

MESSAGE 2: WHY DO I DO WHAT I DON'T WANT TO DO?

Parts 1-3

What do you have a hard time controlling?

Temper
Spending
Eating
Moods

Sexual desires
Drinking
Procrastinating
Bad habits

I. THE PROGRAM: _____

"I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate. But I can't help myself, because it is sin inside me that makes me do these evil things... I know I am rotten so far as my old sinful nature is concerned. No matter which way I turn, I can't make myself do right. I want to, but I can't." Romans 7:15, 17-18 (NLT)

"I have the desire to do good, but not the power." Romans 7:17 (Ph)

RESULT:

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"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 7:24 (Mes)

II. GOD'S PROMISE: _____

Jesus: *"When you know the Truth, the Truth will set you free."* John 8:32 (NIV)

- **BEHIND EVERY SELF-DEFEATING ACT IS:**

III. THE PERSCRIPTION:

ACKNOWLEDGE _____

"If we claim to be without sin, we deceive ourselves and the truth is not in us."
1 John 1:8 (NIV)

TO STOP DEFEATING MYSELF,

I MUST STOP _____

Jesus: *"I tell you the truth, everyone who sins is a slave to sin."* John 8:34 (NIV)

BELIEVE _____

"Who will free me from this life that is dominated by sin? Thank God! The answer is in Jesus Christ our Lord." Romans 7:24-25 (NLT)

"For the new spiritual principle of life in Jesus Christ lifts me out of the old vicious cycle of sin." Romans 8:2 (Ph)

CONFESS _____

"Confess your sins to each other and pray for each other so God can heal you. When a believing person prays, great things happen." James 5:16 (NCV)

DEDICATE _____

"Do not let sin control the way you live; do not give in to its lustful desires... Instead, give yourselves completely to God since you have been given new life." Romans 6:12-13 (NLT)

"God keeps His promise. He will not allow you to be tempted beyond your power to resist; at the time you are tempted He will give you the strength to endure it and so provide you with a way out." 1 Corinthians 10:13 (GN)

STOP TRYING! START _____