

Frequently Asked Questions: Why do I do what I don't want to do?

November 3 & 4, 2007

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. ...And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. Romans chapter 7 verses 15, 18 & 19 (862)

Jesus said, "The spirit is willing, but the body is weak!" Matthew chapter 26 verse 41 (758)

- Good intentions are never good enough
- Lasting change requires much more than desire

The results of the "civil war" going on inside of us...

1. Confusion – ***I don't really understand myself...*** Romans chapter 7 verse 15 (862)
2. Frustration - ***I want to do what is right, but I can't.*** Romans chapter 7 verse 18 (862)
3. Discouragement - ***I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me?*** Romans chapter 7 verse 24 (862)

The secret to true life change is something you know!

Jesus said, "You will know the truth, and the truth will set you free."

John chapter 8 verse 32 (817)

- True change always starts in the mind, not the will!
- When I know the truth...it changes the way I think, then it changes the way I feel, then it finally changes the way I act
- ***Jesus also said, "I am the way, the truth, and the life."*** John chapter 14 verse 6 (823)

Living life so God can change me...

1. I must admit the truth about myself

- ***If we claim we have no sin, we are only fooling ourselves and not living in the truth.***
1 John chapter 1 verse 8 (941)
- ***Jesus said, "I tell you the truth, everyone who sins is a slave of sin."***
John chapter 8 verse 34 (817)
- Principle of Life - Sin always involves self-deception
- Fact of Life - to stop defeating myself, I must stop deceiving myself

2. I must admit the truth about Jesus

- ***Oh, what a miserable person I am! Who will free me from this life...?***
Romans chapter 7 verse 24 (862)
- ***Thank God! The answer is in Jesus Christ our Lord.*** Romans chapter 7 verse 25 (862)
- The answer to my problem is a person!
- ***So now there is no condemnation for those who belong to Christ Jesus. And because you belong to Him, the power of the life-giving Spirit has freed you from the power of sin....***Romans chapter 8 verses 1 & 2 (862)

3. I must confess my struggle to someone else

- ***Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James chapter 5 verse 16 (932)***

4. I must dedicate myself completely to Christ

- ***Do not let sin control the way you live; do not give in to sinful desires. ...Instead, give yourselves completely to God.... Romans chapter 6 verses 12 & 13 (861)***
- Freedom comes when I choose what is going to control me!

How do I choose to let Jesus control me?

- ✓ Admit I can't change on my own
- ✓ Ask God for help to change
- ✓ Humbly share my struggle with someone else (accountability)
- ✓ Give total ownership of my life to Christ

When Jesus controls me...

I change because God always gives me a way out! ***God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure. 1 Corinthians chapter 10 verse 13 (876)***

I change because God gives me power & self-discipline! ***God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy chapter 1 verse 7 (914)***

I change because God makes me new! ***Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 2 Corinthians chapter 5 verse 17 (884)***

Next week: How can I stop worrying?

This study is based on the "Hard Questions" study from Saddleback Church in California where Rick Warren is the lead pastor. Rick is the best-selling author of The Purpose Driven Life and Saddleback is a dynamic church that God is working through to change tens of thousands of lives and churches around the world. Visit them at www.Saddleback.com