

156 Full Ep edited

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SPEAKERS

David Sandstrom

D David Sandstrom 00:00

Look at this article published in the Journal of American Psychology. It came out in January 2022. It's entitled, is high self esteem beneficial? Revisiting a classic question, these researchers said in their conclusions, a voluminous body of research has shown that high self esteem helps individuals adapt to and succeed in a variety of life domains, including having more satisfying relationships, performing better at school and work, enjoying improved mental and physical health and refraining from anti social behavior. Now you might be saying, well, that's interesting, Dave, but I don't have low self esteem. Well, according to Psychology Today, 85% of people worldwide suffer from low self esteem. Have you ever said yourself, man, I'm so stupid or I'm fat or ugly? Now, let's be honest. We've all done it, and we may have some work to do. Could it be possible that a distorted view of our personal worth is adversely impacting our health outcomes? Let's talk about it. Welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40 maximize their health potential so they can age gracefully and live abundantly. I'm your host. David Sandstrom, Naturopathic Doctor and Biblical Health Coach. And this is episode number 156, I want to help you the natural nation make healthier lifestyle choices. So I'm doing lifestyle audit episodes. If you got a question pertaining to any aspect of your health and well being, I'd love to talk with you and make an episode out of it. While there's no fee. I enjoy connecting with my listeners. Go to my website, ChristianHealthyLifestyle.com/audit. Answer a few questions, and we'll be all set up. I look forward to hearing from you.

D David Sandstrom 01:54

So there's three parts to a human being and three focus areas to each part, for a total of nine focus areas, or nine pillars of health. Now this is episode three in my series on the nine pillars of health. We're going to end up having 10 episodes, because this episode is going to be a little too long for for one episode, so I'm going to break this up into two. So we're going to call this 3a, and the next one is going to be 3b so if you want to know what all nine pillars are, listen to part one in this series, episode number 154, and I briefly describe each one. Now, there is no greater power to heal than the power of love and the spiritual component of health is all about loving relationships, our love relationship with God, our love relationship with one another and

the love relationship we have with ourselves. Now, I covered love for God and love for others in episodes 154 155 if you have time, go back and listen to those. You don't have to right now, these are all standalone episodes, but you might want to check those out. Now, this episode, we're going to cover love for ourselves. Please don't be tempted to skip over this episode because you think self love is selfish or narcissistic, as you're about to see it's not sure.

D

David Sandstrom 03:13

Some people take self care or self love too far and they become self absorbed only thinking about themselves. Well, that's a violation of the second commandment to love our neighbor. So just because some people abuse the concept of self, love doesn't make it a bad idea. I'm advocating a balanced, healthy, Biblical approach to loving ourselves. Well. Now, anyone who's teaching on the spiritual component of health ought to be prepared to substantiate what they believe with scripture. So there's going to be a lot of Bible verses in this episode. I do the same with my book, the Christian's guide to holistic health. If you enjoy this episode, you're going to love my book, because I follow the same format with plenty of scriptural references. So there's two facets to love for ourselves. One is our sense of identity, and the other is self care. And this episode 3a as I said, we're going to be talking about identity, so let's start with that. Now this is going to be a game changer for some people. If your church experience is anything like mine, you've heard a pretty lopsided perspective on our true identity. Now, Satan is the father of lies, and one of his favorite tactics is to get us to believe distortions about our true identity in Christ. Now I'm going to shine some light on those distortions in just a minute, but for now, understand that how we see ourselves and our sense of who we are and whose we are plays a crucial role in our pursuit of vibrant health and our pursuit of the abundant life. It really it's really important to get this right, because what we believe about ourselves and the thoughts, speech and actions that follow, will power. Powerfully impact our health outcomes, for good or bad, because what we believe really matters. Now in episode 155 I talked about the hierarchy and the harmony to the spirit, mind, body relationship. But I just want to give you a taste of how powerful that relationship, that connection, is. Now we've all heard of the placebo effect when a pharmaceutical company is trying to get a new drug approved, they have to demonstrate that their drug is more effective than placebo, because about a third of the time the person that gets the sugar pill or the saline injection, they actually experience the benefits that that drug is purported to produce. Well, you might not have heard of the nocebo effect, and that's when someone that gets the sugar pill or the saline injection, the placebo actually experiences the side effects that come along with that drug. So it's a glaring illustration of how powerful our beliefs and our thoughts are. Now this is not just a I want to feel better, so I think I feel better in a subjective way. There are real, measurable changes that take place. Lissa Rankin, in her book, mind over medicine, documents this quite well, and she talks about how these changes are very, very well documented. Bald men grow hair. Ulcers heal. Blood pressure drops. Skin conditions like eczema and psoriasis heal all observable, measurable evidence that the placebo effect is very, very real. Now we're going to be talking more about how our mental, emotional component affects our health outcomes in the next three episodes in the series, but now we're talking about what we believe about our identity and our self worth. Our identity is under attack by the unholy trinity. The Unholy Trinity is the flesh the world and the evil one. Our flesh distorts our identity by exploiting our pride. Our flesh wants us to believe our identity is rooted in how popular we are, how many likes we get on our social media posts, or how many followers we have.



