1Thess #69

Defense Mechanisms are learned behaviors.

Today will be a basic lesson on psychology but it is aligned with BD.

You will get great notes, at the same time you will probably be hit over the head by principles or areas of weakness we all deal with.

Before we close out this series on sexual immorality and controlling your own vessel in relation to our study of 1Thess 4 verse three and four, we must touch on the art of defense mechanisms that we all develop;

/1Thes 4:3 For this is the will of God, your sanctification; *that is,* that you **abstain from sexual immorality;** 4 that each of you know **how to possess his own vessel**in sanctification and honor,\

As we closed out the look at LOT and his daughters, last lesson. It gives way to a deeper look at how we have developed social skills from our own life experiences.

Also, then how we are training or having an effect on the children around us.

Never assume your life is not a teaching tool for someone else to witness skills in the negative and positive concerning the problems of life in the cosmic system.

/Prov 22:6 **Train up** (*ḥānaḵ*)**a child** in the way he should go, Even when he grows older he will not abandon it.

This speaks to discipline, consistent training or dedication.\

HAN-NACK points to deep dedication, repetitive or consistent training.

This is important, because we either have developed some good habits and problem-solving skills. Or we rely upon human defense mechanisms to resolve all of life’s challenges.

/Children raised under the proper protocol of respect for authority and having consistent access to BD, along with the example of Christian marriage grow up to be much more centered and stronger. They usually have less issues with defense mechanisms and social struggles as they grow into adulthood.\

No one is perfect except Jesus Christ!

Yet the reality is, Christian children raised under solid teaching of scripture within a Christian family, have greater stability within their adult life than most other people.

The wonderful thing about God’s grace plan and the power of BD coupled with the WORD, is that it is life changer - no matter what age we are at.

/The Bel who can come to the light of true humility (teachability), learning to apply the two power options to their maximum capacity, can make incredible changes to a life otherwise wasted and fruitless. Truth and the power of God are ageless – a Bel can make changes while God is also working out the past problems and troubled history for any Bel of any age. \

It comes down to our own free will.

How we want to bring this vessel closer to Christ or push further away from HIM.

We all develop defense mechanisms as we walk through life and the twenty most common have been taught by psychology and pastor-teachers for many years now.

My mentor Pastor Bob of GBC taught a great series on these mechanisms about 18 years ago.

We will do a brief overview in closing out this series because, the reality is, you can not fix a problem you do not recognize!

/ (1) Acting-out is a defense mechanism in which a person acts without regard for anyone or anything else. They don’t care what the consequences are. They believe they are always totally justified in their actions and words. (Eph 4:18-19)

This is usually a person with a high regard of self importance and they often struggle with bitterness and pride.\

Eph 4:18“being darkened in their understanding, excluded from the life of God, because of the ignorance that is in them, because of the hardness of their heart; 19 and they, having become callous, have given themselves over to sensuality, for the practice of every kind of impurity with greediness.”

/(2) Autistic fantasy is a defense mechanism in which a person substitutes dreaming or illusion for the pursuit of social relationships. They become introverts in an unhealthy fashion. It is much easier to deal with life through fantasy. Or even watching others from a distance and/or celebrity worship and movie or TV, day-dreaming.\

These are the people who live through the lives of others – especially celebrities.

/(3) Denial is a defense mechanism in which a person rejects or blocks out any negative issues about self or life. Denial is a false perception of reality. Many addicts and alcoholics live in some form of denial and this can lead into the 4th defense mechanism;

(4) Dissociation or withdrawal is a mechanism which is the action of mentally or physically pulling away from any situation that brings discomfort or true self-awareness. \

These two mechanisms become necessary for some people because they must be good, they can never be wrong or recognizing failure or weakness is too painful for them.

Sometimes it is from a place of self- righteousness and pride;

/Pro 30:12 There is a kind **who is pure in his own eyes**, Yet is not washed from his filthiness.

2Cor 12:10 Therefore **I delight in weaknesses**, in insults, in distresses, in persecutions, in difficulties, in behalf of Christ; for **when I am weak, then I am strong**.\

/(5) Idolization, a defense mechanism in which a person elevates others or self in exaggerated qualities. Role model arrogance is when we make an idol out of someone. Self-righteous arrogance is making a (idol) role model out of self. This puts a person or people in a haughty stance above others.

(Rom 12:3) \

Rom 12:3 For through the grace given to me I say to every man among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

/(6) Intellectualization is a defense mechanism, it is when a person seeks deeper knowledge and intellect from the cosmic system because they believe it places them above fault and above others. They often become highly intellectual by the world’s standard. They mask personal and social issues with intelligence or abstract thinking.

(1Cor 3:18-21) \

[1CO 3:18-21](https://www.bibleserver.com/NIV/1%20Corinthians3%3A18-21) Let no man deceive himself. If any man among you thinks that he is wise in this age, let him become foolish that he may become wise. For the wisdom of this world is foolishness before God. For it is written, ‘He is the one who catches the wise in their craftiness’; and again, ‘The Lord knows the reasonings of the wise, that they are useless.’ So then let no one boast in men.

