

# Some Things We Should NOT Say To Ourselves

Sunday PM 05/19/19

## Introduction:

Yogi Berra is credited with saying, "90% of baseball is mental, the other half is physical." Our mental attitude affects how we act and react. Bible places a great deal on what we think (*Phil. 4.8*). Jesus did not die on the cross so His disciples would have a defeatist attitude toward life, *1 John 5.4*.

### I) We should Not Tell Ourselves That We Are Worthless

#### A) Most self-destructive behavior is due to poor self-esteem.

1. Self-mutilation, running down one's self, neglect of our bodies, etc.
2. Some believe it is part of being a Christian, to feel bad about one self.

#### B) All of us was created by God, *Genesis 1.26-27*

1. Each of us was made in His image, *Psalms 139.14*
2. Each of us possess unique abilities and talents.
3. We are loved by God and people close to us.  
*John 3.16*

### II) I Can't Help Myself or The Devil Made Me Do It or God Made Me This Way

#### A) All of us face temptations, *James 1.13-15,1 Corinthians 10.13a*

1. Some may be stronger with some people than others but none of us are above temptation.
2. We might feel we are fighting a losing battle, *Romans 7.15, 18-20*

**B) We can overcome sin, *Genesis 4.7***

1. Must take the way of escape, *1 Corinthians 10.13b*.
2. Flee youthful lust, *2 Timothy 2.22a*
3. Must always guard against whatever temptation we face but we can control ourselves with prayer, study, and help from others.

**III) I Have Been A Sinner Too Long To Change Now**

**A) Can't teach an old dog new tricks?**

1. You are not a dog but a person, and old dogs can be taught new tricks!
2. Old habits can be hard to change but that does not make them unchangeable.

**B) You can change if you set your mind to it**

1. How old were: Abram and Sarai (*Genesis 12.5; 17.17*), Noah (*Genesis 6.3; 7.6*), Moses (*Acts 7.23,30*)?
2. How old was the Ethiopian Eunuch? *Acts 8*
3. How old was Lydia or the Philippians Jailer in *Acts 16*?
4. One's age is not the determining factor. It is your willingness!

**IV) I Am Not Worse Than (Fill in the Blank)**

**A) This emphasizes the wrong standard, *2 Corinthians 10.12***

1. You can always find someone better or worse than you.
2. A false standard will bring about a bad result.

**B) The standard is God's word, *John 12.48-49***

1. We all fail in comparison with Jesus but He is our example, *1 Peter 2.21*
2. My job is to be the best Christian I can be, regardless of what anyone else is or isn't doing.

**V) It Is Not My Business to Spread the Gospel**

**A) Some believe the Great Commission does not exist today or does not apply to me.**

1. Let someone else do it, talk to a neighbor, invite someone to church, etc.
2. Most of us are uncomfortable talking about religion to God so we pass it on to someone else.

**B) The Great Commission Applies to the Disciples, *Mark 16.15; Luke 24; Matthew 28.***

1. Paul told Timothy to teach men and then have them to teach others, *2 Timothy 2.2*
2. Christ taught during His ministry and we are followers of Christ.
3. Can we go to heaven by ourselves?

**VI) I Will Go To Hell Because God Will not Save Me**

**A) Some blame God for being lost or being in a sinful situation.**

1. Recent candidate for President, is an open homosexual in a homosexual marriage. When questioned about it, he said God made him this way.
2. Does God make us drunkards, adulterers, thieves, etc. This goes back to an earlier point God does not make us sin, we choose to do so.

**B) Jesus died so we can go to heaven, *John 1.12***

1. Our sins are washed away by His blood, read *Ephesians 1.7 and 2.1ff.*
2. The people at Corinth could go to heaven, *1 Corinthians 6.9-11.*
3. If we are lost is it because we choose to be lost, *2 Thess. 1.8*

**Conclusion:**

We should always tell ourselves the truth, be honest, admit our faults, and see what we can do.