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Welcome everyone to this episode of transformed you were each and every week. We'd love to dissect what it means to live here from the heart to be renewed in your mind and to have powerful restored and healthy relationships on your host marked basis. And this is my lovely cohost and wife lovely lovely wife Melissa.

Hello everyone we're so excited to have you join us and we're more excited to have the conversations to help you become more heart alive.

That's right. That's what the series has been about. It's been about living more alive from the heart giving heart awakened.

And we have dissected it a bit and we want to go deeper and do some more addressing of the subject I think today's topic is really important because we're going to get into something that we run across not only in our family not only in our home now and the people that we help it seems like everywhere we're living in this dilemma of being chucked out numbing out is really the word that we want to use we are numbing out to life. We are numbing out to circumstances. And the thing that we really need to establish is if you're going to grow up if you're going to change if you're going to experience transformation if you want everything. I've got a house for you. You're going to have to change your response. That leads you to numbness. You're going to have to address that and I don't know about you but it's this thing that's going on in culture where we have this pandemic issue. At the end of every day we're conditioned to end our day with something that is numbing. Yeah and we have all our excuses for why we do it and I'm not condemning anyone. I've participated in many.

I have I feel like all of yours are going OK through their own Rolodex of what they do whether it be Facebook Instagram picking up the phone putting on Netflix.

You know we can all relate in some way to just kind of wanting to zone out.

Yes. It's a response to pain. It's a response to struggle it's a response to being Strach your response to I'm going through so much first of all as talk about is there any aspect of numbing out that's actually healthy in this process is there an aspect of it.

Well I don't know that I wouldn't necessarily say this is numbing out but sometimes when we're going through intense pressure situations high you know high emotional thing. There are pauses that sometimes help. Like at times we will put on something that makes us laugh. We will. I don't think that's numbing out though right. So that's why that kind of is where my mind went to when you were saying. Is there any any good place where nothing else can come.

Well there are times where I think sometimes you have the mistake that you and I just live in the deep waters of rich thick relationship world. And we do probably maybe more than the average person is. We're passionate about it. We love it. I come from a major part of our life but we have to understand that we spend a lot of time in the shallow waters of life too just talking about shallow things and the weather and the news and you know what did the Cardassian 2000 race really talk about.

Not me.

You know what I mean like kind of like that maybe people magazine headlines are just telling me.

Yeah just everyday things that are more like the shallow end of life. Right. I'm not seeing that that's numbing. I'm saying it's even bad.

Right. There are certain things that we do if we really get honest yeah it's to numb out. For years the popular church when I participated in it took me a long time to unwind it is and I realize it was a numbing out was eating like you go out to eat like you were not practicing all those sinful things. Well we're going to gorge away and eat. And it was my comfort it was my go to. It was like a ceremonial experience.

Well we use the word food coma like it's super funny and it's you know and I guess sometimes I do. You could go into food comas at Thanksgiving or the holidays or whatever but it's funny that the term food coma.

Right. We just kind of overload our system eat. We call them comfort foods they're not comfort foods are terrible for you but we feel a momentary comfort we feel full we feel that initial sense I think food is a big one. Now we're in a world of media where right. You know when I was in my early 20s you had to go to your PC computer log in and the dialogue right just to get to any Internet connections. You watch TV at a certain time. You know you maybe feed a VCR you tape it DVR is out. Now we're living in a totally different culture. We have instant access to any kind of movies show any kind of entertainment. The industry is flooding those avenues. I think that's one of the biggest ones is the smartphone tablet world is if I'm going through something I don't need to engage that.

I don't need to engage you. Yeah I can pull this thing out.

And right now just go into a numbed kind of buzz of just flipping that has been lagging. And what are we looking for something maybe to stimulate us or engage us out of our world that we're living in disconnect this associate disengage. And I understand that at the end of the day sometimes we need a change of the channel.

