

“Introspection”

Is it Healthy for Faith People?

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I’ve been thinking a lot about introspection in the Christian’s life. I just found a little booklet by Watchman Nee called, “The Way to Self Knowledge.” He says that Self-knowledge is important, but how we get self-knowledge is more important, and the point here in this article. Nee speaks against constant introspection as non-Biblical and he emphatically says that it can be very damaging to our Spiritual Life, basically because it plows back up our planted seeds of faith.

It has come to my mind because someone came to me asking my advice if she should be drawn in by her counselor’s request to take her back to 3 years old. She said that she was most uncomfortable with acting out her feelings at 3 years old. My friend said that both her parents were with the Lord and she has peace about them, and she personally forgives them for their past dysfunction’s in their family.

I took a strong stand against what the counselor wanted her to do, because she is coming into faith about her life and learning who she really is. And because as we put our past in God’s perfect plan for our lives, God redeems all the fears and hurts and actually uses the past to build the future. Anyway, I’m not sure that that kind of therapy couldn’t be putting you under some kind of hypnosis, which could open your mind up to know knows what.

Then after this incident, I ran across this booklet of Watchman Nee's. He says that there is no Biblical proof of such self examination. There is only two places in the New Testament. that talks about examining yourself, and both are in their own scoop of things. One, at the communion table, and that is to examine if you are rightly discerning the Lord's blood and body, and the other one is in II Cor 13: 1-5, when Paul challenges them to see if they are really in the faith. The proof being if they were embracing weakness and living by faith in the life of Christ, they were in the faith, otherwise if they were living by their own sufficiency's, and they were not in the faith.. No where else does the New T. tells us to be introspective. Nee's booklet says that, independently from the Spirit's light we will only think too much of ourselves, or belittle ourselves. The right way to self-knowledge is exactly what Paul did about his problem in Romans Seven--he went straight to the Holy Spirit and ask Him for light on the subject, and along with His light comes the Holy Spirit's power to deliver.

(See my Romans Seven commentary):

<http://theliberatingsecret.org/Authors/Pearce/New%20Romans%207.pdf>)

I think that psychology is beneficial to get unbelievers out of denial, and maybe get broken down Christian's within hearing distance, but basically, if not handled carefully it can be a substitute deliverer and a diversion from simply faith in the wisdom of God. I think that counselors' have to be very astute in the Spirit and not lead their people into self-improvement through self-effort, and constant self-introspection. Introspection makes us "behavior/flesh minded," instead of "Christ in you/Spirit," minded. Romans 8 is clear about being overly mindful about your soul/body—it actually say that such concentration is death (Rom. 8:5-6). I love the Hebrews scripture

that says, “Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, LOOKING (away) unto Jesus the author and finisher of our faith.” (Heb. 12:1-2) Nee says, that the word “away” is in the original Greek. That means that you have to look away from the flesh to Look unto Jesus, and what and who Jesus says you are, which is, of course, walking in the Spirit. So if the Bible tells us to look away from our own opinion of ourselves, however good or bad that you might think, and look to Jesus who will transform you into His image, then why do we have to look into our past life and figure out what went wrong? Absurd! It is only looking unto Jesus that we are healed from past pain. Our good friend, Steve Pettit once wrote in his monthly Newsletter, Speaking as God, he says, *“I dug your pits of fear, in order to intimately fill you with my perfect love. I dashed your house of dreams, to personally build your house of life on unshakeable reality. I meant your hellish despair, it drove you into my heavenly hope. I caused you to experience that haunting hollowness of heart...so you might be filled, intimately and personally filled, with My Life.”*

One of my friends said to her son when he was in a deep sin, *“This IS what you are doing, but it is not who you are.”* That statement freed him. Also, another person that I know was in therapy for years for an eating disorder, and after mega-medication costing megabucks, her mother-in-law, who by the way knew Norman, came to the hospital and said to her. *“Get out of bed, this is not who you are, Christ is your life.”* She went home against her doctor’s advice, and was healed, never again to return to her disorder. Now she is a great Bible teacher of Christ, Our Life truths. Then again, a friend told me a story about a little prostitute’s plea to God. *“Lord, please deliver me, but you are not going to get any help from me.”* I believe most

Christians are still trying to help God do what only God can do. Another friend of mine from England, Barbara Rodgerson, once wrote this in a letter to me: “The more I seemed to dig and explore on a psychological level, the more elusive the 'roots' to my problem became. I was like an onion with endless peels and no end in sight. Just tear another layer and more strong odors appeared, and that smell, more often than not, reeked of shame. I had to finally give it all up in place of the finished work of the Cross, where I found my final resting place.”

The Bible gives us the way of escape from past scares, it says, “Consider the earthly members of your body dead” (Col. 3:5)(NAS) that means to all forms of iniquity, which is are the sins that are past down generationally through our natural family. And the Bible says to Born Again people that, “old things are past away, behold all things are become new” (II Cor 5:17). All the old things that are past away are the old man’s iniquity (generational sins). Our past was done away with at the Cross, Isaiah 53:6 says, “ And the Lord hath laid on him the iniquity of us all.” And, “By His stripes we are healed.” That means the Lord has already healed us from all generational sins, curses and injustices. Faith apprehends this fact and calls it a present reality. Now what is left for Psychologist to do? A good friend of mine had this to say: “Regarding psychology...”We do have a psyche. It does get ruts in it from our childhood. These ruts cause us to act in unhealthy, fearful, unbelieving ways - that is where God has to ‘save our souls’. Psychology comes along and says, "Here’s how and why you got those ruts. Now that you

know, you're cured." Wrong. Christ comes along and says, "I am greater than your psyche." He saves us from those ruts; he fills them up with himself as we let go of those old-man fears." Great Word!

You might say, well my friends are breaking down, I would say, good. Don't try to rescue them, let them break down. Pain precipitates seeking for God's answers to our problems. The precious Holy Spirit is the teacher, counselor, and healer, I recommend Him. But, you say, "I'm not hearing from Him." I say, "insist—hang on and don't let go until He blesses you—be like Jacob—it is because he did not let go of God, he knew union with God and his name was changed to "Israel", That is how I personally found my answers. Hey has any one read, "The Treasures of Darkness?"

Here is something great from Watchman Nee's booklet, "The Way to Self- Knowledge":

"Two years ago I read a fable about a centipede and a frog. During their conversation the frog asked the centipede. "You have so many feet, how do you walk? When you walk, which of your hundred feet moves first?" So the centipede tried to figure out which foot moved first. No matter how he tried he could not put forth one foot. He became so disgusted that he declared, "I do not care, I am going." Yet before he could make a move, he was again thinking of which foot moved first. He was thus completely paralyzed. After a while the sunlight broke through the cloud. When he saw the light his heart was so enthralled with it that he just ran after the

sunlight. Gone was his concern over the order of his foot movement. He was actually moving forward. Now this fable can serve as a mirror to our Christian life. Whenever we turn to look at ourselves we are immobilized and cannot advance; but if we look at the light of God, we shall unconsciously move ahead.”

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