

# Some Things We Need To Say To Ourselves

Sunday AM 05/19/19

## Introduction:

Do you ever talk to yourself? Most of us do on some level. Either that internal voice we heard or we might actually speak to ourselves. I have heard this is not a good thing but I am of the opinion that conversing with one's self is a good thing. Therefore, what are some things we might need to say to ourselves from time to time? Or remind ourselves of from time to time?

### I) The Truth

#### A) **Sadly, some people lie to themselves.**

1. They make promises to themselves that they know they will not keep.
2. The promise to do something they have no real intention of doing, i.e. going on that diet, going back to school to get that degree, spend more time reading the Bible, etc.
3. Such causes us to continue on our path into danger and worse.
4. People during the days of Jeremiah trusted in false prophets but why? *Jeremiah 5.31*

#### B) **We should always be truthful with ourselves, *John 8.32***

1. Do you value the truth? *Prov. 23.23*
2. The truth allows you to see your faults and strengths like the prodigal son, *Luke 15.17-18*

- a. Some people are so busy blaming others for their mistakes that they don't see they are their own problem.
- b. It takes courage to be truthful with yourself, you might not like what you are seeing.
3. This allows you to make corrections. Sometimes this might be called repentance.
  - a. Paul had to be truthful and admit he was killing innocent people, *Acts 22.4-5*.
  - b. The truth demands we do what God says to do.

## II) Today Is What I Have

### A) Danger of either living in the past or in the future

1. There is a balance of learning from the past and not living in it. One of the reasons the people during the time of Jeremiah reject his word of Jerusalem's destruction is because God had always protected it before. *Zephaniah 1.12*
2. There is also a balance of planning for the future but not dealing with today. *Matthew 6.34*.

### B) Today is what I have

1. God instructed Israel to do what He said "today", *Deuteronomy 11.26-27; 27.10*
2. *Psalms 118.24* shows a good attitude about "today."
3. A lot of praise is aimed at the people of Berea because they searched the scriptures daily, *Acts 17.11*.

4. Today is the day of salvation, *2 Corinthians 6.2*.

### III) I Need to Watch or Be Careful

#### A) Various Bible warnings telling us to watch our step, *1 Corinthians 10.8-13*

1. Christians can be tempted to do wrong so they need to be careful.
2. Sometimes people can be naïve or simply think they are in no danger.
  - a. Couples get divorced, adultery, falling away from God.

#### B) The solution is to watch your step

1. Examine yourself, *2 Corinthians 13.5*
2. Be circumspect, *Ephesians 5.15-16*

### IV) Yes, I Can and Yes, I Will

#### A) How many times do you use the word can't

1. Sometimes it might be a good word such as I can't do this thing and sin against God.
2. Other times it is word that limits what we are willing to try and do. Think of the wicked servant in *Matthew 25.26*. He is described as "wicked".

#### B) There are a lot of things you can and should be doing, *Phil. 4.13*

1. *2 Kings 4.8-11* tells us of a simple act of hospitality that needed to be done.
2. I can go and visit those who need my help, *James 1.27*

3. I can sit down and read my Bible daily.
4. I can lead a prayer, teach a class, etc.
5. I can bear the cross, I can run with endurance the Christian race, etc.
6. I can obey the Gospel of Jesus Christ and have my sins washed away, *Acts 22.16*.