Korat but we participate in stuff that doesn't add life and we ignore the practices that breathe life into our hearts. Right. See I think the bottom line that we want to get into is we want to encourage our listeners and viewers to start being ok with maybe facing their problems a little differently maybe face stuff they're ignoring but reframe and readjust maybe how they're dealing with their with their with their pain and how they're decompressing how they're ending their days.

Yeah that makes sense. It totally does and I think I think it would help if we talked a little bit about why why why do we do that.

I remember when you were saying that it brought up an image of me when I was single and I was going for some things and the game boys members Game Boys I don't know. Totally. Those of you don't know.

I never knew you you were really cool if you had a game. Yeah.

So I had a gameboy. Yes I did. That's like this a nerd side of me. I had a gameboy and I would come home from work and shocker in Connecticut I worked in the insurance industry. Right. So I would come home

from my work which was so boring anyway. And I was empty. So I would get my gameboy out and I am so embarrassed to admit this and I've shared with you. I would not even take my coat off. This is the Christmas Tree store. You're so excited I was so but I mean it's like have an escape of like not dealing with myself and not dealing with life. I would get on that game gameboy and play Tetris a other games sometimes to like 10 or 11 o'clock at me. Yeah in my home because that felt cozy or I don't know I guess I'll felt it plaguing buying and my hope and goal like get some food just sit and eat and play Tetris right.

I remember that with Nintendo. One of my secrets. Whatever gaming system I had you know there is so advanced now but it's like time flies by. See this thing about those arenas is that like you go into a zone. Yes. And people love to. That's why it becomes addictive. We get into those zones. Take us out of where we are and what we're going through and go into this zone where it's just like tunnel.

This focus this obsessive focus where time is like last time is that I will tell you something about videogames that I think is a big poll for people is in Tetris in the levels like I was achieving something. So I felt like I was like good how I'm doing. I'm like a chicken making progress. We are so delusional to even speak those words out loud.

But there was this element of it that I got a burst in my brain of like oh that felt good because I made it to another level.

Yeah. I want to get I want to get back to the Tetris role later so don't so we want to go back to Doctor girl anyway.

Well yeah it was the modern Tetris it's the those what's that game everyone plays.

What's the one that you like. Why is my mind going.

Well Candy Yeah it's the same thing. Candy Crush is the modern day Tetris.

Yeah but what's the one what's all the end game. The shootout one the pokemon knowing and now the guys. All the kids like it. It's like a army in the army. Call of Duty. There you go. Thank you. There's even a bunch more which we can't get into the psychology of that of men feeling real like real men whatever we won't we won't dissect your issues at a greater level. Sure. I think that.

It's it's it's yeah it's it's going back to if we get to the why here it would help people because we're just going to keep doing what we're doing until we see a value in changing and we get to the why of why we do it in the first place and I think first of all there is culturally a difference in the loss of how we talk and share as families just as we were watching a funny video speaking of our smartphones last night. I sent you a video and maybe I'll even link to it in this show node's if I can find out Foka Sebastian Mannas Skalkaho I think his name is comedian.

And he was talking about the difference between the doorbell ringing 20 years ago and the doorbell ringing now and it was like 20 years ago. He's like you kind of roll out the red carpet and it was like You can't open the door and say you'd stand there and say look at you. You were in the neighborhood and you came here.

Yeah. People were excited to have people over. And there is an element of that back in the day that you loved company that's very loved.

We didn't have a game boys and phones and all those things and we've lost the art of just sitting down and breaking bread with people because that's what it was. Whether it was an end to Ben's cake or homemade stuff you sat down with people and you talked even women sitting around gossiping and talking about what's happening. You were talking about life things you were talking about things of the heart and what was going on with people. That's right.

And we don't do that anymore and in that you find room to like insert maybe what you're going through. And I even I've seen in my own life there's been like a disconnect of that it's like you got to you've got to set up these special moments just to have that anymore. RAZ traditionally you would flow in the language of just everyday getting together Everyone's so busy everyone's so like we're connected in social media but we're not really connected.

