

CHANGE- What it is and why we need it

Session 01 - Instruments

1 Corinthians 6:9-11 (ESV)

9 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, 10 nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. 11 And **such were some of you**. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

- How many people make new year resolutions here?
- Who is still keeping the new years resolution on this last day of May 2026?
- Can you try and guess how many people make resolutions every year - according to AI of course?
- Who can guess how long new year resolutions last- according to AI of course!?

According to AI....

Roughly **30% to 45% of people** make New Year's resolutions. However, these goals are notoriously difficult to maintain. Studies show that a large majority of people abandon them shortly after making them.

The drop-off occurs rapidly throughout January:

- **Early January:** Up to **25%** of people give up by the second week.
- **Mid-January:** The second Friday in January is often dubbed "**Quitter's Day**," as this is when the steepest decline in motivation occurs.
- **By February:** Around **80% to 90%** of resolutions have been abandoned by the start of February.

Only about **8% to 12%** of people successfully keep their resolutions long-term. The most common resolutions typically center around **health, fitness, finances**, and **self-improvement**

We will be looking at a few questions on change in the next few weeks:

1. What is change?

2. Why do we need it?**

3. Why do we struggle to change?

4. What will enable us to actually experience true change?

Main Verses:

Colossians 2:6-15 (ESV) Alive in Christ

6 Therefore, as you received Christ Jesus the Lord, so walk in him, 7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

8 See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. 9 For in him the whole fullness of deity dwells bodily, 10 and you have been filled in him, who is the head of all rule and authority. 11 In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ, 12 having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead. 13 And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, 14 by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. 15 He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

1. Man's Fundamental Problem: SIN

-Sin produces 3 problems for us:

1. **Rebellion** -Rebellion is the inborn tendency to give in to the lies of autonomy.... self sufficiency and self-focus.
 - Autonomy says, "I have the right to do what I want when I want to do it."
 - Self-sufficiency says, "I have everything I need in myself, so I don't need to depend on or submit to anyone."
 - Self-focus says, "I am the center of my world. It is right to live for myself and to do only that which brings me happiness."

This is the same lies that Satan pedalled to our first parents.... They deny our basic makeup as human beings.

- We were not created to be autonomous
- We were designed to be in daily submission to God and to live for his glory.

- Living outside this design will never work!

Essentially we want to be God - ruling our worlds according to our will... our rebellion is ultimately against God/directed at God (Psalm 51 - against you only have I sinned..)

We are refusing to recognise his authority, robbing him of his glory and usurping his right to rule.

2. Foolishness

- Sin also produces foolishness in us... sin makes you stupid! Sin makes us believe that our perspective is the correct one- it buys into the lie that we know better!
- It causes us to distort reality and live in worlds of our own making - it's like looking through a carnival mirror - a mirror that distorts what we really look like...
- This foolishness - distorts our sense of identity, destroys relationships, retards growth and derails change...
- We were designed to be revelation receivers - even Adam and Eve in their innocent state - still needed God to guide and reveal things to them.. they were not all knowing.... they just had a choice to obey and follow God or to rebel...
- We were created to be dependent on the truths God would teach us, and applying those truths to our lives.
- We were created to base our interpretations, choices and behaviours on his wisdom.
- Living outside of this will never work!

Psalms 14:1-3 (ESV) 1 The fool says in his heart, "There is no God."

They are corrupt, they do abominable deeds;

there is none who does good.

2 The LORD looks down from heaven on the children of man,

to see if there are any who understand,

who seek after God.

3 They have all turned aside; together they have become corrupt;

there is none who does good,

not even one.

3. Incapable

- Sin also renders us incapable/ powerless.. of doing what God requires of us...
- It is not just that I don't want to do God's will, or that I think my way is better- it's that even when I have the right intentions, I cannot pull it off! I fall short of God's standards...
- Psge 15... the story of preparing not to 'blow up' when talking to someone..but then they get on

your nerves and you actually 'blow up' while talking to them - doing the opposite of what you intended to do!

Romans 7

*Romans 7:15-20 (ESV) 15 For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. 16 Now if I do what I do not want, I agree with the law, that it is good. 17 So now it is no longer I who do it, but sin that dwells within me. 18 For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. 19 For I do not do the good I want, but the evil I do not want is what I keep on doing. 20 Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. *

- It is not just that we are rebels and fools- sin makes us moral quadrilegics. We are fundamentally 'unable' to do what is right.
- Who can say that their anger is righteous?
- Which husband has loved his wife like Christ loves the Church?
- Who loves his neighbor as himself?
- We fail at all these things - despite a desire to do the right thing...
- It's coz our moral muscles have been atrophied by sin..

