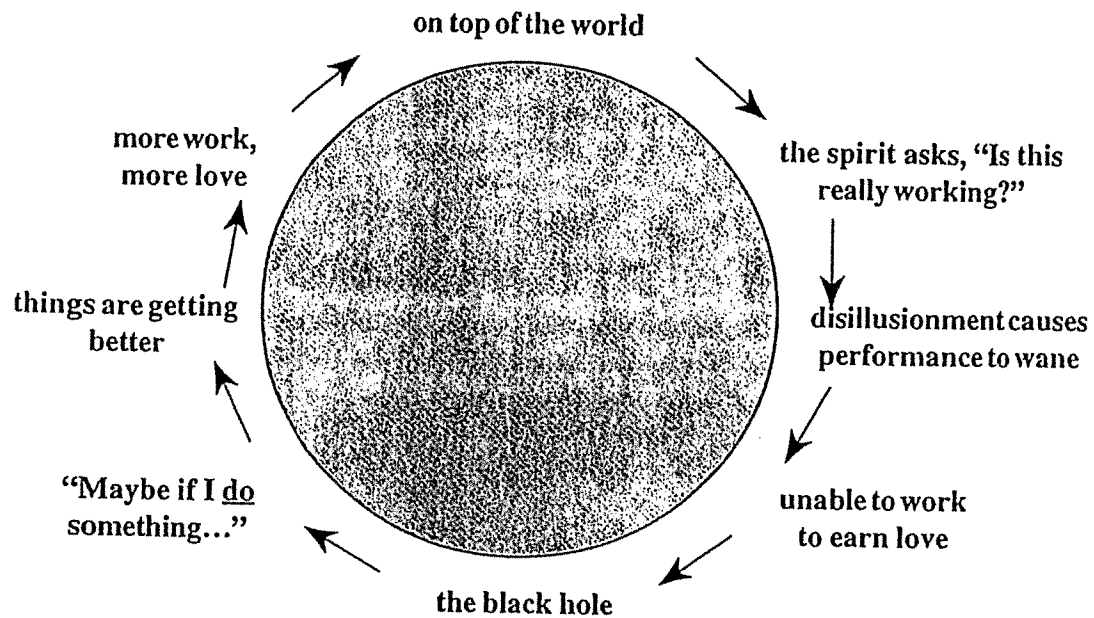


E n r i c h m e n t



Performance Orientation/Depression Cycle

This cycle is a common dynamic in people dealing with performance orientation. As these individuals come to believe the lie that they must earn the right to be loved, they work harder and harder to perform. This performance is rewarded in countless ways: the job promotion, the higher pay, the status, the compliments, the sense of well-being that comes with approval and acceptance. It all seems so perfect!

But something begins to happen. The more performance-oriented people strive, the less reward there seems to be. They have passed the top of the cycle, doing more and more, receiving less and less reward. At some point, their spirits realize their efforts are not getting the desired results. Everything they do to please others and to be accepted is not bringing peace. In its place, have come anxiety, tension, and an increasing sense of futility.

At this point, a mild depression may set in. It is not always noticed right away and usually is not attended to. Work is no longer rewarding, hence there is decreased performance and less affirmation. The depression deepens, spiraling quickly. Less reward, more depression, less ability to perform, less reward, deeper depression until the debilitating spiral empties into a "black hole." The depressed performers may live in that hole for some time, in the company of stored angers, hates, disappointments, and a sense of numbness. There are no vivid colors or sweet sounds. The spirit may shut down and can no longer support vitality in the body or soul. This is the bottom of the cycle.

At some point, these people may realize they are not getting the needed love and acceptance, and begin working to "get themselves back on track." Out of nowhere they seem to muster just enough strength to "earn" that all-important pat on the back, that "fix" of love that sends a surge of life-giving energy. Every little bit of renewed strength enables them to perform again. Signs of acceptance and love appear more frequently and the depression lifts. Unfortunately, the cycle is only beginning again.

FATHER'S LOVE LETTER

An intimate message from God to you.

