



Part 3 – The Impact of Scarcity Code Running In Your Mind

What is Scarcity Programming?

This week, you are to imagine yourself as the Cybersecurity expert for all the assets (data) stored in your brain (computer & network system). You are responsible for protecting the system by inhibiting damaging information from entering and ensuring that only life-sustaining information gets in. You discovered last week that an intruder has gotten in and installed malicious code (a lie, false info) in your computer. How do we get the malicious code (the lie) out and get the life-giving code (Truth) back in?

Our work is to get the lie out and replace it with the truth. However, the first step in getting the lie out is to identify the lie (recognize and acknowledge all the behaviors caused by this malicious code), isolate the lie from the system. The malicious code we must get out of our system is a Malicious Scarcity Program.

Discussion Questions To Ponder: (Do you find yourself...

- Excessively worried about the future, like repeatedly checking money, supplies, or messages?
- Reluctant to share information, opportunities, credit, or resources?
- Choosing only what feels safe rather than what supports growth?
- Feeling obligated whenever someone gives to you?
- Becoming overly controlling in relationships?
- Spending impulsively after receiving money?
- Focusing more on what is missing than what is present?

Weekly Reading

Matthew 6:31-33; Genesis 2:8-17; 3:1-7; Psalm 23

CHALLENGE & ACTION STEPS “IDENTIFY YOUR ONE-TREE”

Your Challenge is to identify the one absence, restriction, disappointment, or comparison that has been dominating your attention, and intentionally retrain your attention toward God’s presence, provision, and wisdom.

Day 1 - Name the Tree

Complete this sentence honestly:

“The one thing I believe I need before I can feel secure, valuable, peaceful, or fulfilled is _____.”

Don’t judge your answer. Naming the tree breaks its ability to operate unnoticed in your computer system.

Day 2 - Identify the Lie

Ask: “What is this tree causing me to believe?”

Examples:

God has forgotten me. There will never be another opportunity. I am less valuable because someone else was chosen. If I don’t control this myself, everything will fall apart.

Write the belief down clearly.



Day 3 - Rediscover the Garden

List at least ten forms of provision already present in your life. Include more than material things: relationships, abilities, lessons, access, health, resilience, forgiveness, wisdom, opportunities, and God's presence.

Beside each one, write: "This still counts."

Day 4 - Reinterpret the Boundary

Ask whether the unavailable tree may represent protection, timing, redirection, or an invitation to grow.

Write one alternative interpretation that is consistent with God's goodness and Scripture.

Instead of thinking "God is withholding from me," consider: "God may be protecting, preparing, redirecting, or teaching me."

Day 5 - Release the Grasp

Identify one fear-driven behavior connected to your tree: controlling, overspending, hoarding, comparing, overworking, manipulating, people-pleasing, or rushing.

Choose one concrete act of trust:

Pause the purchase. Stop checking the comparison trigger. Ask for help. Rest. Give something away. Refuse the shortcut. Pray before acting.

Day 6 - Celebrate Someone Else's Garden

Encourage or congratulate someone who possesses something you desire. Do it without mentioning yourself. Their blessing is not evidence of your abandonment.

Day 7 - Shift Your Attention

Review the week and complete these statements:

- "My one tree has been _____."
- "It caused me to believe _____."
- "The garden I had stopped noticing includes _____."
- "This week God is inviting me to trust Him by _____."

End by reading Psalm 23 and Matthew 6:25–34 aloud.

Pray This Garden Prayer Each Day

Father, do not let one tree erase my awareness of the garden.

Help me see Your provision, trust Your boundaries, release fear, and remember that YOU, not this one outcome I've been expecting, are my Source.

Amen.