

Rooted Understanding P4B

THINGS I'VE LEARNED ABOUT PREACHING FOR LIFE-CHANGE

1. ALL BEHAVIOR IS BASED ON A BELIEF

In other words what you believe effects how you behave. You will only be obedient to God to those things you believe. What you think determines the way you feel, and what you feel determines the way you act. You want to change the way you act... you want to change your actions, it all starts in the mind. The Battle for sin always starts in the mind. When you know something from God's word, the bible and you don't do, it's sin. When you know what God wants you to do and you don't do it... It's sin. Don't fool yourself... it is disobedience... and sometimes because we know we have the knowledge of it then like it's not sin anymore. Because I know it... The Bible says in

Proverbs 4:23 "*Be careful how you think; your life is shaped by your thoughts.*" Pr 4:23 (TEV)

In Matthew 15, Jesus tells us that all these obvious sins come from inside us out of the mind. And by the way every time you see the word heart used in the bible, what are they talking about, there talking about the mind. Talking about how you think. Jesus said, "*Out of the mind come evil thoughts, murder, adultery, sexual sins, stealing, lying, and speaking evil of others.*" Matt. 15:19 (NCV) Look at that last one did you know that God considers *speaking evil of others* is the same as adultery, murder, stealing and lying. You know anyone on face book you need to send that scripture to...

If you've ever asked yourself and you have, "why do I do this... Why do I do what I don't want to do? The Romans 7 question... I will tell you why, whatever you do

it's because you believe something about that in your mind. Every behavior has a belief behind it... For instances you go out and get a divorce... your acting on the false belief that being divorced will make me happier than being married. That's the belief in your mind. If you go out and have sex outside of marriage you believing that sex outside of marriage is okay and it's not hurting anyone. Every behavior is based on a belief.

2. **BEHIND EVERY SIN... IS A LIE...THAT I AM BELEIVING**

I'm believing something false when I do something that is in rebellion towards God, in rebellion towards God's word, the bible. When you sin, at that moment you think, it is the best thing to do... or think about it... you wouldn't do it. And at that moment you have been deceived, your mind is warped, the bible talks about this over and over, and it's

because you're believing a lie, that you're sinning. When your kids do something dumb, it's because at that moment their believing it's better to do this... then to do this... behind every behavior is a belief and behind every sin is a lie.

Now God's word, the bible says this, *At one time we too were foolish, disobedient, deceived* (that means I believe a lie) *and enslaved by all kinds of passions and pleasures."* *Titus 3:3 (NIV)* How do people get enslaved by passions and pleasures, by believing a lie... and where does that come from well John 8:44 (NLT) tells us "*For you are the children of your father the Devil, and you love to do the evil things he does. He... has always hated the truth. 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.*"

Now how do we change... if you want to change it starts in the mind not in the action... It's not by just saying I will change this behavior... It's not by just saying I will change this action. That won't do it... we have to find out what is the deception, in other words what is the lie that were believing in that moment... we have to find out what is the motivation that's saying at this moment of adultery, it's ok. What is the lie you believe. Because, just saying stop doesn't work. He has to go deeper... The problem isn't the action because somewhere beneath the sins, somewhere beneath the actions, is a lie that allows you to say it is ok. The bible says that Satan is the Father of lies and it is his joy to deceive you. You want to know the words he loves for you to buy into... I need it... I deserve it...I have to have it...

3. **CHANGE ALWAYS STARTS IN THE MIND.**

It does not start with behavior it always starts in the mind.

*“Do not conform any longer to the pattern of this world (that's it's value system), but be transformed by the renewing of your mind. Do you want your life to be transformed, do you desire to have a change life and that's the bottom line of Christianity. Do you want to genuinely be changed by God's Holy Spirit? It happens by the transformation of the mind and not by the transformation of the action. It starts in the mind... *Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.*” Romans 12:2 (NIV) Think... Feel... Act*

4. **TO HELP PEOPLE CHANGE, WE MUST FIRST CHANGE THEIR BELIEFS.**

Because as I said the battle for sin always starts in the mind and when I am preparing messages I ask myself all the time why do I do that or why do I not do that... See like I said

last week I can get up here every Sunday and tell you have to witness, you have to witness you have to witness... Then why aren't you doing it... because they really don't believe it... those who don't witness their believing a lie and that's what I am supposed to do is come and encouraging you to witness by explaining to you the 5 biggest lies about witnessing... I need to change your belief. I need to come and tell you about the 5 biggest lies you believe about Hollywood and television. You need to hear about the 5 biggest lies about sex which we talked about the 5 biggest lies about sex, money and power. And why I say the lie about something is because when I see the lie I'm believing... that sin looks stupid to me after I see it was a lie and you ask yourself why did I do that... Listen friends Hollywood makes sin look great; it makes sin look glamorous, and attractive. How many more women could

James Bond have one night stands with and make it look so glamorous and attractive and okay. So you start believing hey that's ok... No it's not it's a lie and it's against God and its sin. See holly wood doesn't show the sexual transmitted diseases, Hollywood rarely shows the broken heart and loss of self esteem that comes from that.