D 03:13

David Sandstrom 07:11

Our flesh wants us to allow those vanity metrics to tell us who we are. That's not building your house on solid ground. It's very shallow. Now, the world or society wants to tell us who we are as well. The world tells us we get our worth from our accomplishments or our possessions or how much money we have in the bank, what kind of car we drive, how big our house is, the square footage of our house does not determine who we are. God tells us who we are. Now the evil one is little more crafty. He attacks us at the core of who and what we are. When Satan came after Jesus in the wilderness after his 40 day fast, he went after his identity in Matthew, chapter four, verse three, we see this. And the tempter came and said to him, if you are the Son of God, command these stones to become loaves of bread. But just prior to that account in the previous chapter, in Matthew chapter three, verse 17, Jesus is being baptized by John the Baptist, and he comes up out of the water, and we see this, and suddenly a voice came from heaven saying, This is My beloved Son in whom I am well pleased. Satan tried to distort Jesus' sense of identity, but God, the Father, made his identity crystal clear. The same is true for us, while we may not hear the audible voice of God, but we have his word now, the enemy wants to convince us to ignore God's word and ignore what God says about us and believe the attacks and the condemnation that he throws at us. It sounds something like this, you did a bad thing, therefore you are a bad person. You're damaged goods. You're beyond redemption. Even god can't help you. You know, take a look around. He's been pretty effective, even among the believing community. Just think of the phrases we hear Christians use, I'm just a wave tossed in the ocean. I'm just one beggar showing another beggar where the bread is. My life is a breath here, today, gone tomorrow. We're all just a bunch of rotten sinners saved by grace, amazing grace that saved our wrecks like me, this is called worm theology. Jesus didn't die a humiliating, bloody death on the cross for pond scum. The life and work of Jesus Christ demonstrates the value he places on us. He didn't just say we have great value. He demonstrated it. I'm convinced that if there were only one person on earth, Christ would still have been willing to die to save that single person. I like what Dr. Ken Baa has to say in his book, conform to his image about this topic of our real identity. I. Here's what he says, a biblical understanding of grace addresses both human depravity and human dignity. It avoids the extreme of warm theology, I'm worthless, I'm no good, I'll never amount to anything. I'm nothing but a rotten sinner and the opposite extreme of pride and autonomy. Now we're all susceptible to these types of distortions, and the evidence of that is many of us will say things to ourselves that we would never say to a friend. Have you ever said to yourself, Man, I'm always screwing things up, or I'm such a loser, or I've got a terrible memory, or I'm ugly, I'm fat or stupid, bad luck just follows me around. It's my lot in life. We would never say those things to a good friend, but somehow we feel it's okay to say them to ourselves. That type of self deprecation or self loathing is untrue and unhealthy is that the way God sees us.

