

EDGE GOD IN

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Dear Lord, remind my mind, for this is the true battleground for victory over stress, that your presence within me is greater than any encounter I will experience with outer circumstances. Too often I forget that you have already overcome all that I feel has overcome me. I am not my struggle, opinions of other people or even the pain and anguish I experience on this journey of life. I am your child and you have woven within me the ability through Christ to move any mountain I face, to tear down any lie or false conclusion that speaks death into my perceptions rather than life.

Edge God In Podcast Week 30: Don't Let Stress Be the Boss of You

In Podcast Week 29: *5 Types of Prayer* you learned the importance of prayerful communication with God and several different options to enter into that experience. In today's podcast we are going to explore the effects of stress along with three specific serpents that slither around your mind and trigger ugly behavior and along with it a ton of stress and anxiety. You will learn solutions to help you give more authority to the strength of God within you than the circumstance outside of you.

Learn:

You have often heard me talk about your position as the landlord of your mind. One of our keystone verses that the Edge God In ministry is founded upon is Romans 12:1-2: "Do not conform to this world, but be transformed by the renewing of your mind."

Our victory lies in our ability to master the mind. Stress is the power we give to outside circumstance to define our worth, value and capability. Did you forget that you have the God given ability to take back the power you give to outer circumstances to define what you are capable of handling successfully in Christ?

In the position of the "landlord" of your mind you will too often give free rent to specific thoughts that DO NOT support a lighter version of you, I call them serpents. They slither in and choke the life out of you.

These serpents slither into your thoughts and twist your perceptions of reality, distorting, deleting and generalizing specific pieces of information that leave you wallowing in the mud of an impoverished view of reality.

Today, I will speak about 3 kinds of behavior that show up as a result of your unwanted tenants: greed, entitlement and victimization. These 3 tenants produce stress and anxiety as they feed on threat, abandonment, scarcity, inadequacy and fear.

These 3 serpents will trash a good intention along with inner peace quicker than poop through a goose. We have a ton of them in Colorado these days so this metaphor is very applicable.

Clarity of focus leads to accuracy of response. As soon as you realize what is really going on you instantly place yourself as the one in control and your thoughts are no longer the BOSS of you.

Reflect:

Greed: fueled by the serpent of not-enoughness. It's like a spoiled child, the more you feed it the more it wants. The behavior is demanding, pushy, and complaining fueled by dis-satisfaction. The thought is: "I need more to be satisfied, feel accomplished, successful, enough."

Victimization: feeling attacked by the world around you. The thought is: "Nothing good ever works out for me, it works out for other people but not for me." Another popular victimization thought: "It's not my fault, it's their fault...The Blame Game."

It uses universal quantifying statements: Nothing, always, nobody, never. The result is a paralysis when it comes to taking positive action forward and seeking out solutions. Depression and pessimistic thoughts usually accompany victimization. It's like sleeping with a weighted blanket that is 10X heavier than it should be for your size (my kids got me a weighted blanket that is matched for my size which can actually reduce stress).

Entitlement: the belief that you deserve better: treatment, attention, accolades. The behavior is at times abrasive, stand offish even snobbish particularly when this serpent is the BOSS of you. The thought is: "I deserve more." It sucks the peace right out of you replacing it with stress and anxiety.

Read and Reflect on the following scriptures. Invite to Holy Spirit in to sift your mind and heart to reveal the hidden shadows of Greed, Entitlement and Victimizing thoughts that you are giving free rent to on a daily basis:

- **Greed:** 2 Corinthians 9:7; Ecclesiastes 5:1; Hebrews 13: 5; Luke 12:15; Proverbs 28:25; 1 Timothy 6:6-10

- **Victimization:** Hebrews 12:7; Psalm 91:11-12; Psalm 71:20; 2 Corinthians 1:2-4; James 1:2-4; James 1:12; 2 Corinthians 4:8-9; Philippians 4:6-9
- **Entitlement:** Philippians 2:3; James 4:1-12; 2 Thessalonians 3:18; 2 Thessalonians 3:12; Ephesians 4:1-32; Proverbs 13:1-25; 1 Timothy 5:8; Romans 12:19; Matthew 20:1-16; Matthew 23:1-39; Colossians 3:23

Identify & Adjust:

- Pick 1 verse and memorize it from the options listed under Greed above. What behavior can you identify in your life that expresses a greedy nature? "I need more to be satisfied, feel accomplished, successful, enough."
- Pick 1 verse and memorize it from the options listed under Victimization above. What behavior can you identify in your life that expresses a victimized nature? Feeling attacked by the world around you. The thought is: *"Nothing good ever works out for me, it works out for other people but not for me."*
- Pick 1 verse from the options listed under Entitlement above and memorize it. What behavior can you identify in your life that expresses an entitled nature? the belief that you deserve better: treatment, attention, accolades.

Integrate/Take Action:

Solution to Greed: Grateful living: *Dear God, grant me the grace of deep and consistent appreciation for the little things in my life that are actually BIG things overlooked: my ability to breathe, see, hear, walk, talk. Warm water, food, shelter. The ability to love and be loved.*

Solution to Victimization: *Accountability: being accountable for your life: Forgiving what needs to be forgiven, releasing what needs to be released, taking full responsibility for your own happiness, healing, emotional state of being, physical wellbeing, personal excellence and above all your relationship with God who has given you authority to take back your ability to remember the strength within you is bigger than circumstance.*

Solution to Entitlement: *Have high noticing around the thought: "I deserve better treatment." When you spot it crashing your moment quickly replace the thought with a thought that reflects humility. For example, you are driving around the parking lot*

looking for a spot someone pulls out and the car in front of you quickly takes the space you have been waiting for, as quickly as possible offer up a generous assumption that they may have needed that spot over you. True greatness in this world walks through the archway of humility and service along with your greatest space for joy and thanksgiving. Dear God, help me to remember that the only thing I deserve is to know is that you love and adore me and through Christ I gain access to eternal life through the forgiveness of my sins. Help me to get over myself.

Dear God, in the name of Jesus Christ of Nazareth I cast out the serpents of greed, victimization and entitlement along with all of the ugly behavior and stress that comes along with them. Help me to truly embrace John the Baptists prayer: Less of me God: including my need to be right, liked, understood, appreciated, acknowledged, taken care of advanced, esteemed...and MORE OF YOU: humble courageous strength that has so much self-regard that you choose to travel invisibly in this world through the power and indwelling of the Holy Spirit. I take back by your grace and strength the power I give to outside circumstance to define my worth, value and capability and I redirect that power to you Lord, remind my mind that in you and with you I am enough, safe and connected.

Surround yourself with people who make you a better person in life