

**5. Focus on what God is doing in you, not what’s going on around you.**

**Romans 8:17 (NLT)** And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory. But if we are to share his glory, we must also share his suffering.

**Romans 8:18 (NLT)** Yet what we suffer now is nothing compared to the glory he will reveal to us later.

**6. Remember the Greater One is inside of you.**

**Romans 8:26 (NLT)** And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

**Romans 8:27 (NLT)** And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will.

**Romans 8:28 (NLT)** And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

**Romans 8:29 (NLT)** For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters.

**Romans 8:30 (NLT)** And having chosen them, he called them to come to him. And having called them, he gave them right standing with himself. And having given them right standing, he gave them his glory.

**Romans 8:31 (NLT)** What shall we say about such wonderful things as these? If God is for us, who can ever be against us?

**Romans 8:32 (NLT)** Since he did not spare even his own Son but gave him up for us all, won’t he also give us everything else?

**7. Remember that you are never separated from God’s love, presence, and power.**

**Romans 8:38 (NLT)** And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today our worries about tomorrow—not even the powers of hell can separate us from God’s love.

**Romans 8:39 (NLT)** No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.



**Overcoming Self-Destruction**

Saturday-Sunday, June 8-9, 2024

**3 enemies. World, devil, and our flesh.**

**Most unhappiness in life comes from submitting to wrong thoughts and feelings**

**James 4:7 (NKJV)** Therefore submit to God. Resist the devil and he will flee from you.

**Weapons of Self-Destruction**

*Things we do to ourselves that cause enormous damage.*

1. Shame.
2. Uncontrolled Thoughts.
3. Obsessions and/or Compulsions.
4. Fear.
5. Hopelessness.
6. Bitterness.
7. Insecurity.

**Proverbs 23:7 (NKJV)** For as a man thinks in his heart, so is he.

**Romans 12:2 (NLT)** Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

**2 Corinthians 10:4 (NKJV)** For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,

**2 Corinthians 10:5 (NKJV)** casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

**2 Corinthians 10:6 (NKJV)** and being ready to punish all disobedience when your obedience is fulfilled.

**Romans 7:24 (NKJV)** O wretched man that I am! Who will deliver me from this body of death?

**Romans 7:25 (NKJV)** I thank God—through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

---



---



---



---



---



---



---



---

## We have the Holy Spirit as our Helper.

**John 14:16 (NKJV)** And I will pray the Father, and **He will give you another Helper**, that He may **abide with you forever**—

**John 14:26 (NKJV)** But **the Helper, the Holy Spirit**, whom the Father will send in My name, **He will teach you all things**, and **bring to your remembrance** all things that I said to you.

**John 15:26 (NKJV)** “But **when the Helper comes**, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, **He will testify of Me**.

**John 16:7 (NKJV)** Nevertheless I tell you the truth. **It is to your advantage that I go away**; for if I do not go away, **the Helper** will not come to you; but if I depart, **I will send Him to you**.

**Hebrews 11:6 (NKJV)** But **without faith it is impossible** to please Him, for he who comes to God **must believe that He is**, and that **He is a rewarder** of those who diligently seek Him.

**Mark 9:23 (NKJV)** Jesus said to him, “**If you can believe**, all things are possible to him who believes.”

---

---

---

---

---

### 1. Believe you are no longer condemned but free.

**Romans 8:1 (NLT)** So now there is **no condemnation** for those who belong to Christ Jesus.

**Romans 8:2 (NLT)** And because you belong to him, the **power of the life-giving Spirit** has freed you from the **power of sin** that leads to death.

**Romans 8:3 (NLT)** The law of Moses was unable to save us because of the weakness of our sinful nature. So **God did what the law could not do**. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin’s control over us by giving his Son as a sacrifice for our sins.

**Romans 8:4 (NLT)** **He did this** so that the just requirement of the law would be **fully satisfied for us**, who no longer follow our sinful nature but instead follow the Spirit.

---

---

---

---

---

---

---

---

---

---

### 2. Allow the Holy Spirit to help you by asking Him to.

**Romans 8:5 (NLT)** Those who are **dominated by the sinful nature think about** sinful things, but those who are **controlled by the Holy Spirit** think about things that please the Spirit.

**Romans 8:6 (NLT)** So **letting your sinful nature control your mind leads to death**. But **letting the Spirit control your mind leads to life and peace**.

**Romans 8:7 (NLT)** For the **sinful nature** is always **hostile to God**. It never did obey God’s laws, and it never will.

**Romans 8:8 (NLT)** That’s why those who are still under the control of their sinful nature can never please God.

---

---

---

### 3. Put into practice your ability to say “no.”

**Romans 8:8 (NLT)** That’s why **those who are still under the control** of their sinful nature can never please God.

**Romans 8:9 (NLT)** But you are not controlled by your sinful nature. **You are controlled by the Spirit if you have the Spirit of God living in you**. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.)

**Romans 8:10 (NLT)** And **Christ lives within you**, so even though your body will die because of sin, **the Spirit gives you life** because you have been made right with God.

**Romans 8:11 (NLT)** The **Spirit of God**, who **raised Jesus** from the dead, **lives in you**. And just as God raised Christ Jesus from the dead, **he will give life to your mortal bodies** by this same Spirit living within you.

**Romans 8:12 (NLT)** Therefore, dear brothers and sisters, **you have no obligation to do what your sinful nature urges you to do**.

---

---

---

### 4. Learn to be led by the Spirit of God and not your fear.

**Romans 8:14 (NLT)** For **all who are led by the Spirit of God** are children of God.

**Romans 8:15 (NLT)** So **you have not received a spirit that makes you fearful slaves**. Instead, **you received God’s Spirit** when he adopted you as his own children. Now we call him, “**Abba, Father**.”

**Romans 8:16 (NLT)** For **his Spirit** joins with our spirit to **affirm that we are God’s children**.

---

---

---

---

---

---

---

---

---

---