Right. And even at night we're so busy a lot of parents can relate. Watching this your kids are involved in stuff every single night you're out. So we're not having family dinners where even my growing up you eat oh we sat at the dinner table. There was always conversation going on at the dinner table. We're not doing that anymore so we're not even being able to model for our kids. Right. You know if we think about that. What does that look like. Are we modeling for our kids what it looks like to to say hey which is a huge value for us. We sit. How was your day. Everyone takes turns process out. You know we're not doing that anymore.

Yeah. One of the things that we've been trying to do as a family because we feel you know even our kids in their young age they've got tons of energy. But we're trying to teach them like at the end of the day like winding down and it's like no TVs off you sit and read or sit and draw or sit and just share how your day went or what you learned or something or just what do you want to talk about.

Because we knew we were mentioning this earlier today that documentary I saw while that I can remember what it was all about. But it was a was a guy who was visiting an area some area in Africa and he was watching how the people in the neighborhood were under attack. Many of them were worn torn. Eric from war torn area. They're getting they're getting you know maybe losing family members or whatever. Everyone's getting affected so severe ways will he noticed in their culture. Every morning people would get up and they would gather around this like campfire waterhole campfire kind of situation where they would make coffee they would brew coffee and they would spend like an hour just talking about what happened the previous day. And they were noticing that. This is very helpful for the PTSD that many of them were going through out the traumatic things they were facing the loss the grief but they had a tribe a base of processing out. And I think that.

That needs to be fought for where we have these waterhole you know fireside moments and if we're not careful they're going to disappear. We're the only time you see people is at a church service.

We're at an official small group meeting or but there's not that we're all Chirwa just routine of connection and hey we're doing life together yeah. So I think that's a that's a huge I think the whole a factor of amusement in how we use amusement as a.

You know we're not just going hey let's just watch a show we're watching 10 we're bingeing you know that even the word amusement is you know the end take the the the letter A and put it in front amuse Muz mean so think I'm used not think right. No thinking Muze meant you know we don't need to think and unfortunately we're just looking to that and it's not don't end don't hear me wrong.

It is not. We're not condemning if you've done that it's not another you a horrible numbed out person.

Right. This stuff is not evil. What we're trying to bring out is Are we totally replacing our pain response with these areas. Right.

Well I think the question to ask to is are you avoiding something right. That's our Zalim to those things and avoiding and when we're talking about wanting our heart because you're tuning in because you're going oh ok.

I see. I see. I see it. I see that we got some stuff going on in the family. Maybe you got some stuff going on your marriage you got stuff. My heart. Has grown callous. I'm starting to feel the numbness come over right. I want this to look different. I don't want my kids to have this as a reference. We want this to look different so in order to do that we got to get to the whys. What are we avoiding what are we doing that's making us say. I'm just going to look over here. I think I'm going to look over here as I made this as I think about my journey and I'm sure you relate to this.

I think one of the biggest things that people in general do not they numb out is prolonged disappointment. All were just a series of like things that kick up hopelessness. I've tried I've tried I've tried I can't use the sayings that I can't take it anymore. These are just I've tried this and I'm just so worn out I can't deal with it anymore and my heart goes out to that because I've experienced that in many years of my life.

Like you go out something go out something you're like my goodness I can't take this anymore and I feel like we've even seen this in our own life stages and we've seen this and others where are those of you can relate to. You go through season three you're like all these hits keep coming. OK. One thing after another someone falls and breaks their leg and then there's the furnace blows and then we can't pay this this. It's like one thing after another. And I feel like is more predominant you know for some reason in our culture today. Right. And I don't know why but. But yeah. Right. And then it goes to where it reveals what was the How has the foundation been built for how we deal with stress. That's right how we deal with things.