My Child,

You may not know me, but I know everything about you. Psalm 139:1 I know when you sit down and when you rise up. Psalm 139:2 I am familiar with all your ways. Psalm 139:3 Even the very hairs on your head are numbered. Matthew 10:29-31 For you were made in my image. Genesis 1:27 In me you live and move and have your being. Acts 17:28 For you are my offspring. Acts 17:28 I knew you even before you were conceived. Jeremiah 1:4-5 I chose you when I planned creation. Ephesians 1:11-12 You were not a mistake, for all your days are written in my book. Psalm 139:15-16 I determined the exact time of your birth and where you would live. Acts 17:26 You are fearfully and wonderfully made. Psalm 139:14 I knit you together in your mother's womb. Psalm 139:13 And brought you forth on the day you were born. Psalm 71:6 I have been misrepresented by those who don't know me. John 8:41-44 I am not distant and angry, but am the complete expression of love. 1 John 4:16 And it is my desire to lavish my love on you. 1 John 3:1 Simply because you are my child and I am your Father. 1 John 3:1 I offer you more than your earthly father ever could. Matthew 7:11 For I am the perfect father. Matthew 5:48 Every good gift that you receive comes from my hand. James 1:17 For I am your provider and I meet all your needs. Matthew 6:31-33 My plan for your future has always been filled with hope. Jeremiah 29:11 Because I love you with an everlasting love. Jeremiah 31:3 My thoughts toward you are countless as the sand on the seashore. Psalm 139:17-18 And I rejoice over you with singing. Zephaniah 3:17 I will never stop doing good to you. Jeremiah 32:40 For you are my treasured possession. Exodus 19:5 I desire to establish you with all my heart and all my soul. Jeremiah 32:41 And I want to show you great and marvelous things. Jeremiah 33:3 If you seek me with all your heart, you will find me. Deuteronomy 4:29 Delight in me and I will give you the desires of your heart. Psalm 37:4 For it is I who gave you those desires. Philippians 2:13 I am able to do more for you than you could possibly imagine. Ephesians 3:20 For I am your greatest encourager. 2 Thessalonians 2:16-17 I am also the Father who comforts you in all your troubles. 2 Corinthians 1:3-4 When you are brokenhearted, I am close to you. Psalm 34:18 As a shepherd carries a lamb, I have carried you close to my heart. Isaiah 40:11 One day I will wipe away every tear from your eyes. Revelation 21:3-4 And I'll take away all the pain you have suffered on this earth. Revelation 21:3-4 I am your Father, and I love you even as I love my son, Jesus. John 17:23 For in Jesus, my love for you is revealed. John 17:26 He is the exact representation of my being. Hebrews 1:3 He came to demonstrate that I am for you, not against you. Romans 8:31 And to tell you that I am not counting your sins. 2 Corinthians 5:18-19 Jesus died so that you and I could be reconciled. 2 Corinthians 5:18-19 His death was the ultimate expression of my love for you. 1 John 4:10 I gave up everything I loved that I might gain your love. Romans 8:31-32 If you receive the gift of my son Jesus, you receive me. 1 John 2:23 And nothing will ever separate you from my love again. Romans 8:38-39 Come home and I'll throw the biggest party heaven has ever seen. Luke 15:7 I have always been Father, and will always be Father. Ephesians 3:14-15 My question is... Will you be my child? John 1:12-13 I am waiting for you. Luke 15:11-32

*Love, Your Dad
Almighty God*





a prayer to end striving...

Lord, I have come to see my performance orientation. I confess to You that although my head believes salvation is by grace, my heart drives me to earn favor, to be "good enough" to present myself to others and to You. I admit that I cannot change myself. The fear of not being accepted or loved is so overwhelming it puts me into gear and I begin performing again. When acceptance is given with no strings attached, I cannot receive it. I ask You into my heart to do the work in me, for me. Bring my striving to death. I want to rest in Your love. Help me remove the hindrances I have erected which prevent me from entering into Your love.

Lord, I have been angry with You for putting me into this family, this position. I don't want my anger to keep me from You, so I ask that You restore my heart. I forgive my family for _____ (list the woundings that helped form P.O. and those that fueled it.); I ask Your forgiveness for my angry responses, my fear and insecurity, my impure motives, and for not believing the truth.

Lord, I renounce the family lies (name them specifically):

I accept my identity as Your child. Help me learn how to live that identity in my daily life. Help me to feel, to know within me that "success" is simply being Your child. Help me to be like You, Lord.

I ask You to bring to death in me the structures, the habit patterns of performing I have created (be specific) : _____

I ask You to minister to the ambivalence in me when I want correction but cannot receive it, or when I want and need compliments but cannot believe them. Likewise, be the Lord of my tongue so that wisdom and kindness permeate the corrections and compliments I give. Help me to take my eyes off my needs and fears.

Lord, I resign from managing the universe. I give to You my compulsive need to control people and situations. I recognize I have wounded _____ (list those you know) by not affirming their contributions—I always had to edit, add or correct. I could always do it better. Forgive me, Lord, for both my insecurity and my arrogance, as well as for the wounds I have caused. Help me to believe I am not responsible for all that goes on around me. Forgive me for always being a "Martha," and help me to hear when You call me to be "Mary." Show me where I have taken on jobs or duties for the wrong reasons, and give me the wisdom to resign from them if necessary.

Help me to fall in love with You, Jesus, so that what others think of me is not important. You have said that it is You working in us that enables us first to will and then to act according to Your good purposes. I want to be a good workman, but only with Your strength and Your will. Help me to be like You, Lord.

IMPORTANT: These sample prayers are not formulas; rather, they offer ideas and direction. Be led by the Holy Spirit, and use the substance of this prayer as a guide. Also, please acknowledge these prayers as sample narratives, in which gender-exclusive references are used as they would be used in a real situation. For this reason, some prayers are for a female and others for a male. All are interchangeable.

PERFORMANCE ORIENTATION

What are your: “If I don’t Then I won’t be loved and accepted.” Or “In order to be loved..... I must.....

If I don’t _____

If I don’t _____

If I don’t _____

If I don’t _____

In order to be loved I must _____

In order to be loved I must _____

In order to be loved I must _____

These are all Ungodly Beliefs.