

IT'S TIME FOR ANOTHER LOOK – PART II



Dr. Rayvann Kee II, Licensed Psychologist

Hawaii District Council, Honolulu, HI.

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PURPOSE/OBJECTIVES

- To understand the impact of one's own story, experiences, and concept of self on one's ministry effectiveness or ineffectiveness
- To understand the power of perception
- To help ministers heal completely for unhindered, untainted, effective ministry
- To prepare ministers to be able to accurately perceive what they may have never seen before

JESUS: THE GREAT PSYCHOLOGIST

Luke 4:18:

“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering a sight to the blind, to set at liberty them that are bruised...” (KJV)

TREES DON'T WALK!

Mark 8:22-25

- ✓ People brought a blind man to Jesus and begged Jesus to heal him
- ✓ Jesus gets the blind man by the hand
- ✓ Jesus leads him out of the village
- ✓ Jesus spits on his eyes and lays his hands on him
- ✓ Then asks him, “Do you [possibly] see anything?”

TREES DON'T WALK! CONTINUED...

- ✓ The blind man responds by looking up, “I see people, but [they look] like trees, walking.”
- ✓ Jesus lays hands on him again and made him look up [again]
- ✓ The blind man “fixed his eyes on definite objects, and he was restored and saw everything distinctly [even what was at a distance].”

INFERENCES AND QUESTIONS FROM THIS REPORT

- ✓ He was around some good-hearted people
- ✓ It was not clear how much he really wanted to have his sight. He feels somewhat like the “depressed type.”
- ✓ He must not have been born blind
- ✓ Jesus felt it necessary to take him outside of the village. I wonder what was going on in the village? I wonder what Jesus was thinking about these people’s expectation versus the blind man’s expectation?
- ✓ Could it be that this blind man’s self-esteem was severely impacted? He looked up once, but Jesus had to make him look up again.

INFERENCES AND QUESTIONS FROM THIS REPORT

- ✓ This blind man seemed to have a lot of his focus on people. It's more difficult to focus on what's moving versus what is stable and fixed.
- ✓ Jesus solicited feedback and had to check-in with the one he was healing.
- ✓ Jesus didn't have a problem with laying hands on him again. I guess Jesus wasn't satisfied with a partial healing. But I wonder about that blind man.
- ✓ The Bible uses the word restored and not healed
- ✓ Jesus is adamant about this blind man not going back into the village.

CONCEPTUALIZATION OF THIS BLIND MAN

- ✓ A blind man who appears to have gone through some traumatic experience that led to him becoming blind.
- ✓ He appears to be a non-assertive man, who may be dealing with depression and low self-esteem due to his loss
- ✓ He appears to live in a village/area and around people who almost appear to want healing for him more than he wants it for himself---I'm sure, good-intentioned people.
- ✓ But Jesus decides to lead him away from what was familiar.
- ✓ It seems pretty clear that he has become accustomed to walking around with his head hung down, maybe in an effort to hide that he couldn't see.

CONCEPTUALIZATION OF THE BLIND MAN CONTINUED...

- ✓ Jesus, who we know has no problem healing perfectly the first time, spits on his eyes and lays hands on him, but asks the blind man if he sees anything.
- ✓ The blind man was honest, and ended up articulating the inaccuracy of his perception.
- ✓ The sad thing is that he didn't seem too pressed to challenge the distortion. He may have even been willing to settle for being able to see anything.
- ✓ Jesus touched him again and made him look again.
- ✓ Finally, Jesus could've simply told him to not tell anyone, but commands him to not go back to the "familiar."

WHAT EXPERIENCES HAVE YOU HAD THAT MAY BE LEADING TO “DISTORTIONS” IN HOW YOU VIEW THE WORLD?

According to Cognitive Theory, people experience psychological distress that infiltrates their life and affects what they do and how they do it due to operating under “cognitive distortions.”

COGNITIVE DISTORTIONS

- **ALL-OR-NOTHING THINKING:** You see things in black-and-white categories. If your performance falls short of perfect, you see yourself as a total failure.
- **OVERGENERALIZATION:** You see a single negative event as a never-ending pattern of defeat.
- **MENTAL FILTER:** You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that discolors the entire beaker of water.

COGNITIVE DISTORTIONS

- **DISQUALIFYING THE POSITIVE:** You reject positive experiences by insisting they “don’t count” for some reason or other. In this way you can maintain a negative belief that is contradicted by your everyday experiences.
- **JUMPING TO CONCLUSIONS:** You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.
 - A.) **MIND READING:** You arbitrarily conclude that someone is reacting negatively to you, and you don’t bother to check this out.
 - B.) **FORTUNE TELLING:** You anticipate that things will turn out badly, and you feel convinced that your prediction is an already-established fact.
- **MAGNIFICATION (CATASTROPHIZING) OR MINIMIZATION:** You exaggerate the importance of things (such as your goof-up or someone else’s achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or other fellow’s imperfections). This is also called the “binocular trick.”
- **EMOTIONAL REASONING:** You assume that your negative emotions necessarily reflect the way things really are: “I feel it, therefore it must be true.”

COGNITIVE DISTORTIONS

- **SHOULD STATEMENTS:** You try to motivate yourself with should and shouldn't, as if you had to be whipped and punished before you could be expected to do anything. "Musts" and "oughts" are also offenders. The emotional consequences are guilt. When you direct should statements toward others, you feel anger, frustration, and resentment.
- **LABELING AND MISLABELING:** This is an extreme form of overgeneralization. Instead of describing your error, you attach a negative label to yourself. "I'm a loser." When someone else's behavior rubs you the wrong way, you attach a negative label to him" "He's an idiot." Mislabeled involves describing an event with language that is highly colored and emotionally loaded.
- **PERSONALIZATION:** You see your self as the cause of some negative external event, which in fact you were not primarily responsible for."

HOW TO BE RESTORED FOR EFFECTIVENESS

- Be willing to come away from what's familiar
- You have to want wholeness just as much or more than others want it for you
- Be willing to speak up
- Put pride and ego to the side
- Understand that your past is part of your story
- Challenge your own thinking
- Identify irrational thoughts
- Don't settle for partial restoration
- Let Jesus touch you as many times as it takes
- Don't go back to what's familiar.

QUESTIONS???

Dr. Rayvann Kee II

www.drrayvannkee2.com

drrayvannkee2@gmail.com