# "OVERCOMING SELF-DEFEATING BEHAVIORS" 

# II Samuel 9 <br> Philippians 3:13-14 <br> Hebrews 12:1-2 

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I. Restoration and Value

Old Testament
II. The Mephibosheth Syndrome

## Definitions

1. Mephibosheth:
2. Lodebar:
3. David:
4. Jonathan:
5. Ziba:
6. Ammiel:
7. Machir:
8. Dan:

II Samuel 9
I Samuel 18:1-4
I Samuel 20:14-17
II Samuel 4:4
Numbers 13:12
III. Who Are You?

Micah 7:18-19
Psalms 139:14

New Testament
St. Luke 4:18
St. John 8:32, 36
Philippians 3:13-14
Hebrews 12:1-2

Romans 12:1-2
I Thessalonians 5:23
Ephesians 1:6

## Questions to Consider

1. Why is it hard to overcome self-defeating behaviors?
2. Are you ever justified in holding on to past issues - even though they may still hurt?
3. Discuss how your walk with the Lord is hampered by holding on to past issues.
4. How can you "lay aside" and "forget" those things that are behind?
5. Have you ever suffered from the "Mephibosheth Syndrome?"
6. Talk about how you can overcome self-defeat and come out of the PIT and enjoy who you are in Christ Jesus.
7. What makes you feel "unworthy" to be a child of the King when He has said that you are worthy because of the Blood of Jesus?
8. Do you continue to "fish" in that sea where God has cast all of your sins? Why?
9. Talk about why you find it so difficult to believe what God says about you.

SisStarly Take-A-Ways