Hollywood says to you she had a treat of James Bond and she will never be the same...He's the man... No He' a fool and if you buy into that you're a fool the bible says...

Then you will know the truth, and the truth will set you free." John 8:32 (NIV) Why set free, because it is the lie that will keep you in bondage. See, the people who are sinning in habitual ways are sinning in those habitual ways because they are believing lies and it's the truth that sets us free.

5. TRYING TO CHANGE PEOPLE'S BEHAVIOR

WITHOUT CHANGING THEIR BELIEFS IS A

WASTE OF TIME. And it's why the word returns

Void in many people's life and in many churches. Because there dealing with the symptom, their dealing with the action and never getting to the root of the problem. That's why we have a great ministries here called Celebrate Recovery, that why we have Men's and Women's Boundary Groups, that why we have men and women fellowship groups and Bible Study's that meet and talk about the truth and the lies of this world. That's why we have youth groups meetings. So we can counter the lies of this world with the truth from God's word. These groups are developed to give rooted understanding. Because change will never come until you get to the root, why do you lie? Think about that... Jesus said, *"What people say with their mouths comes from the way they think; and these*

are the things that make people unclean." Matt. 15:18

(NCV) You ask someone to change before their mind is renewed it doesn't work. You got to internalize the word of God first. Follow me on this for a moment: Your brain is a series of chemical and electrical impulses and every time you think a thought there's an electrical current that goes from sinaps to sinaps and every time you think that same thought it repeats itself and if you keep repeating that thought over and over it becomes a rut, it becomes a rut in your mind and you get stuck... it becomes a strong hold that's the biblical word for it... because you can't get out of that rut.

The bible talks about washing of the water of the word, being renewed in your mind, being transformed in your mind. Let me try and give you an example here:

Let's say I have a boat a speed boat and it's on a lake and this lake goes from north to south and where on my speed boat and my speed boat has an autopilot and you set the autopilot to go north... That autopilot automatically will take that boat north. Now let's say you want to go south you want to turn around, by the way this is called repentance. You want to go the opposite direction the way you're going. Your boat is naturally geared to go north because the autopilot is set to go north but you want to go south. Now there are two ways you can turn the boat around. The first way is to grab hold of the wheel and visibly force it to turn around and head south. Now it will go south but everything in the boat wants to go north because the autopilot says go north. But you by your sheer will power are forcing everything in the boat to go south... in an unnatural feeling and the entire time you're forcing it to go

south and you're trying to change yourself through will power. You are under tension... Why because everything wants to go that way. You're under tension every time you try and change your life under will power. Inevitably you get tired... you get tired of the stress and the pressure and what you're trying to change doesn't feel natural so you let go of the wheel and you go off the diet. Go back to your old ways some... You start smoking again; you go back to the pornography. You start speaking wrongly again to your wife and children. You start having those fears again. You start dealing with stress the way you typically deal with it... Why??? Will power does not work! It works in the short term. But God never intended the changes in your life to be by will power that does not work. Eventually you get tired and you let go and you turn back and you head north again.

The better way to turn the boat around is to change the autopilot... and when you change the autopilot to go south it's no sweet. It just natural wants to go south.

What's the autopilot in your life. It's your belief system, it's your convictions. It's your values. It's the way you think about God. It's the way you think about Satan. It's the way you think about your husband. It's that way you think about your kids, the way you think about good and evil. Past present and future the way you think about life. It's changing your mind set and that's why the bible says we are transformed by the renewing of your mind.

Now let me let you in on a little secret and I have learned this by being a Christian, a follower of Christ for 30 yrs... **It's not hard** to obey when your mind is being renewed... **but it is** impossible to obey when your mind

isn't being renewed. You will go back to the same sins, problems, fears, fault, fakes, habits, ect.

God word, the bible says this. *"This I say then, Walk in the Spirit, and you shall not fulfill the lust of the flesh"* Gal.

5:16 Circle or underline the phrase *not fulfill*. Notice it doesn't say walk in the Spirit and you won't have the lust of the flesh. You're still going to have them you just not going to have to fulfill them. See this is what I don't understand in our society... they don't get this... They say well what if I am naturally acted to a man and I am a man same sex attraction. That's natural well then I should just give into it... No that's not what you should do... Maturity says I have natural desire but I don't give into them. As a health male you may have a desire to sex with every other women you see... but that doesn't mean you do it. It says you don't fulfill the lust of the flesh. I may have the desire

to pig out at every meal but that doesn't mean I have to do it. You may have the desire to sleep into noon everyday but that doesn't mean that's what you do... We all have lots of things we desire to that are wrong... You may insult me and I slug you in your face. We'll it feels natural for me to do that... NO! Maturing in your relationship with Christ doesn't always mean doing what you feel like doing...

AMEN! It's not a sin to be tempted; it's a sin to act on the temptation. The bible says that Jesus was tempted in always just as we yet he never sinned. It's not a sin to have an attraction it's a sin to follow that attraction.

Walk in the Spirit, and you shall not fulfill the lust of the flesh" Doesn't mean you don't have them you just don't fulfill them... Why? Because your mind is being renewed and you from that will walk in the Spirit.