As human beings, we cannot walk through life on our own.

We need rescue, healing and forgiveness...

- In short, we need God - and God has provided a Person as the answer!
- The Good News - is not freedom from hardship, suffering and loss...
- It is the Good News of a Redeemer who has come to rescue me - from myself! (Remember the child and the socket!)
- His rescue produces change that fundamentally alters my response to these inescapable realities...
- He turns rebels into disciples
- Fools into humble listeners
- He makes cripples walk again...
- In Him we can face life and respond in faith, love and hope

And as he changes us - he allows us to be part of what he is doing in the lives of others!

-As you respond to the Redeemer's work in your life - you can learn to be an instrument in his hands!

People are:

- **Receivers** - We were created to be guided- even before the Fall...God spoke to humans -not animals before man...
 - **Interpreters** - We take knowledge and apply it - some of us better and some of us wrongly
 - **Worshippers**- 'You gotta serve somebody'
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'People in need of change helping people in need of change'

- Is the idea that no one has it together - and that God uses broken people to help fellow broken people.
- It is quite a dense book - one of the best biblical counseling books out there.
- Paul David Tripp is a biblical counselor - using the Bible- not pop psychology
- Contrast with self-help books - like Anthony Robbins (Awakening the Giant Within)

Understanding People:

- We are perceptive - we take information in
- We interpret (his son who rolled down step and said 2 angels with a beach ball protected im..and the other one who was mublling that he is greatful his dad is a Dr!)
- We are worshippers - we serve someone or something!
- We are all counselors - we all give advise...question is..is it godly advise?

Genesis 3:

Satan is the '**other counselor**' who came into the garden and gave wrong and false counsel...

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Principles we can draw from Genesis 03:

1. Thoughts, opinions, advise and relationships are always agenda setting. Though we may be unaware of it, we daily advice each other what to desire, think and do.
2. Advice is always moral, defining right and wrong, true and false, good and bad, wise and foolish.
3. We should hunger for the simple dependence of Genesis 1, where everything people thought,

said and did was based solely on the words of God.

4. The voices of the world appeal to a core delusion in sinful hearts, the desire to be God, able to understand and live lie on our own. We need people in our lives who love us enough to call us back to a life with God at the center.
5. We need the Words of God (scripture to make sense out of life. We need to listen for the one reliable voice of the creator. His word alone can cut through the confusion of the world's philosophy and our own foolishness to make us truly wise. Real knowledge begins with knowing him. Wisdom is the fruit of worship, and received on bended knee. It is the product of a life lived in submission to the One who is wisdom, Christ.

We need this one-on-one ministry - counseling - because in Hebrews 3:12-13, we have the following warnings:

- Notice first it is to 'brothers' - believers
- 'none of you has a sinful, unbelieving heart' (turning away, ultimately hardened)...this is a process
- The writer of Hebrews is directing us to the Doctrine of indwelling sin...On the cross and in the resurrection, Jesus broke the power of sin over us.... Romans 6:1-4
- But the presence of sin remains... Sin is being eradicated within us until we are sin free. But while sin remains, we must remember that sin is deceitful...
- sin blinds and guess who gets blinded first? Me! I have no trouble seeing the sin of others - but I can get astonished when mine are pointed out.
- This is what Jesus captures with His word picture in Matthew 7- we can see the speck in our brother but miss the piece of lumber sticking out of our own.
- Since each of us still has sin remaining in us, we will have pockets of spiritual blindness. This problem has a great impact on personal ministry.
- This is why so many Old Testament prophecies say that Messiah would come to open blind eyes. That is why He is called the Light
- Physically blind people are always aware of their deficit and spend much of their lives learning to live with limitations.
- But the Bible says that we can be spiritually blind and yet think that we see quite well. We even get offended when people act as if they see us better than we see ourselves!
- We need each other in order that we do not believe our own hype/ delusions.
- If I am to see myself clearly, I need you to hold the mirror of God's Word in front of me.
- There are no 'spiritual haves and have nots'. No group has arrived spiritually - we all need each other.
- We should be waking up in the morning and praying; "God, I am a person in desperate need of help. Please send me helpers my way and give me humility to receive the help you have

provided.”

- I also need to pray further: “Lord , make me willing to help someone see himself as you see him today.”
- As christians then, we need 2 character traits: loving courage of honesty - we need to love others more that we love ourselves. - so that with humble, patient love, we can help them to see what they need to see..
- We also need the thankful humility of approachability- we need to forsake defensiveness, be thankful that God has surrounded us with help, and be ready to receive it - every day!

