

DEFEATING THE WEAPONS OF SELF-DESTRUCTION

Series: Spiritual Bootcamp

Romans 8

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Kelly Stanley

1. Which of the following seven weapons of self-destruction have you used against yourself? When? Why? Results?
 - i. Shame — carrying guilty destroys happiness.
 - ii. Uncontrolled thoughts — we do what we think. This is why we can easily ruin our lives.
 - iii. Compulsions — this can undo a lifetime of credibility.
 - iv. Fear — this limits our potential and prevents us from achieving what God has planned for us.
 - v. Hopelessness — this causes us to give up too soon.
 - vi. Bitterness/resentment — this will consume you and ultimately destroy you.
 - vii. Insecurity — this causes us to do foolish things.
2. Read Romans 7:24 from your sermon outline under point #7 under the heading, “Seven Weapons of Self-Destruction.” Have you ever felt this way? If so, why? When? Where? Results? What did you do to be free?
3. Read Acts 1:8 from your sermon notes under point #7 under the heading, “Seven Weapons of Self-Destruction” as well as the explanation of the Greek New Testament word for “power.” How often do you tap into that power when facing a weapon of self-destruction? Why?
4. Read Romans 8:1-4 from your sermon notes under point #1 under the heading, “To Protect Myself From Self-Destructive Weapons.”
 - a. What do you think a “mind set” is and why is this so important to defeating weapons of self-destruction?
 - b. The Bible affirms that Jesus paid it all. Illustration: *In fact, the old hymn by the same name was inspired by Elvina Hall. While listening to the pastor’s sermon on Sunday morning in the Monument Methodist Church in Baltimore, she wrote down in the flyleaf of her hymnbook words that would be eventually be the first stanza of that hymn. After the service, she handed the hymnbook to her pastor showing him the words she had penned. Though we do not know his reaction of seeing the flyleaf of a hymnbook used to write these words, immediately after Elvina Hall walked away, the organist, John Grape, handed the pastor a recently new tune he had written void of any words. Humming the tune, the pastor saw that the words fit the tune perfectly and thus became the hymn, Jesus Paid It All.¹ Some call this a coincidence. What do you call it and why?*
 - c. Why is it important that we remind ourselves that Jesus paid it all and there is no condemnation to those who belong to Christ? The Greek New Testament word used here is [κατάκριμα; katakrima]. It was a judicial term that referred both to the sentence and the punishment for breaking the law. How does knowing you are not going to be both sentence nor punished for your sins by God in heaven?
 - d. Politicians and social justice organizers and others think that if we make a law against something, people will change. Why do you think that laws do not change thoughts, attitudes, and opinions, but only external behavior, and in some cases, not even that? (e.x., people still steal, murder, rape and etc.).
 - e. Take a moment to think about what Jesus did for you on the cross? Obviously, His death provided a way for you to have eternal life in heaven. But, what else do you understand that Jesus’ death on the cross did for you personally and specifically?
 - f. Read Proverbs 4:23 and Romans 12:2a from your sermon notes under doing #1 under the heading of, “To Protect Myself From Self-Destructive Weapons.” You can act your way into a feeling and you can think your way into a feeling but you can’t feel your way into a feeling. Why do you think the battle starts in the mind? Meaning — thought impact feelings and then feelings impact actions.
 - g. If we are to take greater control of our thoughts why do you think it is vital for us to focus on what we want to achieve rather than avoid?
5. Read Romans 8:5-6 from your sermon notes under doing #2 under the heading, “To Protect Myself From Self-Destructive Weapons.”
 - a. Question: Are you going to set your mind on the way you normally think about your life or are you going to set your mind on the way God thinks about your life?”
 - b. Whatever you resist, persists. Focusing on a hot, dripping glazed Krispy Kreme doughnut only causes the desire for it to persist. The way you resist any ungodly thought or desire is to replace it with a godly desire. Read 2 Corinthians 10:5 from your sermon notes under point #2 under the heading, “To Protect Myself From Self-Destructive Weapons.” What are the benefits of doing 2 Corinthians 10:5?
 - c. Read Romans 8:7-8 from your sermon notes under point #2 under the heading, “To Protect Myself From Self-Destructive Weapons.” What does this passage teach you?
6. Read Romans 8:9 from your sermon notes under point #3 under the heading, “To Protect Myself From Self-Destructive Weapons.”
 - a. What does Romans 8:9 say about your old sinful nature?

¹<https://www.christianity.com/church/church-history/timeline/1801-1900/this-hymn-was-more-than-a-coincidence-11630381.html>.