David Sandstrom 11:04

What does the word of God say about our true identity? Well, it almost sounds too good to be true, but God's Word is true, and if we don't believe it, it amounts to calling him a liar. For starters, as believers, we are not our sin. Sin is not our identifying characteristic anymore. If we would have believed Satan's lies that we're irredeemable, we're nothing but wretched sinners that could never be set free from sin and death that would lead to hopelessness and despair, and those toxic emotions are very harmful to our health. Proverbs 17:22, says, a joyful heart is good medicine, but a crushed spirit dries up the bones. Yes, as long as we're walking in this earth, we will struggle with sin, but sin is not our identifying characteristic anymore. Now in Romans, chapter seven, Paul talks about his personal struggle with sin, and starting in verse 15, we see him saying this, for I do not understand my own actions, for I do not do what I want,

but I do the very thing that I hate. Do you hear his anguish in there? But Paul doesn't stop there. He separates himself from his sin. Verse 17, so now it is no longer I who do it, but sin that dwells within me. He repeats himself for emphasis. Verse, Psalm 19 and 20, for I do not do the good I want, but the evil I do not want is what I keep on doing. Now, if I do what I do not want. It is no longer I who do it, but sin that dwells within me. And then in verse 22 For I delight in the law of God in my inner being. So Paul does little foot stomping here on this concept of separation. You know, when I was studying for my MBA in college, if we had a review for the midterm or the final, and the instructor was doing some foot stomping, I knew that was something important, so I took good notes, because I was probably going to see that again on the exam. Well, Paul does some foot stomping here, on this concept of separation from his sin, Paul knows that when he finds himself in sin, that's not the real him. He knows that sin is not his identifying characteristic anymore, and it's not ours either. The Bible clearly teaches this concept of separation. Psalm 103, verse 12, as far as the east is from the west, so far he has removed our transgressions from us. Now I was an airline pilot 35 years so I can't resist explaining this. But if you look at the globe, the Bible chooses the words east and west. If you look at the globe and you start going either north or south, there's going to come a point where you reach the pole, and you'll be going in the opposite direction. If I start out going north, after I pass the North Pole, I'll be going south again. And then when I go south for long enough and I pass the South Pole, I'll be going north again. So it's kind of like you're looking back. You're kind of like you're turning around. But if you start out going east and keep going east, you will never do anything but go east. You don't have to look back. You'll never go west again. Same is true. If you go west, you'll never be going east as long as you continue to go west. Well, God says that's as far as he's removed our transgressions from us, and that's pretty encouraging. We don't have to look back at our sin because our sins past, present and future have been forgiven. Look at first John one nine. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Now this passage is not licensed to sin. Sin separates us from God's love, and sin causes damage to the one who commits it. That damage happens at a spiritual, mental. Emotional and physical level. So let's take a look at a few more verses about what the Word of God says about us. In Christ, we are not products of our past mistakes, second, Corinthians, 5:17, this means that anyone who belongs to Christ has become a new person. The old life is gone, a new life has begun also. We are more than conquerors, and nothing can separate us from the love of God. Romans, eight verses, 37 through 39 in all these things, we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else that all creation will be able to separate us from the love of God. In Christ, Jesus, our Lord. We're made in the image of God. Genesis. 1:27, and God doesn't make junk. We are fearfully and wonderfully made. Psalm 149:14. We are His workmanship. Ephesians, 2:10, some translations translate that word workmanship as masterpieces. And I love the tie in here between Ephesians, 2:10, and Psalm chapter 8, verses three through six. When I look at Your heavens, the work of Your fingers, the moon and the stars which you have set in place, what is man that You are mindful of him, and the son of man that you care for him, yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. You have given him dominion over the works of your hands. You have put all things under his feet. This is a game changer. The psalmist is looking up the night sky in awe of God's handiwork that we were a part of. Let's put this in perspective one time when I was flying on a dark night, we're up 39,000 feet, and the guy I was flying with was into astronomy, and he brought a pair of binoculars, and we dimmed the lights down in the cockpit, and we were looking up at the constellations, and he was telling me, you know, which ones were named what? And it was pretty interesting. I tell this guy knew something. Well, I'd always wondered about this, so I asked him this question. I said, you know, we're up at 39,000 feet. There is not a lot of weather above us. So what are those clouds that we see high above

