

# The bad advice we tell ourselves



"I deserve it."

"I'm not as bad as..."

"I've always been this way..."

Are you talking yourself into a situation where it's easier to just go with it and do the wrong thing, or let yourself off the hook?

We all have goals we want to reach; dreams we want to achieve and people we wish to grow into. But we live in a world with a sin-problem. Our own selfish desires and the enemy partner together to create sin, and that sin gets in the way of us becoming who God wants us to be.

## Thinking Points:

1. If we know we need to change something, but intentionally choose to stay the same, it is sin.
2. Which of the following examples of bad advice we give ourselves, resonates with you?
  - *I can avoid the consequences ...*
  - *I'm not as bad as ...*
  - *I deserve this ...*
  - *I'm missing out ...*
  - *I've always been this way ...*
  - *Everybody else is doing it ...*
  - *I can handle it ...*
  - *One time won't hurt ...*
  - *Nobody will know ...*
  - *But I'm in love ...*
3. We aren't victims of sin, we are volunteers. Why do you think we volunteer ourselves for sin? (Read James 1:13-15.)
4. Temptations hide themselves as rational thoughts. After the desire has conceived, it gives birth to sin. What comes after sin? Fill in the following: "And sin, when it is full grown, gives birth to \_\_\_\_\_."
5. James says, as soon as sin is born it is death. What is the answer to sin? Where does everything good and perfect come from? (Read James 1:16-18.)

Jesus steps in for us as the answer to our sin problem. He came to earth to pay the price for our sin, so that we can be in relationship with Him. Relationships grow from a place of understanding the other person. Jesus didn't only come to earth to save us; He came to initiate a relationship with us.

## Next Steps

1. Hebrews 4:14-16 tells us that Jesus was tempted, and because of that, He is able to empathize with your struggle. How does that change how you might view Jesus?
2. Because of God's empathy we are able to approach Him with confidence. Start a conversation with God.
3. Invite Jesus into your heart, to shine a light on any bad advice you've been giving yourself.

### Hebrews 4:14 - 16

**So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. <sup>15</sup> This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. <sup>16</sup> So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.**