, you never stop learning, I would see oh, I got that negative thing, or that positive thing from them and I never knew that.

Turn the tape recorder on while your relatives are still alive.

ROGER

Insight into my dad when he told me stories of his dad.

Model A moon shine and burning paint off of the car.

Grand dad died of "Yellow Jaundice." Cirrhosis of the liver.

My dad grew up in an alcoholic family.

Made and shaped him.

Work hard—can't depend on anyone. You make your own success. "Work hard and love people."

Mom's dad was life of the party and then get totally depressed—dark days became an alcoholic. He was manic-depressive.

CHET

Aren't you glad you know. Knowledge is power; insight is power; and when your ignorant you don't have as much power.

Context; easy to forgive; not personal; you can change the pattern.

ROGER

- SLIDE #21: THIRD: NO ONE LIFE SCRIPT DEFINES OUR LIVES.

Some life scripts are accurate. I mean for example, you may be dumb, and it came across in your schooling and so all of a sudden you begin to believe you are because you are!

CHET

That's for sure and even in that example you chose if someone has a low IQ that's just one gift out of hundreds and that doesn't need to define who you are.

Most people have a mixture of both good scripts and bad scripts to different degrees?

Think about David. He was a terrible father. He probably got it from his dad. His dad was not so good either.

But, a life script of poor fathering did not define his life.

That was one gift out of many and these scripts don't need to define our lives and they can be changed.

He had many other life scripts that today outshine all the others!

ROGER

Trisomy 21: Down's Syndrome: Happy and loving

•SLIDE #22: FOURTH: SPIRITUAL REGENERATION. JESUS IS IN THE BUSINESS OF PICKING UP THE PIECES AND HELPING US START OVER.

Philippians 4:13: "I can do all things through Christ who strengthens me."

Get God working for you, give your life to Christ ask him to live his life through you. He will change you from the inside out and help you think differently.

CHET

Chet's personal testimony of alcohol and drug abuse.

Not as good as dad, message came from mom.

Just decided to go out and get stoned.

ROGER

Through faith in Christ, we have all been given a new identity.

•SLIDE #23: Revelation 2:17: To him who overcomes ... I will also give him a white stone with a new name written on it, known only to him who receives it.

ROGER

One of my life themes was struggling with thinly disguised contempt. I could say things that would hurt people. I realize now there were all kinds of reasons why that happened Competition, poor self image, tear down so I would look better!

So one day I decided I would stop that and I would become an encourager.

I decided that every day I would encourage at least three people.

Now one of life themes is no longer a twisted little barb to people. I use to do that but I don't do that anymore.

“Where did you get such a nice smile?” “Braces.”

Flight Attendant: “Have a nice flight!”

I want my life theme to be “You know, Roger was kind of an encourager” I’d like to be remembered for that.

CHET

That’s beautiful and that is an example of how we can change.

I remember one time I caught myself being sarcastic and I realized this is a theme of my life, I’ve got a quick tongue, sarcasm just comes naturally and I just decided I don’t want to be sarcastic anymore; it just sounds angry.

I try to thank God for at least five things at the end of every day and sometimes I do it when I am driving home and get up to thirty, I want to have a heart of thankfulness and not a complaining heart that is my natural predilection at times.

ROGER

Here is another Life Script I am working on. I recommend it to you.

•SLIDE #24: READ PSALM 1

And He gives us new eyes to see with, as well as a new identity.

•SLIDE #25: 2 Corinthians 5:16-17: "So from now on we regard no one from a worldly point of view (not even ourselves!). Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"

Here's a script message that was handed down through my father's family. The message is that I should be an encourager of other people, and here's where it came from. When my father left his home in Chicago to go to graduate school in Boston, he rode on the train called "The 20th Century Limited." He was the first in his family to go to college, and the family was proud of him. As the train was pulling out of the station, his father waved his arms back and forth in the air, shouting out,

•SLIDE #26: "Proud! Proud!" My grandfather frequently did this when saying goodbye to any of his children. Well, this is something that my father did for me and my brother throughout our lives. As we drove away from my parents' house on many occasions, we could look in the rear view mirror and see my father, standing in the middle of the street, waving his arms back and forth. Now when I'm tempted to look in the rear view mirror of my life and have regrets - such as regrets about drug and alcohol abuse - the image of my father is bigger. He's waving his arms and saying, "Proud! Proud!" I think that's an image that anyone would want to have in their head! I think that you could say the script message is something that my dad also said to me a lot, "You can do it, champ." And one of the last times I saw him alive - at age 93 - as I said good-bye to him, he smiled and gave me a fist pump in the air.

Roger

Hey, I've got an idea. I'd like everyone to pick out someone on the other side of the room, stand up, wave your hands in the air and say, "Proud! Proud!"

- SLIDE #27: Numbers 6:22: "The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace."