

Self-Acceptance

Week 35: *Truth for Spiritual Living: Fear of Self / Vertical Relationship* 1993 Show Two (Part One)

Posted: 4/14/13 by T. George Homsher, M.Ed.

T George: It is a pleasure once again to be with you, and as I've said the last couple of weeks I am going to be here most of the time in for Bruce Weatherly although Bruce will be here from time to time I will be here for the most part and it's a wonderful opportunity to be able to minister to you. Well, again this week we have founder and director of the Professional Counseling Center, Howard Blandau with us. And Howard last week we were discussing the fact that a lot of people, and me myself before I met you, had a tough time being who we are or who I was I had a difficult time accepting George Homsher the person. I was trying to be, like you said last week, someone I wasn't and in the raw sense I was being a phony. Let's expand on that and discuss that. I think that's very vital for people to understand how that many times brings about negative consequences within.

Howard: Good. I, first thing I was thinking when you said that George is that when we become Christians and we become filled with the Holy Spirit and He's working through our lives we don't become robots we don't become like each other necessarily--we become more individual we become more who God made us to be as individuals.

T George: Isn't that heresy Howard?

Howard: Well I think...

T George: I'm just kidding.

Howard: That some people, some people think that it's too much attention upon self.

T George: It's selfish, it's egotistical.

Howard: Yeah, and yet exactly am I a self or am I something else? I am a human being, I am a person I have a personality I have a uniqueness--I am created by God. God gave me the personality that I have God gave me the body that I have--the mind that I have.

(Continued on week 36)

Self-Acceptance

Week 36: *Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Two)*

Posted: 4/21/2013 by T. George Homsher, M.Ed.

(Continued from week 35)

T George: And in essence Howard, if we say, if I say to myself I don't like who I am or I don't believe who I am what am I saying to God? Aren't I saying a pretty sad thing to Him?

Howard: I'm rejecting myself. I'm saying God You didn't know what you were doing when you made me.

T George: Whew. That's powerful.

Howard: You know, and I feel God knew what He was doing when he made you George and made me He had a unique purpose in mind for us and a plan for our lives and we have to find that plan and the way we find that plan is to trust Him to work in us through his Word and through His Holy Spirit who is living in us.

The Lord said what know ye not your body is a temple of the Holy Spirit the Spirit of God dwelleth in you that you are not your own, but you have been purchased with a price, and He says therefore glorify God in your body which is His body. See, glorify God in your body which is His body and people are afraid of that--in your body, because that sounds selfish. But is Christ in my body or isn't He?

T George: Of course He is.

Howard: All right. And if we enjoy the Lord and live for Him and our life is filled with Him then we're going to express that outwardly and that is what people are going to see. The genuine natural personality that we are--filled with the Spirit, and enjoying who we are and enjoying Him the Lord.

(Continued on week 37)

The Spirit's Work in Us / Self-Trust

Week 37: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Three)

Posted: 5/4/13 by T. George Homsher, M.Ed.

(Continued from week 36)

T George: So really they're going to see Jesus Christ working His Spirit working powerfully in our lives.

Howard: Yes.

T George: Because we're being who we are.

Howard: Yeah. Naturally through you or naturally through me not through my personality being your personality and trying to fit into your mold, but I'm unique and so are you George and God the Holy Spirit is living in our uniqueness and He wants to flow through our lives and work through our lives--so we trust Him to do that.

T George: And that's a beautiful thought Howard and you know trusting Him is a wonderful thing. I think for most people a scarier thing would be to trust who I am--trust myself.

Howard: Yeah. What do you mean exactly George when you say that trust? A scary thing to do that, because they feel that they can't do what they think they should do.

T George: Exactly.

Howard: And I think that.

T George: Am I going to fail?

Howard: Yes.

(Continued on week 38)

Self-trust / Fear of Self / Free to be Myself

Week 38: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Four)

Posted: 5/12/13 by T. George Homsher, M.Ed.

(Continued from week 37)

T George: Is this really what I should be doing? You know, we have a beautiful thing we talk about what is what should we do we're making decisions--yeah we need to know God's will, but we also need to know what we want to do and...

Howard: Exactly.

T George: Psalm 37:4 delight thyself in the Lord and He'll give the desire of your heart. But a lot of people are afraid of trusting with their heart says in that particular situation.

Howard: Well you know it comes back to this thought George trusting who you are in yourself is very important, but many people many Christian people are afraid of self, because they have been taught in religious circles that self is sinful. But I am afraid I have to say self is not sinful self is Howard Blandau. I'm a self you're a self George and you have a unique personality you have a unique individual quality that God made. Now, when we let God work through that uniqueness then He frees us to be ourselves our natural selves. But if we don't do that we become in ourselves what we think we should be and we try so hard to be the way we think we should be that we're not being ourselves.

T George: And that's you know I can sense the Spirit Howard speaking through you, because you look at Galatians again and Paul...

Howard: Yeah.

T George: He says, put away the what? The old self...

Howard: Uh huh.

(Continued on week 39)

Old Self / New Self / Fear of Flesh / Fear of Self

Week 39: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Five)

Posted: 5/18/13 by T. George Homsher, M.Ed.

(Continued from week 38)

T George: Put on the new self.

Howard: All right.

T George: And as he describes that old self like you're saying it's depressing, it's locked-up, it's rigid, it's legalistic. I mean, there's lifelessness that goes on with the old self and what does he say about the new self.

Howard: Put on the Lord Jesus Christ. Put on.

T George: The new self which is joyful, and happy, and excited because the new self is with the Spirit...

Howard: Uh huh.

T George: Of Jesus Christ as the old self is with what? The flesh.

Howard: Yes. Yeah.

T George: And we as Christians are afraid of being that new self. We don't trust...

Howard: Right.

T George: That new self.

Howard: I think it's true George and I think that when we are so occupied with distrusting ourselves and so afraid of the flesh and so afraid of self we become so occupied with that that we're not free to enjoy who we are in Christ and our natural personality our uniqueness as individuals. Everyone has a unique and individual personality.

(Continued on week 40)

A Positive Focus / God at Work in Us / Trusting God

Week 40: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Six)

Posted: 5/27/13 by T. George Homsher, M.Ed.

(Continued from week 39)

T George: Wow, Howard it's amazing your focus is so much on the positive on Jesus Christ.

Howard: Uh huh.

T George: On your positive self and it's not really focusing overwhelmingly on what is evil and what is wrong and how filthy and worthless we are as people. That's so refreshing.

Howard: It's God who worketh in you to will and to do according to His good pleasure. Now if God is working in me and in you to will for you to do according to His good pleasure is God going to do what He says He's going to do?

T George: I hope so.

Howard: All right.

T George: He's pretty strong isn't He.

Howard: If all right if I...

T George: Very strong.

Howard: If I allow Him to do it then I'm trusting Him. If I allow Him to work then I'm believing Him. So I say Lord do Your thing do what You would have me to do. I want You to work in me I want You to work through me, I want You to work out of me in a natural way so that I'm not some phony trying to prove something, but I'm a person whose living and sharing what God has given to me. And that to me is where it's all at living enjoying life trusting Him. And then God has promised that He will continue to do what He's begun what God has begun in our lives He will do it--He will continue it according to will and purpose.

(Continued on week 41)

Not Working at Being ourselves / God Works to Allow Us to be Ourselves / We are Freed by Jesus

Week 41: *Truth for Spiritual Living: Fear of Self / Vertical Relationship* 1993 Show Two (Part Seven)

Posted: 6/2/13 by T. George Homsher, M.Ed.

(Continued from week 40)

T George: So Howard as we piece this together a little bit...

Howard: Uh huh.

T George: It's like we're not working to be who we are we don't have to go overboard on being who we are, because Jesus Christ's Holy Spirit wants us--He's working to allow us to be who we are.

Howard: Right exactly, that's beautiful.

T George: Isn't that an amazing concept.

Howard: Right. If the Son shall make you free.

T George: Mmm.

Howard: You shall be free indeed.

T George: Shall be free indeed--yes.

Howard: But if you try to make yourself free if you try to make yourself in bondage and try to block yourself from failure and block yourself from being natural--you are not free. You have lost the naturalness.

T George: Sure.

Howard: And the naturalness that we have is the flow of our lives that people are attracted to as they talk with us, because they sense our joy, they sense the peace of God in our lives, they see in our eyes the freshness and the love that comes out and I think that's what we need to believe that God wants to do in our lives. And there are a lot of people who are trying so hard to be spiritual that they're miserable.

(Continued on week 42)

Being Ourselves / Introspection / Being Thankful to Jesus

Week 42: *Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Eight)*

Posted: 6/15/13 by T. George Homsher, M.Ed.

(Continued from week 41)

T George: I was one of them Howard.

Howard: Yeah.

T George: I got to admit.

Howard: I was to.

T George: Before I met you I was definitely one of those people very insecure, very locked-up with my emotions.

Howard: Uh huh.

T George: Trying very hard to be someone I wasn't thinking that that was better than who I was.

Howard: And that causes us to be introspective; introspective looking into our selves--overly self-examining ourselves. Always figuring out what's wrong with me, with me, with me.

T George: Yeah. That's right.

Howard: And I think if we just come to the place, "Now Lord, thank you for Your presence, Your power, thank You for what You've given to me, thank you for my ability, thank you for the talents You've given me, thank You for making me Your child, and filling me with your Holy Spirit--now Lord, live through me today thank you, amen and get busy living.

T George: And you know Howard it seems so natural as you say that that the end result is such a lack of selfishness it's the total opposite.

Howard: Yeah.

(Continued on week 43)

Loving God, then Ourselves, and finally Others / Self-hatred

Week 43: *Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Nine)*

Posted: 6/23/13 by T. George Homsher, M.Ed.

(Continued from week 42)

T George: But you begin by loving God and loving yourself.

Howard: Yes.

T George: So that you can love your neighbor.

Howard: That's right, that's what it says love thy neighbor as thyself. Now a lot of people don't hear that. Oh, I can't love myself. He says love others as you love yourself. Husbands love your wives as your own bodies and it's no clearer than can be--it's so clear. And what happens is we reject ourselves, we hate ourselves, and then we try to love people. And how can we love people when we hate ourselves?

T George: You can't.

Howard: How can we love ourselves if we hate God?

T George: In fact I would say Howard in my life when I hated myself I would eventually hate others to. I would be critical behind their backs of course...

Howard: Uh huh.

T George: Not up to their face. I would be angry I just would look at people in a hurtful sense.

Howard: Yeah.

T George: So I'd say, yeah, if I feel angry inside I'm going to see other people as being hurtful.

Howard: Yes.

(Continued on week 44)

God's Love for Us is Shed Abroad by the Holy Spirit--Our Response is Abundant Love for God / The Hardest Thing for Christians to Realize

Week 44: Truth for Spiritual Living: Fear of Self / Vertical Relationship 1993 Show Two (Part Ten)

Posted: 6/30/13 by T. George Homsher, M.Ed.

(Continued from week 43)

T George: You know and, but in the same sense if I love who I am I'm going to be able love others. And frankly for me I'm able to be more open to others and less hurtful...

Howard: Exactly.

T George: By them.

Howard: And see the more God loves us the more we realize He loves us than the more we realize that His love is shed abroad in our heart by the Holy Spirit and we begin to love God with all of our hearts and soul--to love the Lord our God with all of our heart, our soul, our mine, our strength.

And then we love our neighbor as we love ourselves and this is the hardest thing for Christians to realize that we love God, then we love our neighbor as we love ourselves and the love of Christ being shed abroad in our hearts by the Holy Spirit working out through our lives gives us a naturalness that is attractive to people around us.

T George: And Howard we're going to pick up on that next week, because that's a powerful powerful concept. Well, until next week may the Spirit of Jesus Christ fill your soul--goodbye.