

SERMON NOTES

March 2 & 3, 2024

Unstuck: Keeping it Real

Psalm 139: 23-24

Step 1 – We are powerless over our fatal attraction toward doing wrong, and we have found our lives to be unmanageable.

Step 2 – I have come to believe there is a power greater than me that can restore me to sanity.

Step 3 – I have made a decision to turn over my life, and will, over to the care of God.

1. **Step 4** – I resolve to make a searching and fearless _____.
Matthew 23:25

a. "Myself" – I am very quick to _____ in other people. **Matthew 7:3-5**

b. "Searching" – Real spiritual change requires a deep dive into what is _____.
Psalm 139: 23 -24 | 1 Corinthians 4: 4a, 5b

c. Fearless:

1) Because God is _____ and _____.

2) So we do not fall prey to the extremes of _____ or _____.

2. Purpose of Step 4: Help me uncover destructive _____, _____, and _____ that hinder me from being the person God created me to be. **Ephesians 2:10**
Romans 12: 3

Homework: _____ **Luke 23: 39-43**

Moral Inventory

Beginning with resentments and ending with sexual conduct, thoroughly answer each question in the prescribed order.

Resentment

Toward whom am I angry?
Why am I angry?
How does this anger show up in my life?
Where am I to blame?

Harm

Who have I harmed?
What did I do or fail to do?
What motivated my action?
What should I have done instead?

Fear

What am I afraid of?
Why am I afraid?
How does the fear show up in my life?
What do I normally do to numb the fear?

Sexual Conduct

Who did I engage in inappropriate sexual conduct with?
What did I or we do?
What is the exact nature of my wrong?
What should I have done instead?

Life Steps

Unstuck: Keeping it Real | March 2 & 3, 2024

Monday

Psalm 139:23-24

Reflect: What about his week's message most resonated with you? What does it mean to "Keep it Real" with yourself about yourself? Begin doing step 4. For your convenience, the Moral Inventory will be on the app for a couple of weeks.

Prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Tuesday

Matthew 7:3-5

Reflect: The word "hypocrite" comes from the Greek word which means "actor." Why would Jesus use this particular word in these verses? What is Jesus challenging us to do or not do? Spend time on your moral inventory.

Prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Wednesday

Matthew 23:25-28

Reflect: Why did Jesus call the teachers of the law and the Pharisees hypocrites, and why did their behavior upset Jesus? How well does your inside match your outside? What impact does this have on your spiritual growth and connection with God? Spend time on your moral inventory.

Prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Thursday

Jeremiah 17:9-10

Reflect: What do these verses tell us about God? What do these verses tell us about ourselves? Evaluate your moral inventory progress. What are you learning about yourself?

Prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Friday

I Corinthians 4:1-5

Reflect: What do these verses tell us about God? What do these verses tell us about ourselves? Continue your moral inventory.

Prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Saturday

Isaiah 41:10-13

Reflect: In Step 3, we turn our lives and will over to the care of God. Recognizing the goodness of God releases us from fear. Why is it important for us to be fearless in Step 4?

Prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Sunday

Psalm 139:23-24

Reflect: Spend a significant chunk of time making progress on your moral inventory. After completing your moral inventory, ask God to lead you in what to do about your discoveries.

Prayer: Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our debts as we forgive our debtors. Lead us not into temptation but deliver us from evil. For thine is the kingdom, the power, and the glory forever. Amen.