

Sanity – What's it Look Like For Me?

Step Two: Came to believe that a power greater than ourselves could restore us to sanity.

Many of us, from the time we were very young heard harsh things said to us or negative things said about us. Sometimes it was others, who spoke those words and sometimes it was our own thoughts. Whatever the case, we began to believe things that devalued ourselves and completely denied God's loving and good plan for our lives. As we return to sanity, one of the most powerfully healing processes for us to engage in is to learn what God actually says about us and to live in the "sanity" of that truth.

What Does God Say About Me?

1. God loves me

It was I who taught you to walk; I took you up in my arms; but you did not know that I healed you. I led you with cords of human kindness, with bands of love. I was to you like those who lift infants to their cheeks. I bent down to you and fed you. (Hosea 11)

2. God honours me

See how very much our heavenly Father loves us, for he allows us to be called his children -- think of it -- and we really are! But since most people don't know God, naturally they don't understand that we are his children. Yes, dear friends, we are already God's children, right now, and we can't even imagine what it is going to be like later on. (1 John 3)

3. God values me

When we were utterly helpless, with no way of escape, Christ came at just the right time and died for us sinners who had no use for him. God showed his great love for us by sending Christ to die for us while we were still sinners. Now we rejoice in our wonderful new relationship with God -- all because of what our Lord Jesus Christ has done in dying for our sins -- making us friends of God. (Romans 5:6-8, 11)

4. God fully provides for me

And if you hardhearted, sinful men know how to give good gifts to your children, won't your Father in heaven even more certainly give good gifts to

those who ask him for them? ... And it is God who will supply all your needs from his riches in glory because of what Christ Jesus has done for us. (Matthew 7, Philipians 4)

5. God plans very carefully for my life

Long ago, before he made the world, God chose us to be his very own through what Christ would do for us; he decided then to make us holy in his eyes, without a single fault -- we who stand before him covered with his love. His unchanging plan has always been to adopt us into his own family by sending Jesus Christ to die for us. And he did this because he wanted to. ... For I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope. You will find me when you seek me, if you look for me in earnest. Yes, I will be found by you, and I will end your slavery and restore your fortunes. (Ephesians 1, Jeremiah 29)

6. God delights in me

For the Lord your God has arrived to live among you. He is a mighty Saviour. He will give you victory. he will rejoice over you with great gladness; he will love you and not accuse you. Is that a joyous choir I hear? No, it is the Lord himself exulting over you in happy song. (Zephaniah 3)

To live in these truths is a 2-part process that we often have to practice on repeated basis. We have to renounce the lie (anything that is different from these truths) and we have to consciously choose to believe something new. Some pictures the Bible gives us of this process is washing our minds clean with the blood of Jesus or tearing down thought strongholds that have set themselves up in our minds. The Bible teaches us to take our thoughts captive to Jesus. What does Jesus say about me? I will think only those kinds of thoughts and reject all others. What a wonderful new life of sanity Jesus, our Higher Power, gives us as we live in this new way.

Questions for Reflection and Discussion

How can I grow to walk in the sanity of God's truth about me?

What lies will I need to reject? What truths will I need to consciously choose to believe?