In summary: The world of personal ministry is rooted in 3 principles:

1. We were created with the need for truth outside ourselves to live life properly.
2. Many interpretive voices compete with God’s Word for our hearts’ attention.
3. The power of sin has been broken - but the blinding presence of sin remains. Therefore , we need to live in humble, honest community with one another, where personal ministry is part of the daily culture.

THE HEART IS THE TARGET: CHAPTER 4

The Bible uses ‘heart’ to describe the inner person. Scripture divides the human being into two parts- the outer and the inner.

- the outer person is your physical self
- the inner person is your spiritual self. This encompasses all the other terms and functions used to describe the inner person (spirit, soul, mind emotions, will etc) These are not different from the heart - rather they are aspects of it, part or functions of the inner person.
- The heart is the ‘real you’. It is the essential core of who you are.
- Therefore any ministry of change must target the heart.
- Luke 6:43-45 (ESV) A Tree and Its Fruit

43 “For no good tree bears bad fruit, nor again does a bad tree bear good fruit, 44 for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. 45 The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

- The tree has the kind of fruit it does because of the kind of roots it has: we speak and act the way we do because of what is in our hearts.
- If the heart does not change, the person’s words and behaviour may change temporarily because of an external pressure or incentive. But when the pressure or incentive is removed, the changes

will disappear.

Matthew 23:25-26 (ESV) 25 “Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and the plate, but inside they are full of greed and self-indulgence. 26 You blind Pharisee! First clean the inside of the cup and the plate, that the outside also may be clean.

Jesus is here attacking the hypocrisy of the Pharisees - and he offers a solution: Clean the inside of the cup, and the outside will also be clean.... this doesn't work with dishes, but it does with human hearts!

- The body always goes where the heart leads!
- You cannot staple fruit on a bad tree -if the roots remain uncanged, the tree will never produce good fruit.
- Change that ignores the heart will seldom transform the life. For a while it may seem like the real thing, but it will prove temporary and cosmetic.

The College Teen example:

Under the careful love, instruction and oversight of christian parents, the teenager may seem to be handling life fairly well- only to go off to college and completely forsake his faith.

When he went to college, the restraints were removed - and his real heart was revealed. he had not internalised his faith. He had not entrusted himself to Christ in a life-transforming way. College was not the problem - it was simply the place where his true heart was revealed.

Christ's illustration establishes 3 principles that guide our efforts to serve as God's instruments of change in the lives of others:

1. There is undeniable connection between root and fruit- between heart and behavior. People and situations do not determine ur behaviou; they provide the occasion where our behavior reveals our hearts.
2. Lasting change always tkes place through the pathway of the heart. Fruit change is the result of root change. Any agenda for change must focus on the thoughts and desires of the heart.
3. Therefore the heart is the target in personal growth and ministry. Our prayer is that God will work heart change in us and use us to produce heart change in others that results in new words, choices and actions.

THE HEART OF THE MATTER

- self help books always focus on behavior modification rather than transformation of the heart:

Ezekiel 14:1-5 (ESV) Idolatrous Elders Condemned

1 Then certain of the elders of Israel came to me and sat before me. 2 And the word of the LORD came to me: 3 “Son of man, these men have taken their idols into their hearts, and set the stumbling block of their iniquity before their faces. Should I indeed let myself be consulted by them? 4 Therefore speak to them and say to them, Thus says the Lord GOD: Any one of the house of Israel who takes his idols into his heart and sets the stumbling block of his iniquity before his face, and yet comes to the prophet, I the LORD will answer him as he comes with the multitude of his idols, 5 that I may lay hold of the hearts of the house of Israel, who are all estranged from me through their idols.

None of our hearts are neutral- We all worship something:

- Romans 1:21-25 (ESV) 21 For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. 22 Claiming to be wise, they became fools, 23 and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things. 24 Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, 25 because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen.
- Idolatry is dangerous because it is hidden. It is deceptive; it exists underground. We can make this great exchange without forsaking our confessional theology or even our observance of the external duties of faith. We can hold on to our beliefs, tithe, remain faithful in church attendance and occasionally participate in ministry activities. Yet at the level of what we are really living for, we have forsaken God for something else.
- At its core, sin is moral thievery. It steals the worship that rightly belongs to God and gives it to someone or something else. It robs the Trinity to purchase the creation. Every sinner is in some way a worship thief.
- At its center sin is also spiritual adultery - it takes the love that belongs to God alone and gives it to someone or something else. Every believer is in some way a spiritual adulterer
- The deepest issues of life are issues of worship. Worship is more fundamental to our essential nature than the pain pressures or pleasures of our experiences. What we worship determines our responses to all our experiences. Sin is much more than doing the wrong thing. It begins with loving, worshiping and serving the wrong thing. Sin in some ways always involves the great exchange.

