

		sermon notes Why Do I Do The Things I Do? September 18, 2016 Pastor John Speight <small>LISTEN, GET NOTES + SHARE AT CHRISTCHURCHVA.ORG/MEDIA</small>
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**Are you in control of your actions,
or do your actions control you?**

**Temper
Sexual Desires
Eating
Spending**

**Moods
Procrastination
Drinking
Bad Habits**

The Problem: _____

I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to—what I hate... ¹⁷ But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things. ¹⁸ I know I am rotten through and through 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 (TLB)

(Jesus) "...The spirit is willing, but the flesh is weak."

Matthew 26:41 (TEV)

The Results:

• _____
"I don't understand myself at all..."

Romans 7:15 (TLB)

• _____
"For even though the desire to do good is in me, I am not able to do it."

Romans 7:17 (GNT)

• _____
"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 (MSG)

God's Promise to You: _____

Jesus:
"You will know the truth, and the truth will set you free."
 John 8:32 (CEV)

Warning:

Behind every self-defeating act is a _____.

**It may be a lie about...
Yourself, Your Past, Your life, God, or Others**

"If we claim to be without sin, we deceive ourselves and the truth is not in us."

1 John 1:8 (NIV)

Spiritual Principle: Sin always involves _____.

**To Stop Defeating Myself,
I Must Stop _____.**

If you are going to change, you're going to have to face the truth.

It is the truth that sets you free.

The truth about yourself.

The truth about God.

The truth about the problems you are facing.

How Can I Be Set Free?

A. _____ the root of my problem.

B. _____ that Christ can change me.

"...Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord..."

Romans 7:24–25 (NLT)

"For the new spiritual principle of life 'in' Christ lifts me out of the old vicious circle of sin and death."

Romans 8:2 (PHILLIPS)

C. _____ my struggle to someone.

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)

D. _____ 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...now you have new life...

Romans 6:12–13 (NLT)

...God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out.

1 Corinthians 10:13 (GNT)