

Healing a Wounded Spirit
Lesson 2 – Choose to Make God’s Thoughts Your Own
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Introduction: We will be greatly blessed when we come to know God.

- A. God created us and knows what is good for us.
 - 1. Because of sin men have hardened their hearts and turned from God.
 - 2. The result of this alienation is countless self-inflicted wounds.
(Rom 1:24, 26, 28)
 - 3. If our wounded spirit will cause us to turn to God then we can be blessed.
- B. We must come to truly know ourselves.
 - 1. We can lie to ourselves! God knows the truth about us. **(Jer 17:9-10)**
 - 2. We must completely empty ourselves and seek God’s help in order to overcome the strong tendency in each of us for self-deception.
 - 3. Our God wants our thoughts under His control! **(2 Cor 10:4-5)**

I. Start where you are

- A. We need to be shown by God our proper place. **(Prov 4:20-23)**
 - 1. This starts from a basic honesty to see and to be taught.
 - 2. Our God will provide us words of wisdom so that we might know how to live.
 - 3. It is very sad to see people caught in a lifelong pattern of failure.
- B. We can easily commit our thoughts and actions to things that will burden and break us. **(Lk 8:14)**
 - 1. We can easily take on things that make no sense but can consume our energy.
 - 2. When we know that we are right with God and then know His character and promises, then we can also know He will take care of us! **(Mt 6:25-27)**
 - 3. Here is where each of us must go through a learning process. We may have lived as if there is no God!
 - 4. Changing thought patterns takes *time* and *much effort*.

II. Accept the things you cannot change

- A. Each of us has a load limit. When we forsake wisdom then we can needlessly waste time and energy.
 - 1. What if I told you to take a teaspoon and by foot move Red Mountain in Birmingham to Auburn? We can commonly do things like this in our mind!
 - 2. The key to a meaningful life is the wisdom God can give us concerning the right “yoke” to bear. **(Mt 11:28-30)**
 - 3. There are initiatives we must take. We must come to him. We must learn from Him. We must give up a yoke and take on a yoke.
 - 4. We must keep doing this the rest of our lives!
- B. What is man’s role and what is God’s role in the conversion and spiritual growth of others? **(1 Cor 3:5-7)**
 - 1. What was Paul’s role? It was the planting of the word.

2. What was Apollos' role? It was the watering of the word.
 3. What was God's role? He was responsible for the increase, that is the changed hearts and the changed lives.
 4. One of the biggest mistakes I have made as an evangelist was to move away from what God told me to do (planting and watering) to trying to take God's role (changing people). That brought me and other needless stress and worry!
- C. Make a list of things we cannot change!
1. The Weather. 2. The Clock. 3. The Past. 4. Another person against their will.
 5. What is right. 6. What is wrong. 7. Death.
- (Example of how this impacts marriage)

III. Learn how to defeat repeating patterns of failure

- A. Many people experience heartbreak and failure and do the same thing over and over.
1. This is a characteristic of a fool. Not everyone who does this is a fool.
(Prov 27:22)
 2. Why do people do this? Often it comes from their past (home).
 3. Those that come out of difficult situations are far more likely to have learned faulty patterns of thinking. (Alcoholism, divorce, single parent, tragedy early in life)
 4. A typical pattern of failure involves *anger*, *blaming others*, and a *withdrawal* from the very people that can help. Additional isolation brings a new wave of failures and disillusionment
 5. If you can trust God then you can find *strength to overcome* these patterns.
(Ps 27:7-11; 86:11-12; 119:32-33)
- B. Learn who you can trust.
1. We all will need help to see clearly in times of hurt and crisis.
(Prov 24:6; 27:9)
 2. When we are emotional it is very hard to see clearly. We need friends of integrity who will talk straight to us.
 3. Those in a pattern of failure will run from and even attack those who can help.
 4. Consider some warning signs in your thoughts and actions. Saul lost control of his heart and let Doeg give him counsel! **(1 Sam 22:8-10, Psa 52:1-9)**
 5. Beware when those you considered to be faithful Christians for years suddenly become outcasts and unreasonable overnight. It might be *you* who has changed.
- C. God's principles to guard our thoughts.
1. Always be teachable and willing to admit wrong. "Is it I?" **(Mt 26:22-25)**
 2. Never withdraw from what is good and right.
 3. Do not share uncontrolled anger and bitterness with others. **(Eph 4:26-27)**
 4. Do not demand that others line up and be angry on my personal hurts of others.
 5. Make haste to be reconciled to all that you have hurt. Do not learn to live in "the land of throw-away people." **(Mt 5:23-24)**