And it really I think if we're to kind of delve into to anything it's like OK how was I trained to deal with pain. That's right. That's the question I guess that we need to start asking when it comes to awakening our heart.

How was I trained to deal with pain and when you feel yourself saying I can't take it anymore. Yeah that's usually the language where you have been stretched to your capacity and your training goes. I want to get out of this stretch mode and go back to comfort. We want to move away from pain and towards comfort as quickly as possible. Right. And that conditioning has to be broken. We have to actually recognize. OK. The feeling of I can't take it anymore. There's either a new level of stretching. I mean the person who goes to the gym is with the personal trainer and goes I can't do another round.

What does the trainer say. One more right. Right. Right. And then stressing. Oh man but wow that really did it.

You have to see your your heart your emotional spiritual life as a muscle that has to be conditioned. And we only grow. That's why in the New Testament there's so much talk about suffering trials tribulations and perseverance. It's the stretching of the heart muscles. That God is wanting to raise us up as is not interested in our comfort. That's something that I've said to me over and over again he's not interested in comfort but we feel that I can't take it anymore. Right. Here's what I discovered it actually means it's time to stretch right. But it's not just I think I can I think I can. It's like there's mindsets that need to be. I need a shift of my perspective to look at this maybe with a different lens. I need to maybe look at this painting a different way maybe I need to I need to start addressing the root problem rather than running from it avoiding it. There's new questions I need to start asking you to look at this differently.

I think some it doesn't I think to you have somebody that you can trust in your life whether it's a spouse or a sibling or whatever. Not me and my my my sister talk about a lot of stuff like Hey how did we learn to process things and maybe even ask somebody like how do you think ideal of paying some who are very self unaware. Right. So it's good to ask an outside person who's who can be honest and be honest and say listen give it to me straight. How do you think I deal with pain. That's right.

Because our goal is we want to lead you into subjects where we can help you experience the things that you need. But the problem is we need to set you up for for breakthrough we need set you up for transformation. And if your threshold is so low where you just kind of go I don't want to bother.

I don't want a deal. And your constant gotos I'll just watch a show I'll just check out. I'll just do this. I just won't deal won't deal won't deal. The problem is is that those issues they will follow you will continue to follow you whether you move whether you check out now whenever you do they are still there. And we have to change our response and maybe we can we can talk about that OK. We recognize OK. We all do it. We all numb out in certain areas. What do we need to start doing to make the change.

Well and what I would say is I would say take whatever we talk through now take one of them the one that sticks out and go. That's the one I'm going to apply. Don't take everything you don't all around that. Pick one. So where would you start.

OK so go back to Tetris missy. That's that's why I want to go back to Techwood NSA should have been at the gym.

Now being a couch potato bag man when I. Because that's one thing that physical activity physical activity would have really honestly really helped. I feel like that when I watch people that are involved in the gym which I've had a little break but when I'm at the gym and I'm exercising my endorphins are going beautifully I feel like I can take on the world. You know there is an element of physical exercise that people hate to hear it right. They hate to hear it when you are feeling depressed when you are feeling numbed out you're feeling it.

That's the last thing you want to hear and really it's where we should start especially when taking care of ourself especially if their job work or line of vocation is sitting down all day. Yeah. You're just like this pile of compressed pressure and stuff that God made our bodies to have that physical outlet right. Yes that's very very true. I think that. It's important to look at what's my style that I've come accustomed to

of dealing with my daily routine. Can I just look at it and go what's my routine like. Like for me structure was helpful. Like I'm not just going to sit and just know now until I fall asleep I'm going to go no. Now it's time for bed.

I'm going to I'm going to close out my day I'm going to end certain activities like many times we don't have like a healthy structure where even for me and what I do I have a little time out at the end of the day out it might be in the shower it might be I just cook it in a chair and just sit still and I breathe I get quiet before God and I cast the carers to him. I do an exchange and it doesn't take a long time because I do it on a daily basis and if I do that on a daily basis it keeps my heart healthy and conditioned to process things that I need to process. So that's where I would start. But physical activity is is very very important. Now I feel like the one thing I always seem to bring this out somewhere and when we do a show or talk some kind which I feel for me.

