

Internal Affairs 2

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In this series:

1. Discover why we do what we do.
2. How to become healthy in our inward life
3. How to ensure that the internal mechanisms that govern our decisions are sound and healthy
4. How to remain hopeful while we fight through the process

WHY WE DO WHAT WE DO

Last Week:

- You can't fix what you don't see.
- Denial
- Reformatting facts to enable me to keep things positive.
- I was more determined to remain **positive** than **truthful**.
- Positive without truthfulness is deceptive and destructive.
- My external need for approval caused me to seek to find my value in the "eyes and opinions" of others.
- It caused me to live **externally** and not **from my heart**.
- It caused me to **overlook** what was important and strive for what was superficial.

Example:

- I was so busy trying to meet my superficial needs that I missed the "Jesus Opportunity" to lift another person.
- I am certain that there were times when people left my presence and went home feeling **rejected and less than**. Not because I wanted to diminish them, but because I couldn't see them.
- I was so caught up in meeting **my unhealthy needs**, that I never was able to live out of my heart and reflect Jesus in my interactions with people.
- In one moment, you can have Jesus truly living through you toward people, but in the next moment it can become so muddled when we relate to others from a **me first** perspective or relating to others through the prism of my unhealthiness or using people to **mask or medicate** my pain.

Behavior is dictated by what you believe, not what you desire.

Behavior is changed by effecting beliefs, not by focusing on modifying behavior.

Most people are too busy using their **energy** in a manner that isn't producing lasting results in their lives.

Romans 8:1-2 – ¹ There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. ² For **the law of the Spirit of life in Christ Jesus** has made me free from **the law of sin and death.** **NKJV**

Romans 7:14-15, 21-22, 24-25

¹⁴ We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. ¹⁵ **I do not understand what I do.** For what I want to do, I do not do, but what I hate I do.

²¹ So I find **this law at work**: When I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law;

²⁴ What a wretched man I am! Who will rescue me from this body of death? ²⁵ Thanks be to God-through Jesus Christ our Lord! *NIV*

Romans 8:5-6 – ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶ For to be carnally minded is death, but to be spiritually minded is life and peace. **NKJV**

If you set your attention to the **unwinnable** battle Paul describes in Romans 7, you will die.

If you set your attention to the **Law of the Spirit of Life in Christ Jesus** that sets you free from the **Law of Sin and Death**, you will have life and peace.

Romans 8:11 - But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. **NKJV**

The Spirit of God will literally empower you to live for God, while you remain in a body doomed by death.