

**Introduction:**

- My goal this evening is to help us overcome the epidemic of negative emotions that come from believing lies in our world. The biggest negative emotion that comes out of all of this is **hopelessness and anger**. I want to change that trajectory for people!
- Some questions I want us to answer this evening:
  - How do we change this trajectory of our lives?
  - How does transforming our mind occur?
  - How does Truth actually make us free?
- *"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Romans 12:1-2, ESV)*

**I. Analyzing The Trajectory of Our Lives**

- A. To analyze something is to study its nature and the relationship of its parts.
- B. There is an epidemic of hopelessness in our nation.
  1. What is an epidemic? - It is an outbreak of disease that spreads quickly to many people all at the same time. Remember covid? That was thought to be an epidemic.
  2. Suicide is the second leading cause of death of children 10-14. cdc.
  3. This tells me the depth of despair in our nation right now.
- C. What is causing this epidemic? Doubt, insecurity and guilt. **The Epidemic of D.I.G.** - D.I.G. - doubt, insecurity, and guilt wants to bury you. But I want you to learn to bury it this evening with Truth. Ie. I was watching a portion of a movie where a man with a gun was making two guys dig their own grave. Many in the body of Christ are digging their own graves with their mouths while the devil holds them hostage by their own thoughts.
- D. Just like a disease, doubt, insecurity and guilt spread just as quickly among people.
  1. D.I.G. causes people to lack confidence in who they are. "I am a nobody, my life is worthless."
  2. D.I.G. causes people to lack confidence in what they are doing. "Im a failure, I cant do anything right."
  3. D.I.G. causes people to lack confidence in what they can do. "I have no future."
  4. Most of all, D.I.G. causes people to lack confidence in their ability to stand before God knowing they are celebrated and greatly loved by Him!
    - a) To many christians feel they are not committed enough
    - b) To many christians feel they are not doing enough
    - c) To many christians who feel less important than others. Therefore, they doubt

- themselves and negatively compare themselves with others.
5. We have to change the trajectory of our lives. I.e. At the bow range in Wickham park they have shooting lanes established. 10, 20, 30, 40, 50 yards out. You have to change trajectory if you are missing the target.

## II. Changing The Trajectory Of Our Lives

- A. The New Oxford Online Dictionary defines TRAJECTORY as “the path followed by a projectile flying or an object moving under the action of given forces” sermon illustrator, Neal Pollard. Trajectory is used of ammunition, baseballs, spaceships.
  1. Your life and my life are on a trajectory right now. We are on a path. And most of us know where we are headed.
  2. We are either on a trajectory to live for Him or live for the devil.
  3. We are on a trajectory of despair or of hope. A trajectory of faith or of doubt. A trajectory of confidence or of fear.
- B. Three parts/components found in our definition.
  1. The path: straight /arced. Broad/narrow. (Mt 7:13.)
  2. The projectile/object: You and I
  3. The given forces that move the object: Pressure, resistance, influence. Friends, choices, priorities. The Word, Righteousness, and Holy Spirit.
- C. I.e. The moon 238,855 miles from earth. A half degree off and you miss the moon.
  1. (Repeat) Your life and my life are on a trajectory right now. We are on a path.
  2. We are either on a trajectory to live for Him or live for the devil.
  3. We are on a trajectory of despair or of hope, faith or doubt, confidence or fear.

## III. Truth Changes Trajectory

- A. When Moses and Joshua were about to die, they called the Elders and people together and said:
  1. Moses– “I set before you life or death, blessing or cursing; Choose you this day who you will serve...choose life!”
  2. Joshua– “You can choose other gods, but as for me and my house we will serve the Lord.”
  3. Both Joshua and Moses chose to serve God. This put their lives and their families on a trajectory of life.
- B. Jesus taught, “*Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many.*” (Matthew 7:13, ESV)
  1. The devil is always lying and spreading lies. Lies are in abundance.
    - a) He does this to hide the truth. I.e. Jesus at baptism. This is my beloved son!
    - b) Verses at temptation “If you are the Son...devil leaves out the word ‘beloved.’
    - c) Jesus had a choice at the moment as to what He would believe...but He knew

the Father and He knew the Word!

2. The Truth is there, you just have to look for it and put it in the treasure house!
  3. When you find Jesus your life is set on a new trajectory!
    - a) But you can still be a Christian and be believing lies.
    - b) This is why Paul taught: "Be transformed by the renewing of you minds."
- C. Paul taught us: "*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*" (Romans 12:1-2, ESV) **BE TRANSFORMED BY RENEWING OF YOUR MIND!**
1. We are not being transformed by trying harder.
  2. We are not being transformed by working more.
  3. We are not being transformed by doing something different.
  4. \*\*\*\*Transformation comes from renewing our minds with God word. It helps us to think like God.
- D. Negative emotions are a result of believing lies.
1. The greatest temptations we face are not to do wrong but to believe wrong!
  2. I have come to a place in life where I believe the greatest spiritual warfare exists in whether we are going to believe lies or the truth.
    - a) "*and you will know the truth, and the truth will set you free.*" (John 8:32, ESV)
    - b) Truth makes you free first in your emotions and then in your circumstances.
  3. "Transformation comes not by surrendering our hearts but by surrendering our beliefs." Steve Backland. "We get saved when we believe in Jesus; we get free when we believe like Jesus." Steve Backland.
  4. Repentance can best be defined as to change the way you think.
    - a) doubt = lie. God can't do that.
    - b) insecurity = lie. God is unable to keep me safe. How do you feel when with your peers?
    - c) guilt = lie. God can't ever love me. God won't ever forgive me!
  5. Subtlety of lies we believe.
    - a) Appearance shame - nose to big, waste to big, etc. Compared to airbrushed model.
    - b) Family situation shame. Divorced, abuse, addictions, dysfunctions.
    - c) Life accomplishment shame - not done much in life.
    - d) Education shame - feel bad for not continuing school/ or finishing school.
    - e) Vocation shame - feel bad for not aiming higher.
    - f) Spiritual gift shame - not having gifts that others have.
    - g) Embarrassing shame - tripping in a group, saying something dumb, etc.

h) Possession shame - not having what others have.

#### IV. A Place Called Fully Convinced

- A. Abraham... "was fully convinced that God was able to do what he had promised." (Romans 4:21, ESV)
1. Fully filled with certainty that God was able to do what He said.
  2. He was not weak in faith and he did not waver. Romans 4:19-20.
  3. Transformation comes when we surrender our beliefs!
- B. Surrendering our beliefs are more challenging than surrendering our hearts.
1. A believer with surrendered beliefs has more hope!
    - a) Can you surrender your inferior beliefs around your peers?
    - b) Can you surrender your belief that you are shy and cant speak around others?
    - c) Can you surrender your belief that your clothes, your car, your toys are not as good as other people?
  2. Good beliefs cause us to resist self-limiting lies and cause us to live in freedom.
  3. Caleb had a different spirit. Numbers 14:24
    - a) What made the difference? He believed differently!
    - b) The 40-day negativity fast.
- C. Your beliefs determine the trajectory of your life!
- D. There has to come a time in our life where we start believing higher than what we are feeling and experiencing. "Your feelings do not validate the truth; Your feelings validate what you believe!" *Steve Backland.*

#### Conclusion:

- Unworthiness, shame, guilt, regret, doubt all are based on lies.
- Freedom comes when we find the truth, believe the truth and the given force of the Word moves us into a place of contentedness with God.
- Hope is the belief that the future will be better than the present! As believers we have the power to make it so!