us? He said, Dave, those aren't clouds. That is billions of stars. I was awestruck. That's just staggering to me, the Milky Way, um, the reason why it looks milky, it looks like a cloud, is because we're looking at billions and billions of stars. Now let's put this in perspective a little bit. I'm gonna put my geek hat on here for just a minute. All right. Minute. All right. Now, our Sun is a modest sized star compared to most stars in the Milky Way Galaxy, yet we could still fit 1 million Earths inside of the sun. Now, the speed of light is 186,000 miles per second, not per hour, but per second. At that speed, you could go around the globe seven times in one second. The fastest thing we've ever made can't even come close to that speed. But let's just imagine for a minute that we could build a spaceship that could fly at the speed of light. It would take you 50,000 years to fly from one end of the Milky Way galaxy to the other is that not breathtaking. And our galaxy is one of hundreds of billions of galaxies in the known universe. That's God's creation. That's the kind of God we serve. That's how powerful and magnificent he is. And God says we're more valuable than all of it. Let that sink in for a minute, hundreds of billions of galaxies, and we are far more valuable to God than all of that put together. Now, not only that, but God trusts us enough to be co rulers with him over his creation. In verse six, you have given him dominion over the works of your hands. You have put all things under his feet, referring to mankind. First, Corinthians, chapter six, verses two and three. Do you not know that the saints will judge the world, and if the world will be judged by you, are you unworthy to judge the smallest matters? Do you not know that we shall judge angels? How much more things that pertain to this life? Let that sink in. God has chosen us to be co rulers over his creation. Now our value in God's sight doesn't end there. This God, who hung the galaxies in place and knows each star by name, cares enough about us that he wants to be our friend. John 15:15. No longer do I call you servants for the servant does not know what his master is doing, but I have called you friends. Sins for all that I have heard from my father, I have made known to you. And it doesn't end there. We are God's children. Romans, chapter eight, verses 14 through 17, for you do not receive the spirit of bondage again to fear, but you receive the Spirit of adoption by whom we cry out, Abba Father, the Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ. So not only are we his children, but we have an inheritance. And what is that inheritance? We get immortality, eternal life, and we get to be co rulers over God's creation. And by the way, there's another myth that I'd like to set to rest right now. Heaven is not an eternal church service in the sky where we all open our hymnals and sing songs forever and ever. That's not what heaven is, and that is not the happily ever after with God, we get to explore the universe and rule over it. With God, that's God's original design, and he's in the process of restoring order to everything he's created. Revelation 21:5. Then he who sat on the throne said, Behold, I make all things new. Genesis, 1:28, God blessed them, and God said to them, Be fruitful and multiply and fill the earth and subdue it and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth. He doesn't just tell us to rule and not give us authority to do it either. He grants us His authority to accomplish His will. Matthew 28 verses, 18 through 20. All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations. He also grants us authority over spiritual forces of darkness, over Satan and his demons. Luke, chapter 10, verse 19, Behold, I have given you authority to tread on serpents and scorpions and over all the power of the enemy and nothing shall hurt you. Behold, means to see something remarkable in person. What God says about us is remarkable and hard to believe, but true. Nonetheless, God equips us with all the power and authority we need to accomplish the assignments He gives us. First, John 4:4 for he who is in you is greater than he who is in the world. Philippians 4:13, I can do all things through Christ who strengthens me. Now, we were once dead in our trespasses and were made alive with Christ, and right now seated with Christ in the heavenlies. Ephesians, 2:46, God, being rich

in mercy because of the great love with which He loved us, even when we were dead in our trespasses, made us alive together with Christ. By grace, you have been saved and raised us up with Him and seated us with him in the heavenly places, in Christ, Jesus.

D David Sandstrom 23:12

Now someone might be saying, right now, Dave, I think you might be overstating your case a little bit. Here, we live in a sinful, fallen world, and we are in a fallen state, and our hearts are bad. I know someone's thinking that, because I thought the same thing the first time I heard this, I said to myself, How can this all be true when the Bible says Our hearts are wicked?