/(7) Isolation is a defense mechanism in which a person is unable to deal with real life social and mental challenges. They cannot deal with their problems so therefore they isolate as often as possible.

(8) Projection is a defense mechanism by which a person takes their own flaws, sins and failures and assigns or projects them to others. This can be done subtly without even realizing it, or blatantly to divert attention from self. \

Keep in mind, many of these defense mechanisms are very common and accepted in society. So do not get subjective, because we all have failed in this area.

 /(9) Rationalization is a defense mechanism which creates ways to explain bad decisions, sins and failure by spinning them into forms of self-justification or positivity. The end result is designed to weave negative choices or lies and failure into truth or facts. It is all created to relieve the burden of responsibility and live comfortably in a lie. (Psa 119:165) \

Believers who are growing understand that BD is the ultimate guidance and truth – so they make a choice daily to apply the word of God in life.

Psa 119:165 Those who love Your Law have great peace, And nothing  
causes them to stumble.

/(10) Repression is a defense mechanism which is usually an unconscious skill of keeping disturbing feelings and thoughts as well as past experiences on lock down. It is never fully dealt with but deeply hidden until it is triggered.

(11) Suppression is a defense mechanism in which avoidance of negative thinking or disturbing thoughts, problems and past experiences are brushed to the side. Many times painful truth is just put on the back burner and ignored.

(Rom 1:18)\

A lot of Unbelievers use suppression when it comes to thinking about the fact that God exists.   
[ROM 1:18](https://www.bibleserver.com/NIV/Romans1%3A18) For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness,

/(12) Altruism refers to a mechanism of staying busy engaging in service to others or a job and/or charity because they need the approval of others or seek approbation. It can be a cover of staying busy and appearing popular to avoid looking at our own failures or social anxieties.

(13) Controlling is when a person attempts to excessively manage or regulate situations or people in their environment. They often times feel out of control so they try to control everything around them. These people sometimes appear as a bully or very demanding and judgmental. \

They either feel out of control themselves, or they feel superior to others and their way is the only acceptable way.

/(14) Devaluation is a defense mechanism where the person has a very clear pessimistic attitude. Always emphasizing negative qualities about self and others. Rarely do they find a positive solution in anything or anyone. They are always set for failure or an excuse why success is unattainable.

(15) Displacement is a defense mechanism that is an inordinate attachment to objects or animals in place of intimacy with others. Usually, it is the skill of someone who has been deeply hurt in a relationship. They avoid intimacy and only love that which they control. (1Jhn 4:7-8) \

1Jhn 4:7 Beloved, let’s love one another; for love is from God, and everyone who loves has been born of God and knows God. 8 The one who does not love does not know God, because God is love.

/(16) Hypochondria is a defense mechanism where the person becomes preoccupied with physical or mental symptoms related to illness in some form or fashion. It may appear to be very real for this person yet it is often a reason to detach from social life or seek attention.

(17) Direct attack is a defense mechanism in which anger is weaponized as a solution to the problems of life. It is used to stop disagreements or questions concerning honesty and facts. It is a sign of immaturity, selfishness and ignorance.

(James 1:19 -20) \

Outbursts of anger are used by these people to control situations in their favor.

Jas 1:19 You know *this,* my beloved brothers *and sisters.* Now everyone must be quick to hear, slow to speak, *and* slow to anger; 20 for a man’s anger does not bring about the righteousness of God.

/(18) Sublimation is the human solution of finding something new to replace the old. It usually manifests itself in a frantic search for happiness – the next exciting or perfect thing. Instead of looking at self and addressing the problems they look for something new.

(19) Subjectivity is the defense mechanism which often leads to depression – it is self-pity and nurturing feelings of inadequacy. Everything revolves around the person’s feelings or past failures. Hypersensitive is usually a sign this is a mechanism in your life. \

The frantic search for happiness always ends in misery. And the hypersensitive person is always frustrated, hurt and angry.

/(20) Undoing is a defense mechanism in which the person engages in behavior designed to make amends for failures or make up for a negative action. This type of person is always in a state of sorrow for something they believe they failed at. They want to work for people and work for God to make up for what they consider is a flaw or failure. It is a high level of insecurity and people pleasing that is never ending.

(1Jhn 1:9) \

1Jhn 1:9 If we confess our sins, He is faithful and righteous, so that He will forgive us our sins and cleanse us from all unrighteousness.

All we ever need to do is name and cite any known sins and also offer an apology if or when it is truly needed.

That is it – anything beyond that is an effort of your flesh to try and work yourself into forgiveness.

Each and every one of these defense mechanisms can be washed from your soul structure if you take the journey of growth inside the plan of God.

The 10 PSD are the exact remedy for the majority of these human defense skills.

/1. Rebound  
2. The Filling of the Holy Spirit  
3. Faith-Rest  
4. Grace Orientation  
5. Doctrinal Orientation  
6. A Personal Sense of Destiny  
7. Personal Love for God the Father  
8. Impersonal Unconditional Love for all Mankind  
9. Contentment and Perfect Happiness with God  
10. Occupation with the Lord Jesus Christ \