

# DEFEATING THE WEAPONS OF SELF-DESTRUCTION

Series: Spiritual Bootcamp

Romans 8

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† *Romans 7:15*, "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" (TLB).

## Seven Weapons of Self-Destruction.

1. \_\_\_\_\_ > carrying guilt destroys happiness.
2. \_\_\_\_\_ > we do what we think, which can ruin us.
3. \_\_\_\_\_ > can ruin a lifetime of credibility.
4. \_\_\_\_\_ > limits our potential and what God has planned for us.
5. \_\_\_\_\_ > causes us to give up too soon.
6. \_\_\_\_\_ / \_\_\_\_\_ > will ultimately consume you and destroy you.
7. \_\_\_\_\_ > causes us to do foolish things.

† *Romans 7:24*, Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? (NLT).

† *Acts 1:8*, "You will receive power when the Holy Spirit comes upon you" (NLT).

- This is the Greek New Testament word [δύναμις; dunamis], where we get our English word \_\_\_\_\_.

† *Romans 7:25*, Thank God! The answer is through Jesus Christ, our Lord" (NLT).

## To Protect Myself From Self-Destructive Weapons, I Must . . .

1. Remind myself \_\_\_\_\_.

† *Romans 8:1-4*, "So there is now no condemnation awaiting those who belong to Christ Jesus. <sup>2</sup>For the power of the life-giving Spirit—and this power is mine through Christ Jesus—has freed me from the vicious circle of sin and death. <sup>3</sup>We aren't saved from sin's grasp by knowing the commandments of God because we can't and don't keep them, but God put into effect a different plan to save us. He sent His own Son in a human body like ours—except that ours are sinful—and destroyed sin's control over us by giving Himself as a sacrifice for our sins. <sup>4</sup>So now we can obey God's laws if we follow after the Holy Spirit and no longer obey the old evil nature within us" (TLB).

† *Proverbs 4:23*, "Be careful what you think because your thoughts control your life" (ERV).

† *Romans 12:2a*, "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" (NLT).

- The Bible clearly teaches that the way I \_\_\_\_\_ determines the way I \_\_\_\_\_, and the way I feel then determines the way I \_\_\_\_\_. The battle is always won or lost in the mind first.

2. Ask the \_\_\_\_\_.

† *Romans 8:5*, "Those who live according to the sinful nature have their mind set on what that nature desires. But those who live in accordance with the Spirit have their mind set on what the Spirit desires" (NIV).

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

- Asking the Holy Spirit to give me better thoughts is the principle of \_\_\_\_\_. This principle says anytime you seriously want to change something in your life, you don't \_\_\_\_\_ it — You \_\_\_\_\_ it. Why? Whatever you \_\_\_\_\_.

† *2 Corinthians 10:5*, "Take captive every thought to make it obedient to Christ" (NIV).

† *Romans 8:7-8*, "For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. <sup>8</sup>that's why those who are still under the control of their sinful nature can never please God" (NLT).

3. \_\_\_\_\_.

- † Romans 8:9, “You are not to be ruled by your old sinful nature. Instead, you are to be ruled by the Holy Spirit and God’s Word that lives in you. This proves you belong to Christ” (PAR).
- † Psalms 119:11, “I memorize Your Word in my heart to keep me from sinning against You” (TPT).
- † Psalms 37:31, “Those who keep God’s Word in their heart have an ability and power to keep their feet from slipping back to their sinful nature” (PAR).
- † Galatians 5:16, “Let the Spirit direct your lives and you will not satisfy the desires of the old human nature” (GNT).
- † Romans 8:12, “So, dear brothers, you have no obligation any more to your old sinful nature to do what it begs you to do” (TLB).

**4. Trust God my \_\_\_\_\_ to help me overcome my \_\_\_\_\_.**

- † Romans 8:15-16, “For the Spirit God gives 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!’ <sup>16</sup>God’s Spirit joins himself to our spirits to declare that we are God’s children!” (GNT).
  - This is actually the Aramaic word (אבא; Abba). Abba is not the rock group! It means, ‘Daddy, Papa.’ It’s ‘Dada.’ It’s the most basic intimate form of Father. Daddy, my daddy. ‘We cry out to God Daddy my daddy! Papa, my papa! Abba my Abba.’
- † 2 Timothy 1:7, “God did not give us a spirit that makes us afraid but a spirit of power and love and self-control” (NCV).

**5. Focus on the \_\_\_\_\_, not the \_\_\_\_\_. Romans 8 is God’s antidote to \_\_\_\_\_.**

- Living in light of \_\_\_\_\_ is the key to being the most successful you can possibly be.
- † Romans 8:17-18, “Since we are His children, we will possess the blessings He keeps for His family, and we will also possess with Christ what God has kept for Him! <sup>18</sup>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 with all the glory that is going to be revealed to us” (GNT).

**6. Remind myself that no matter what happens, God is \_\_\_\_\_ and is in \_\_\_\_\_. This is God’s antidote to the self-destructive weapons of \_\_\_\_\_ and \_\_\_\_\_.**

- † Romans 8:20-21, “Everything created is subject to frustration, waiting to be liberated [set free from me] from its bondage to decay. <sup>21</sup>All of creation groans in pain like childbirth. And we groan inwardly” (PAR).

**Four Things To Remember**

**a. The Holy Spirit is \_\_\_\_\_ for me.**

- † Romans 8:26-27, “The Spirit helps us with our weakness. We do not know how to pray as we should. But the Spirit Himself speaks to God for us, even begs God for us with deep feelings that words cannot explain. <sup>27</sup>God can see what is in people’s hearts. And He knows what is in the mind of the Spirit, because the Spirit speaks to God for His people in the way God wants” (NCV).”

**b. God will use all the \_\_\_\_\_ for His \_\_\_\_\_.**

- † Romans 8:28, “And we know that in all things God works for the good of those who love Him, who’ve been called according to His purpose” (NIV).

**c. God wants me to \_\_\_\_\_, not \_\_\_\_\_ in life.**

- † Romans 8:31, “So what can we say about such wonderful things? If God is for us who can be against us?” (NLT).

**d. God will \_\_\_\_\_.**

- † Romans 8:31-32, “Since God did not spare even His own Son but gave Him up for us all, won’t God, who gave us Christ, give us everything else?” (NLT).

**7. Trust that God will never, ever \_\_\_\_\_.**

- † Romans 8:38-39, “I’m convinced that nothing can ever separate us from his love. Death can’t, and life can’t. The angels can’t, and the demons can’t. Our fears for today, our worries about tomorrow, and even the powers of hell can’t keep God’s love away. <sup>39</sup>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” (NLT).
- † John 10:28-29, “I give them eternal life, and they will never perish. No one can snatch them away from Me, <sup>29</sup>for My Father has given them to Me, and He is more powerful than anyone else. No one can snatch them from the Father’s hand” (NLT).