The Principle of of inescapable Influence:

‘Whatever rules the heart will exercise inescapable influence over the person’s life and behaviour.’

So this is why God will only answer us/ elders in Ezekiel 14 - in keeping with their heart idolatry.

- If we do not change there, whatever God tells us/them will only be used to serve the idols that rule their hearts. We will even use the principles of the Word to serve our idols!

N/B

- Because idolatry operates in the subtle shadows of the thoughts and motives of our hearts, most committed idolaters have no idea that this is their problem. But the influence is powerful just the same.
- Because our hearts are captured by a desire for human approval, we use an act of worship (like public prayer) to get glory for ourselves!
- God will never be satisfied with the crumbs of externalism- he rails against this in Isaiah: Isaiah 29:13 (ESV) 13 And the Lord said:

“Because this people draw near with their mouth
and honor me with their lips,
while their hearts are far from me,
and their fear of me is a commandment taught by men,

Applying the Principle:

My daily behaviour is my attempt to get what is important to me in various situations and relationships. My choices and actions always reveal the desires that rule my heart. I never come empty. This is the answer to the important question: “Why do people do the things they do?” James says - we are led away by our own desires (See James 1:14)

1. Our hearts are always being ruled by someone or something.
2. The most important question to ask when examining the heart is: ‘What is functionally ruling this person’s heart in this situation?’
3. Whatever controls my heart will control my responses to people and situations.
4. God changes us not just by teaching us to do different things, but by recapturing our hearts to serve him alone.
5. The deepest issues of the human struggle are not issues of pain and suffering, but the issue of worship- because what rules our hearts will control the way we respond to both suffering and blessing.

Jesus put it in the metaphor of treasure:

Matthew 6:19-24 (ESV) Lay Up Treasures in Heaven

19 “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves

break in and steal, 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

22 “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, 23 but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

24 “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Three principles are seen from this passage:

- Everyone seeks some kind of treasure.
- Your treasure will control your heart (‘For where your treasure is, there your heart will be also)
- What controls your heart will control your behavior (No one can serve two masters)

There are only 2 kinds of treasure: earthly and heavenly - and whatever treasure we choose will become our rulers. They exercise control over us, for if something is your treasure, you will live to gain, maintain and enjoy it. Sadly, it is easier for us to see it in others than it is for us to see it in our own lives!

What we treasure ends up rearranging our priorities in a fundamental way: We rarely say, “I am going to set my heart on this thing and let it completely control my life” - but that is what happens!

- The person you met and mildly enjoyed, becomes the person whose approval you cannot live without.
- The work you undertook to support your family becomes the source of identity and achievement you cannot give up.
- The house you built for the shelter and comfort of your family becomes the temple for the worship of possessions.
- A rightful attention to your own needs morphs into self-absorbed existence.
- Even Ministry has become more of an opportunity to seek power and approval than a life of service to God.

The things we set our hearts on never remain under our control. Instead, they capture, control and enslave us. Every human being is a worshipper, in active pursuit of the thing that rules his heart. This worship shapes everything we do and say, who we are, and how we live.

This is why the heart is always our target in personal ministry.

Chapter 5- Understanding your Heart Struggle

James 4:1-10 (ESV) Warning Against Worldliness

1 What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? 2 You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. 3 You ask and do not receive, because you ask wrongly, to spend it on your passions. 4 You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. 5 Or do you suppose it is to no purpose that the Scripture says, “He yearns jealously over the spirit that he has made to dwell in us”? 6 But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” 7 Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8 Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. 9 Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will exalt you.

James's focus is not just the heart- but the **desires** of the heart. He makes the strong connection between our desires and our conflict- between what we want and what makes us angry.

The desire-conflict connection is the foundation on which James builds all the practical insights of this passage.

The Heart& it's Desires: (Page 78)

Desires precede, determine and characterise everything we do. Desires get you up in the morning and put you to bed at night. Desires make you work with discipline to get one thing done, and run as hard as you can to avoid another. Desires sculpt every relationship in your life. At the foundation of all worship, whether true or false, is a heart full of desire.

The war of Desires within us

“Don't your conflicts come from your desires that battle within you?”

If a war is being fought between nations, it is fought for geographical and political control. Control is the purpose of war. So it is with our desire- which fight for control of our hearts. What controls our heart will exercise inescapable influence over our lives and behaviour.

