"OVERCOMING SELF-DEFEATING BEHAVIORS"

II Samuel 9 Philippians 3:13-14 Hebrews 12:1-2

I. Restoration and Value

Old Testament New Testament

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

II. The Mephibosheth Syndrome

Definitions

Mephibosheth: "Person of Shame" 1. Lodebar: 2. "Place of Shame" 3. David: "Beloved of God" "Whom Jehovah Gave" 4. Jonathan: 5. Ziba: "The Planter" Ammiel: "People of God" 6.

7. Machir: "Sold" 8. Dan: "Judge"

II Samuel 9
I Samuel 18:1-4
I Samuel 20:14-17
II Samuel 4:4
Numbers 13:12
II Corinthians 4:18
I Thessalonians 5:23
Romans 12:1-2
Ephesians 1:6

III. Who Are You?

Micah 7:18-19 II Corinthians 5:17 Psalms 139:14 Philippians 4:19

Micah 7:18-19

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		