D David Sandstrom 23:39

Jeremiah 17:9 says the heart is more deceitful than all else and is desperately sick. Who can understand it? Some translations say desperately wicked. But that's true. Before we're saved, the unregenerate heart is desperately wicked. But when we come to know Jesus, Christ as Savior and Lord, we get new hearts, and that heart is altogether good. Ezekiel, 36:26 says, Moreover, I will give you a new heart and put a new spirit within you. And I will remove the heart of stone from your flesh and give you heart of flesh. When we surrender our lives to God, we literally get a heart transplant. This is not metaphor, and we receive a new identity as a result. Now remember, the human heart is the spirit, mind, body, all rolled up into one. It's who we are at the deepest level, your heart is you, my heart is me. And as believers, our hearts are good. Yes, the human heart can be good. Jesus is explaining to the disciples the parable of the sower and the seed in Luke chapter eight. Here's what he says in verse 15, as for that in the good soil, they are those who hearing the word hold it. Fast in an honest and good heart and bear fruit with patience, but that soak in for a little bit. Your heart is good, you are good, and you're worthy of God's love and mercy. This changes everything. So you can continue to believe that I'm overstating my case, and you can reject what I'm saying and go on live your life the same way you always have, or you could do some reflecting on what I've been talking about here and find out and discover if you believed any distortions about your identity, and make the appropriate adjustments to your beliefs and the thoughts, speech and actions that will follow those beliefs,

D David Sandstrom 25:45

This could be particularly helpful if you're suffering with a chronic challenge that the medical field has not been able to help you with. Maybe it's time to consider the powerful impact this component of our spiritual condition could be having on your relationships and your health outcomes. So what are the implications for our health the study I mentioned at the top of the show credited the positive health outcomes that are associated with higher levels of self esteem. They say it's because a proper amount of self love is good for our relationships, and relational connectedness is good for our health. We talked about that in the last episode that no doubt that's true, but I believe it goes even deeper than that, because I recognize the interconnectedness and the interdependence of the spirit, mind, body, relationship, and I believe this component of our spiritual condition love for ourselves can absolutely impact our mental, emotional and physical health outcomes.

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David Sandstrom 26:48

Remember Proverbs, 17:22, a joyful heart is good medicine, but a crushed spirit dries up the bones. Now we shouldn't let a distorted view of our identity lead to a crushed spirit that will compromise our health. What we believe matters, remember the placebo nocebo effect, and what we believe has the power to heal or the power to harm, depending on what we believe. Now, we should take inventory of our beliefs about our identity and hold them up to the Word of God and ask ourselves if our beliefs are based in truth or some distortion or perverted version of the truth, we should take notice of the words we speak to ourselves. We wouldn't if we wouldn't use those words towards a good friend. We shouldn't be saying it to ourselves either. We need to practice Second Corinthians, 10:5, and take those thoughts captive to the obedience of Christ. God wants us to enjoy vibrant health. It's part of the abundant life. Now, if our beliefs and thoughts support our healthy pursuits, then they're fine. Go with it. If they're working against our healthy pursuits, then they need to be rejected. We're going to be talking more about the mental, emotional component of our health when we talk about the power of the mind and the condition of our soul, now we haven't even talked about the other aspect to love herself, and that is self care. I think we'll say that from the next episode. So next week, we'll be diving into self care, and I'll be covering why self care isn't selfish at all. In fact, it's the most loving thing we can do. So be on the lookout for that episode next week, and don't forget, this show is called Christian Healthy Lifestyle, and I want to help you with some productive lifestyle modifications. I'm looking for anyone in the natural nation to come on the show with me and do a lifestyle audit. There's no charge. I truly enjoy connecting with my listeners, and for a limited time as a thank you, I'll send you a complimentary copy of my book, the Christian's Guide to Holistic Health. Go to my website, ChristianHealthyLifestyle.com/audit, click on the button there answer a few questions, and you'll be all set up. I look forward to hearing from you. I hope you found this information useful. If you're getting value out of this series of episodes, I would appreciate you telling someone you know about it. Holistic Health, from a Christian perspective, is hard to come by. If you have a like-minded friend, let them know about the show, they'll think you're brilliant, and I'll bet they'll thank you for it. And don't forget, I am posting episodes once a week now on Wednesdays, so you can look for part 3b of the nine pillars of health on self care next Wednesday. That's it for now. Thank you for listening. I appreciate you. I enjoyed serving you. Go out there and live abundantly. I'll talk with you next time. Be blessed. You.