If I would say probably one of the biggest things that has helped me in my journey. I think that for a long time I knew I could talk about things or I felt like this and that but I didn't have a real good understanding on like what was happening to me. And we've used the term and emotional intelligence. So the one thing that I would give people advice on is to seek out knowledge and understanding what you're going through. There are we have a lot of great resources. We have great books and we see so many light bulbs come on. For people who are in a numbed out state or in a depressed state feeling because they kind of I don't know when I'm gone. I don't know. I don't know where to land. When you get here self language and understanding to what you're going through I feel like that gives you power. And that to me can help a lot in the journey of numbing the heart.

It goes to learning how to connect to what's going on in my inner life be able to express it. And isn't that where a lot of people are struggling. What's what's going on. I'm just mad I'm just sick of it sick of what. Right. You go on. I'm just I'm just I'm just ticked. We're using language it's not identifying what's exactly going on. Why do you feel that way. And what's what feeds that how you see yourself or how you see your relation to yourself with other people and God.

How do you how does that relate and that's where goes back to the relationship you talked about about having arenas where we're having fruitful discussions about these areas and about these issues. Because if not we're not going to talk it out.

Words can be pent up and then we're going to go to the numb now and now which is something that in our journey we feel is the utmost importance as we're shifting the generations on what we're giving our kids in this way. So because we have made the decision to say no we want to understand this we want healing in this we want to grow in this. It's become hugely important for us to now model that and teach our kids. Which isn't that the greatest gift of all of this young your own personal journey of healing your kids do better.

You know so so for anyone that's watching and you're overwhelmed with this subject to begin with. This is this is this is another thing that I think is helpful that I've done.

If you recognize the Habbo whatever it is maybe it's food maybe it's a show maybe it's just whatever kind of thing that you do to numb out you recognize your numbing out is to invite God into that space.

So you make an exchange with him of don't. Because oftentimes when we come out we push we push people and we push got out instead invite him into this.

So if you're sitting there and you are going to go have your chocolate cake at the end of the day because that's your you're looking for nurture you're looking for a dopamine hit watch you stop and just invite God into that space and see what happens.

Like why give an example like a dog. This chocolate right now. What is going on.

Here's a theory.

Here's my chocolate given to you right here it is in front of me right and I'm ready to just tear this thing up right. Just pause for a second go you know I've got I just want to take a moment.

It's been a long day. I've gone through a lot of things right now. I just invite you into this space. And I pray that you just helped me and let the stress out of my day. The struggles I'm going through I give them to you. I give you my pain I just invite you to be here. OK. Now I may still take the cake.

OK. Used. Used. Used. You still made the cake. But you're starting the process and you people somewhere to start. At some point you may go you know what I'm going make the exchange. God I give this to you. So OK. Is that is is that is the food evil. We could we could debate that with the sugar high fructose corn syrup. But you know we're not talking about this being bad. We're talking about it's having the wrong place in our life. It's a source for pain. It's a source for what I need. And God I'm going to I want to make you the source. I still may watch the show sit down and watch the show and go God as I'm laughing and watching the show.

I invite you to be here with me. Yeah I think that's the concern that I have ever were kind of pushing got out not intentionally but that's what we do with our addictions. And I that we get an isolation and we koshevoi out people and God instead turn this and go Veidt shoot into this God invites you into this space. It may not change everything right now but I want to start making progress.

Yeah. Well I think the thing that people are going to battle with out that we want to encourage is because the end result is we start to see people here because they say well I can't connect to God.

I don't know why I can't feel him.

I can't connect to him and then to go back as people start to feel ashamed or they start think well that's ridiculous. We have to look at God in a super religious right. And that's it.

