

SILENCING MY INNER CRITIC

February 1 & 2, 2025

Proverbs 23:7a (NKJV)

For as he thinks in his heart, so is he.

Proverbs 4:23-27 (NLT)

Guard your heart above all else, for it determines the course of your life. Avoid all perverse talk; stay away from corrupt speech. Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil.

My 3 Greatest Enemies:

- The _____ – the godless secularism that elevates self above God.
- The _____ – the cravings of my sinful nature.
- The _____ – the liar and deceiver of all mankind.

John 8:44-45 (NLT)

For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. So, when I tell the truth, you just naturally don't believe me!

My greatest enemy is _____.

Why do I do what I do?

- I feel _____.
- I _____ to.
- I want to be _____.
- I do what I do because of how I _____.

7 Weapons of Self Destruction:

1. _____ – Chronic self-reproach and a sense of personal failure that you can't shake.
2. _____ – Believing a lie that I am not good enough and have no redeeming qualities.
3. _____ – Letting your fantasies take over.
4. _____ – Acting without thinking of consequences. "I just had to do it even though I know it's wrong."
5. _____ – Fear is **F**alse **E**vidence **A**ppearing **R**eal. This is the destroyer of happiness.
6. _____ – Giving up and believing there is nothing that can change in your life.
7. _____ – Deep seated resentment and unresolved anger or hurt.

Romans 7:24 (NLT)

Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?

HOW CAN I BE FREE FROM ME? (Romans 8)

STEP 1 _____ myself daily of what Jesus did for me.

Romans 8:1-4 (NLT)

So now there is no condemnation for those who belong to Christ Jesus. 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. 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. 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.

STEP 2 _____ that the Holy Spirit give me better thoughts.

Romans 8:5-6 (NIV)

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Romans 8:7-8 (NIV)

The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God.

I need to _____ a sin, not _____ it.

STEP 3 _____ I have a new ability to say “no” to self-destruction.

Galatians 5:16 (TEV)

What I say is this: let the Spirit direct your lives, and you will not satisfy the desires of the human nature.

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 8:12 (LB)

So, dear brothers, you have no obligations whatever to your old sinful nature to do what it begs you to do.

STEP 4 _____ my fearful thoughts to God whenever I am afraid.

Romans 8:14-16 (TEV)

Those who are led by God's Spirit are God's children. For the Spirit that God has given you does not make you slaves and cause you to be afraid; instead, the Spirit makes you God's children, and by the Spirit's power we cry out to God, “Father! my Father!” God's Spirit joins himself to our spirits to declare that we are God's children.

2 Ways I Release My Fears:

- _____ I am a child of God.
- _____ to my Father.

2 Timothy 1:7 (TEV)

For God gave us a spirit not of fear but of power and love and self-control. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

STEP 5 _____ to always focus on long-term thinking and not the short-term.

Romans 8:17-18 (TEV, emphasis added)

Since we are his children, we WILL possess the blessings he keeps for his people, and also, we WILL possess with Christ what God has kept for him; for if we share Christ's suffering, we will also share his glory. I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us.

“Christians should be thinking about how their decisions today impact eternity.”

“You do what you do because of what you think of you.”

“If you want to change what you do, change what you think of you.”

STEP 6 _____ that God is always good and in absolute control.

Satan's Lie –

The Devil doesn't tell you "You _____ something bad."

The Devil attacks your identity by saying "You _____ bad."

Romans 8:20 (NIV, LB, GW)

Everything created is subjected to frustration... waiting to be liberated from its bondage to decay... all of creation groans in pain like childbirth... and we groan inwardly.

Romans 8:26 (TPT)

And in a similar way, the Holy Spirit takes hold of us in our human frailty to empower us in our weakness. For example, at times we don't even know how to pray, or know the best things to ask for. But the Holy Spirit rises up within us to super-intercede on our behalf, pleading to God with emotional sighs too deep for words.

My Destructive Cycle:

- My _____ identity creates my destructive habits.
- My _____ habits reinforce my distorted identity.

A New Cycle:

- A Christ-_____ identity leads to Christ-honoring habits.
- Christ-_____ habits reinforce a Christ-centered identity.

Luke 22:39 (NASB)

And He came out and went, as was His habit, to the Mount of Olives; and the disciples also followed Him.

Romans 8:32 (NLT)

Since [God] did not spare even his own son but gave him up for us all, won't he also give us everything else?

STEP 7 Remember the Holy Spirit is praying for me and he believes in me.

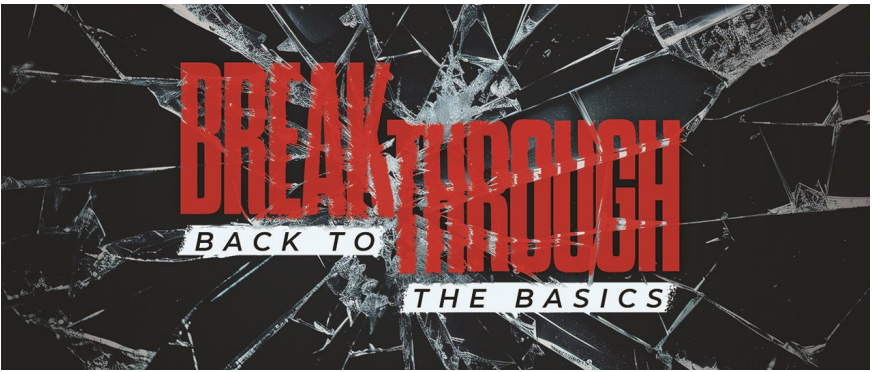
_____ myself daily with the fact that God will NEVER stop loving me.

Romans 8:38-39 (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 nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 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.

This reality means I can:

- Change my _____.
- Change my _____.
- Change my _____.



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My greatest enemy is myself.

Why do I do what I do?

- I feel obligated.
- I want to.
- I want to be accepted.
- I do what I do because of how I think.

7 Weapons of Self Destruction:

1. **Shame** – Chronic self-reproach and a sense of personal failure that you can't shake.
2. **Insecurity** – Believing a lie that I am not good enough and have no redeeming qualities.
3. **Uncontrolled Thoughts** – Letting your fantasies take over.
4. **Compulsions** – Acting without thinking of consequences. "I just had to do it even though I know it's wrong."
5. **Fear** – Fear is **False Evidence Appearing Real**. This is the destroyer of happiness.
6. **Hopelessness** – Giving up and believing there is nothing that can change in your life.
7. **Bitterness** – Deep seated resentment and unresolved anger or hurt.

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