A yet Deeper war:

The deeper battle beneath this war - is the battle between our desire for anything in the creation and our desire for God. Every day creation battles with the Creator for the control of our hearts.

James is saying that our horizontal desires (for people, possessions, recognition, control, acceptance, attention, vengeance, etc) compete with the vertical (the Lordship of Christ over our hearts and it's desires)

The Humble cleansing of the Heart page 88

James calls us to 'humble ourselves before God' - this is a direct plea to deal with the idolatry (spiritual adultery) of our hearts.

If human conflict is rooted in spiritual adultery, change must begin by bowing before God in humble repentance for the idols that have replaced him in our hearts.

- James provides a helpful window into the struggles of the heart - but Galatians 5:13-26, Paul literally takes us onto the scene and shows us how the struggle takes place:

Galatians 5:13-26 (ESV)

13 For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. 14 For the whole law is fulfilled in one word: "You shall love your neighbor as yourself." 15 But if you bite and devour one another, watch out that you are not consumed by one another.

Keep in Step with the Spirit

16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

25 If we live by the Spirit, let us also keep in step with the Spirit. 26 Let us not become conceited, provoking one another, envying one another.

Paul's logic is simple; our lives are either shaped by the indulging the sinful nature or by self-sacrificing love. Loving your neighbor as yourself summarizes God's will for us.

Galatians 5 calls us to hold onto two realities:

- The first is the everyday reality of the war for the heart, the war between God's within you'

kingdom and the kingdom of creation. We are called to face our duplicity and idolatry - and the fact that this war is the most significant inner dynamic of human experience. It rages in every moment of suffering and blessing. What rules my heart will shape the way I deal with life's saddest and sweetest moments. Though I am powerfully influenced by my experiences and my biology, what rules my heart will determine how I respond to life.

- The second reality - is that of my identity as a child of God and the resources that are therefore mine in Christ: The reality of the Person and work of the Holy spirit (our condition was so bad that forgiveness was not enough - but God had to unzip up and get inside us and indwell us- so that we no longer live under the control of the flesh, but by the power of the Spirit, who daily battles the flesh on our behalf.)
- ◦ The second theme is the reality of our union with Christ. His death and resurrection is efficacious - it will accomplish his purposes in the lives of his children.

Conclusion (page 93)

There is a war going on beneath the skirmishes of every day human life.

- We must humbly admit we are sinners while we lay hold of our union with Christ.
- We do not simply suffer - we suffer as sinners with a deep propensity to run after god-replacements.
- As believers - we don't just suffer as sinners - but as those who have been united with Christ and therefore no longer live under the mastery of sin.
- We bring these two realities to times of blessing as well.
- Holding onto both truths is the only way to do battle with our own hearts - and the only way to be part of what God is doing in our lives and others.
- Biblical personal ministry is rooted in the story of a war and a Savior king. As we place our stories within this great story of compassion and love of Christ, we will understand who we are and live as we were meant to live

PRACTICAL WAYS FOR CHANGING DEEPLY:

Admit -

- how much sin is still in you** - Sin dwells in you.... **Genesis 4:** 'If you do not do what is right, sin is crouching at your door..it's desire is to have you, but you must master over it.... your sin always

hides itself... they always appear less serious..."I am not stingy - just prudent', I am not obsessed, I just appreciate good grooming!" **John Owen ** - be killing your sin or sin will be killing you...

- "if any man thinks ill of you, do not be angry with him. For you are worse than he thinks you to be." — **Charles Haddon Spurgeon**
- **Romans 7:14-20 (ESV)** For we know that the law is spiritual, but I am of the flesh, sold under sin. 15 For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. 16 Now if I do what I do not want, I agree with the law, that it is good. 17 So now it is no longer I who do it, but sin that dwells within me. 18 For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. 19 For I do not do the good I want, but the evil I do not want is what I keep on doing. 20 Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

Avoid-

the false solution (try hard to avoid the consequences of sin...) Sorry for himself-not his sin....

problem with pride...what he loved hadn't changed...worked on the will... didn't find sin ugly- just the consequences... cut off the tree but not the roots....

- **Talk to people** - to see what is wrong inside..... what makes you prone to certain kind of sin
- **Convict yourself with joy** - see that you are grieving to one you love...

Apply-

the Gospel to yourself:**

- "For every look at yourself, take ten looks at Christ." Attributed to 19th-century Scottish minister - **Robert Murray M'Cheyne**,
- Glance at your sin- Stare at Grace!
- **5** For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; **6** and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; **7** and to godliness, mutual affection; and to mutual affection, love.
- **2 Peter 1:5-7**