- b. How committed are you really to being ruled by God's Holy Spirit and God's Holy Word?
- c. Read Psalm 119:11, Psalm 37:31 and Galatians 5:16 from your sermon notes under point #3 under the heading, *"To Protect Myself From Self-Destructive Weapons."* How much Scripture have you put to memory? What does this tell you about yourself in light of Romans 8:9, Psalm 37:31 and Galatians 5:16?
- d. Read Romans 8:12 from your sermon notes under point #3 under the heading, *"To Protect Myself From Self-Destructive Weapons."* How does this verse encourage you to think, feel and act differently?
- e. On a scale of 0-100%, honestly, what percentage would you say God has of you?
7. Read Romans 8:15-16 from your sermon outline from point #4 under the heading, *"To Protect Myself From Self-Destructive Weapons."*
 - a. What fears do you have?
 - b. Reflect back on times you were afraid or fearful. How did God calm your fears?
 - c. Read the explanation for the Greek New Testament word translated as "Father." Have you ever prayed calling God, "Daddy or Papa"? Why or why not?
 - d. Read Mark 14:36 from your Bible. Jesus used the term "Abba" when praying in the Garden of Gethsemane as He struggled about going to the cross. What does Jesus' use of this term say to you?
 - e. Read 2 Timothy 1:7 from your sermon notes under point #4 under the heading, *"To Protect Myself From Self-Destructive Weapons."* What does this verse say to you about your fears?
 - f. Prioritize the fears you mentioned above. Which one is your worst or most dreadful fear? Why? How can Romans 8:15-16, Mark 14:36, and 2 Timothy 1:7 help you defeat this weapon of self-destruction?
8. Where do you want to be in 5, 10, 15, and even 20 years from now?
 - a. Do you tend to focus and plan more on the near future rather than years into the future? Why or why not?
 - b. Read Romans 8:17-18 from your sermon notes under point #5 under the heading, *"To Protect Myself From Self-Destructive Weapons."* We are to live in the light of eternity. What does this mean for you personally? What does this say about you and your relationship to God?
 - c. Doing the right and godly thing often involves pain. In what way can this pain be beneficial?
 - d. Where are you spending too much time focusing short-term rather than long-term?
 - e. You can't deal with the short-term until you keep the long-term in front of you. You learn to put up with the pain of the short-term in order to fulfill the long-term. Why and how is this beneficial?
9. Read Romans 8:20-21 from your sermon notes under point #6 under the heading, *"To Protect Myself From Self-Destructive Weapons."* It is easy for us to get stuck in our pain, to forget that God's goodness prevails and no matter what else happens, there is nothing out of God's control.
 - a. When we forget this we can be easily destroyed by the self-destructive weapons of bitterness and resentment? Has bitterness and resentment ever been a part of your life? When? Why? What did you do? What did you learn from it? Looking back on this, what would you do differently now?
 - b. Are you a person who has to be in control? Why? If so, it means you do not trust God with your life? If you really believe God is better left in control, what can you start to do to let God have more control over your life?
 - c. Currently, are you bitter or resentful about anything? If so, why?
 - d. Romans 8:20-21 says that all of creation groans unpin like childbirth. Before the days of epidurals, any woman could understand this. We live in a broken world Everything in this world is broken. No law or public policy or money can fix it. Life is unfair. How does this metaphor help?
 - e. Currently, are you holding a grudge or envious or jealous of anyone? Why?
10. Read Romans 8:26-27 from your sermon notes under point #6-a under the heading, *"Four things to remember:"* How does knowing that the Holy Spirit is an advocate for you help you?
11. Read Romans 8:28 from your sermon notes under point #6-b under the heading, *"Four things to remember:"* Think back to times in your life where it was stressful or hopeless or dismal or dark. Identify the bad in each of them. How did God bring good out of each of them? What does this demonstrate to you and to others?
12. Read Romans 8:31 from your sermon notes under point #6-c under the heading, *"Four things to remember:"* No one has got your back like God. No one. So, why at times do you think it does not seem this is true? Have you ever felt this way? If so, why? What did you learn about yourself and God?
13. Read Romans 8:32 from your sermon notes under point #6-d under the heading, *"Four things to remember:"* According to Romans 8:32, God gave a huge sacrifice for us. This passage is similar to Psalm 23:1. Do you live for others to see the God is going to take care of you? What impact does this have on others if you do?
14. Read Romans 8:38-39 from your sermon notes under point #7 under the heading, *"To Protect Myself From Self-Destructive Weapons."*
 - a. Apply this passage to your own weapons of self-destruction. What does this say to you? What can you apply? What can you learn?
 - b. Read Jesus words in John 10:28-29 under point #7 under the heading, *"To Protect Myself From Self-Destructive Weapons."* Do you belong to Christ, because none of these 7 major points will be true in your life unless you belong to Christ? How do you know without any doubt you belong to Christ? What's the proof?
15. Now, go back and look at the 7 major points on how to defeat the weapons of self-destruction. Which one should you immediately start working on now and why?