



My Own Worst Enemy

"It is God's will... that each of you should learn to control his own body in a way that is holy and honorable," 1 Thessalonians 4:4

WHY DOESN'T MY 'NO' WORK?

1. I AM MY OWN _____

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

2. I TEND TO WITHDRAW FROM _____ WHEN I NEED THEM MOST

*"Two are better than one... for if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up."
Ecclesiastes 4:10*

3. WE TRY TO USE _____ TO SOLVE EVERYTHING

"For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do... For the good that I will to do, I do not do; but the evil I will not to do, that I practice. Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me." Romans 7:15, 19-20

THE SOLUTION: _____

1. _____

"But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one." Matthew 5:37

*"If we say that we have no sin, we deceive ourselves, and the truth is not in us."
1 John 1:8*

2. _____ **FOR HELP**

"casting all your care upon Him, for He cares for you." 1 Peter 5:7

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9

3. _____ **FOR HELP**

"Confess your trespasses to one another, and pray for one another, that you may be healed." James 5:16

4. **EXPECT** _____

"For He knows our frame; He remembers that we are dust" Psalm 103:14

"being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;" Philipians 1:6