



**Series:** Me and My Big Mouth

**Sermon:** Part 3: Playback

**Date:** Sunday, October 2nd, 2022

### **Why Do We Have The Tendency To Condemn Ourselves?**

1. Our \_\_\_\_\_

2. Our \_\_\_\_\_

3. \_\_\_\_\_ and sin

*God said, "Let there be light," and there was light. God saw that the light was good. (Genesis 1:3-4)*

*"You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." (Genesis 2:16-17)*

*"Did God really say, 'You must not eat from any tree in the garden'?...You will not certainly die..." (Genesis 3:1&4)*

The devil put \_\_\_\_\_ where God's truth should have been.

Many times, we don't even \_\_\_\_\_ that the words that we are telling ourselves and even believing about ourselves are not true.

It is living our lives based on the truth, which is what \_\_\_\_\_ says about us.

*"Therefore, there is now no condemnation for those who are in Christ Jesus..." (Romans 8:1)*

When God speaks to us, He doesn't condemn us. So why would we condemn \_\_\_\_\_ with how we speak to ourselves?

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. (Ephesians 4:29 ESV)*

### **Speaking Truth To Ourselves**

**1. Take a word inventory**



**2. Replace those negative things we say about ourselves with what God says**

Lie	Truth	Scripture
<i>"I am unlovable."</i>	<i>I am deeply loved by God.</i>	1 John 4:9-10
<i>"I am alone."</i>	<i>I am never alone.</i>	Deuteronomy 31:6
<i>"I am weak."</i>	<i>With God, I am strong.</i>	2 Corinthians 12:9-10
<i>"I will never change. I am what I am."</i>	<i>I am a new creation in Jesus.</i>	2 Corinthians 5:17
<i>"I am not good enough. I can't do this."</i>	<i>With God I can do it.</i>	Isaiah 41:10

*"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates." (Deuteronomy 6:6-9)*

**3. Have friends and community that speak life to us**

**4. Be intentional about speaking truth into other people's lives**

**Bottom Line:** *When God speaks to us, He doesn't condemn us. So why would we condemn ourselves with how we speak to ourselves?*

**Questions to reflect on this week or with others:**

1. What words are you frequently using to condemn yourself over and over again in your head?
2. Where are the condemning words that you playback and speak to yourself coming from? (Your environment? The culture? Satan or sin?)
3. How can you begin speaking God's truth to yourself instead? What is a next step you can take?

*Songs used in service: Man of Your Word (Maverick City Music) Glorious Day (Casting Crowns), Quien Dices Que Soy (Hillsong), God Really Loves Us (Crowder & Maverick City Music), You Say (Lauren Daigle)*

-----Tear Here -----

**Any prayer requests?**

**Name:** \_\_\_\_\_ **Email (so we can follow up):** \_\_\_\_\_

**What can we be praying for you about?**