

“HOW YOU DOIN’?” “I’m fine.”

“I’m great. Couldn’t be better.” “I’m blessed and highly favored.”

Why do we do that? When/How did it get started?

*I was afraid because I was naked; so I hid.*

**Genesis 3:10 (NIV)**

Where we all start: FEAR - SHAME - ISOLATION

“If you knew what I’m really like you won’t like me, so I hide.”

## GRACE FOR YOUR RACE

*To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.*

*They answered him, “We are Abraham’s descendants and have never been slaves of anyone. How can you say that we shall be set free?”*

*Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.*

**John 8:31-36 (NIV)**

### 1. WE ARE ALL DOING THE BEST WE CAN WITH WHAT WE HAVE.

- If a person’s behavior doesn’t make sense to you, it’s because you’re missing a piece of their story.
- How do we become the people that we are right now...
  - Genetics/Family Patterns
  - Early-Life Experiences
- The most powerful forces shaping who you are were outside your ability to choose.

### 2. THE JOURNEY TOWARD FREEDOM IS A PROCESS, NOT AN EVENT.

*You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.*

**Ephesians 4:22-24 (NIV)**

- It’s the beginning of a life-long, life-wide journey.
- Freedom is found in an environment of GRACE + TRUTH + TIME.

### 3. THE LATEST PUZZLE PIECE WE’RE FIGURING OUT - YOUR PLASTIC BRAIN!

- MENTAL ILLNESS - a health condition involving changes in emotion, thinking or behavior (or a combination of these).
- Christianity (Spirit) - Psychology (Soul) - Physiology (Body)
- The brain is an organ in your body and just like other parts, it can “break” or not be able to do it’s job(s) well.