And that's why it's important to start recognizing OK. I don't connect to him. That's what I need to start emphasizing in my journey of daily investing into. OK I need to learn what it means to connect to God.

I need to learn what's in the way. I need to learn how to process through these things in a different way because my numbing out is allowing me to avoid not connecting to God. So God. So you got to be kind to yourself in this process. Be patient. But I think that we're always like focus on what you can't you know when you're tempted to numb out sometimes you're overwhelmed with situations that are out of your control.

Some things are out of your control. So focus on what you can control. Focus on what you can do and what you can be responsible for.

Right. And that is your attitude your mindset what you feed yourself with and how God is involved in that.

Yeah yeah. And you know their thoughts are neither I honestly the one of the bigger ones especially we covered this at the beginning. You need to start taking Social Media breaks. I see a lot of Portal or technology technology because people are announcing this like crazy. You don't need to announce it on Facebook because of people who want to get in touch with who will get in touch with you and know how to share you don't have to announce it.

We don't have to just say Tenshi anyone.

I taking a break and Goyeneche says take the break take a break and then start recognizing because I did. I've done this several times. You want to go grab for the phone. Totally. Oh OK.

It's wanting. It's the that it's the last thing. This is a good kick. It is. It is. So the recognition comes it goes back to what you were saying.

All right. Wait a minute. What's going on in me right now. You have to start asking these questions What am I avoiding what's going. If we want to awaken the horror and get it connected and in and have better relationship connections we have to start asking these questions. OK what's going on. Wait why am I going to this right now. Well some of us have a laundry list. You may have 20 things start with this hour with what is in front of you.

Start with the thing that you know to be true and get feedback from a trusted person your spouse or someone. Don't live on an island in these kind of things you want to get the feedback that you need.

Absolutely and you know I have I have a friend I'd talk to every single week now and we do it every week.

It's unfiltered. It's just here's what's going on and there's input. You think you're on the right track. It's all right. You said being hard on yourself. You just make this adjustment to make this tweak and it becomes exciting. Where I'm watching over my heart and I'm being aware of I don't want to know because when I know I'm out. I'm not great for you. I'm not great for the kids when we know now we actually start becoming very selfish and self consumed.

And we don't realize how our life affects people and the army takes us out I think to one of the most important things about that and it just hit me when you when you said that there's really no mountain we check out. We really we miss the value of our voices in the home. That's one thing I just if I could. Your voice is important what you have to say and share it is so important and that steals that numbing out and not feeling like because it starts to strip out everything your worth your value and the enemy has it just a field day on that your voice is important. That's right.

Yeah. So I want to take a minute maybe you can join in with me and we want to give the situation to God. So Father would you take our Hard's and would you work with us. We give you these triggers in

these areas where we choose to numb out instead of engaging you deeper instead of maybe engaging a relationship deeper instead of facing a pain that we're avoiding. Or even stretching to the next level that we just want to go back to comfortability and God you are conforming us into the image of your son. You are transforming us. And there's so much more available and you believe in what your work is doing in our lives because it's what we're made for. So God we give you those those areas where we are triggered to go numb that you would awaken those areas that have gone dead that have just gone comatose. Wake us up wake us up out of the spiritual coma. Now God we can be resurrected to life that our hearts will be made alive so that what we need to address ahead. We're ready and we do with open hearts and we know that you're faithful and loving to walk with us through the whole thing. Thanks for being a good father and we praise you for in Jesus name Amen.

Thank you everyone we pray this episode's been a blessing to you. Please feel free to comment. Share it with your friends. If it's been a blessing to consider donating. You may also want to consider becoming a partner on our on the ministry work that we're doing. Also consider our sponsor audible which is just a great resource for audio books and we look forward to all the new books and new materials and trainings that are going to be coming out and more episodes ahead. Excellent. Also check out if you're married. Check out our marriage for overcomers. A brand new separate show just on marriage and we know it's going to be a blessing to you and your life so God bless you guys.