

The Code

Know the Code

You are not enough and you have no worth

Earn worth, and you can be loved (accepted, affirmed)

Performance-Based Value System - You only have value if you perform

Cease to perform and you have no value

Quid pro quo (something for something)

Cause and Effect

If-Then: If you do this, then you get that

It's the leaven that Jesus confronted in the Pharisees

It's the circumcision heresy Paul raged against in Galatians

It's the Tree of Death (knowledge of good and evil)

The serpent says, "You're not enough. You could be so much more, have so much more."

The code destroys relationship with God and others

The code produces death

The code is anti-creation, or destruction

Diagnose the Code

Over-trying – "enough" never is – you can never be enough, can never do enough

Self-loathing – saying things to yourself you would never say to a friend

Do to be – "If I *do* something extraordinary - I can *be* extraordinary." Do more to be more

Bargaining – making deals with God to obtain his favour

Preoccupation - with the physical – your body, your clothes, your house, your kids

Oscillation - between pride to self-loathing, rigid rules to binges

Comparison – getting worth out of feeling superior to others

Conditional — only accepting others when they meet the conditions

Resentment – others aren't doing their part – I have to do it all

Rule-making - constantly creating new rules to govern and keep your behavior in check

Murky Guilt - vague, uneasy guilt vs. surgically precise conviction

Loss-burying – processing loss makes you feel like a failure so you suppress it

Ooze – a silent ooze of disappointment when others don't live up to your standards

Panic - that something good will be snatched away in the final moment

Judgment – wishing someone would experience the consequences of their behaviours

Shame – I am worthless, defective, damaged goods, the fault-line runs too deep

Suspicion – someone experiences a set-back - you think, They must've done something wrong

Earning – you experience a surprising windfall and substantiate how it was deserved

This week – reflect on where the code is getting in the way of you experiencing God's life.

Talk to someone you trust and ask them if your assessment of yourself sounds accurate.