God Walk – A Journey of Faith

"God Walk -A Journey Of Faith"

Mini Lesson Three:

How Do I Know I Have A Problem?

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How Do I Know I Have A Problem?

"I don't have a problem with anger," he yells as he punches his fist through the door. Have you ever seen this person? Have you been this person? This attitude is classic among those who have not yet conceded to themselves that they have a problem. In his mind, the only problem this person has is the people around him that keep making him do these things.

Anger is not the only controlling behavior that people are not aware of having. There is also the drinker who has to “unwind” after work by tipping a few with the boys; the “recreational” drug user that uses a little to calm her nerves; the sex addict who thinks he’s just being a man. The list of life controlling behaviors people deny having is long.

People who are wrestling with life controlling behaviors are often being driven by unresolved issues. Until they come to the realization that they have a problem they are going to continue to blame other people, and they will not be healed.

You know you have a problem when….

- Your children cringe when they hear you begin to raise your voice.
- You need to “unwind” with alcohol or drugs after work every day.
- You believe everyone is against you, that’s why they are telling you these things.
- You only use occasionally and it was just a fluke that you turned a dirty test.
- More than one person has asked you if you have a problem with (*fill in the blank*) .

You can fill in the blanks. One of the signs of having a problem in a certain area is that people who care about you keep “getting into your business.” You may feel that they are judging you or accusing you unjustly, but the reality is that they see things in you that you don’t see in yourself and they are just trying to help you become aware of these issues.

The condition we are talking about is denial. I’m not talking about knowing you have a problem and denying that it is there. I’m talking about being so blind to the environment that your behavior is creating

that you have no consciousness of having a problem. Those in denial actually believe the problem is everyone else and not themselves.

The only way for us to know the abundance that God is offering through Jesus Christ is to confess who and what we are, humbly come before him, seek his face and turn from our sins. Then we will receive his favor.

It is time to open your eyes and see yourself as God sees you, and as others likely see you. If you are a volcano ready to erupt, you have a problem. If you drink to excess, even occasionally, you have a problem. If you misuse prescription drugs, or use illegal drugs, you have a problem. If you can't see a nicely dressed woman without wondering what she looks like undressed, you have a problem.

One of the beginning steps in restoration is realizing that Denial is not a river in Egypt (you know, de Nile). Becoming conscious of the fact that I have undesirable behaviors that are not only affecting me but it is also affecting those around me is necessary to prepare you for the next steps in the God Walk.

Denial seems to be the wrong word for this condition. For a person to deny something he has to have an awareness of it. When a person is in denial concerning their behavior they are blind to their actual condition. It is not that they know the truth about themselves and are denying it. It is that there is a condition in their psyche that will not allow them to acknowledge the effects of their behavior. What is frustrating to others is that the people in denial do not see themselves as having a problem – they are literally blind to it. Often they will transfer responsibility to others shouting, “You have a problem.”

When Jesus began his public ministry he read from Isaiah 61 and Luke quotes this passage in Luke 4:18, “The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord’s favor.”

Jesus was actually presenting his mission statement. He had come to deal with poverty, sickness, mental and physical oppression and spiritual bondage. His authority to do this was that he was sent by God and empowered with the Spirit of God to bring an era of favor, or grace, to mankind.

So, where do we go from here? We talk about a number of principles in the book that are effective in bringing people out of denial. One of the things we teach is how to become free of the effects of our past life. Being forgiven is one thing but gaining freedom from

the effects of habitual behaviors that have adversely affected our lives is quite another.

Welcome to the God Walk – A Journey of Faith. If you desire the full text and other materials of the God Walk program you can get started by revisiting the website and requesting the materials.

It is our hope that these few short lessons will give you the motivation you need to move forward in the process of reconciliation, renewal and restoration. Don't stop now – continue through the entire set of lessons .

You can start receiving our newsletter absolutely free with no obligation whatsoever. In the newsletter we interview people who are living free and we always have an article about staying free.

Just CLICK HERE to subscribe

The next lesson you will receive is:

If I can't do it, who can?

- **Great – I know I'm out of control but I can't stop it.**
- **If I can't – Who can?**
- **How do I do that?**

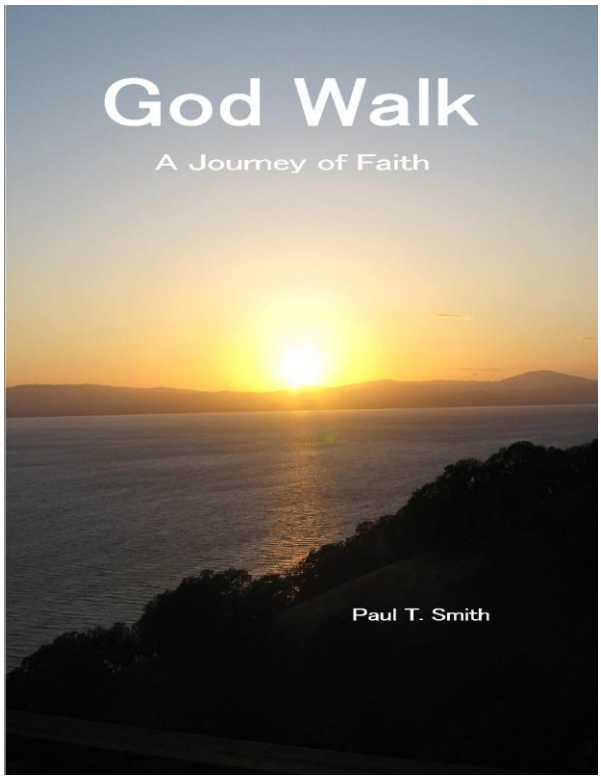
I encourage you to continue these lessons – They are vital to continued success on your journey of faith.

Questions to ask yourself:
• Do I have behavior patterns in my life that frustrate me?
• Do my family and/or friends make negative comments about some of my behaviors?
• Would I stop doing some things if I just had the discipline or will power?

If you answered yes to any of these questions you will find answers as you continue through this series

If you have any questions, or you want to know more about the God Walk program send us an email. If you just want to make comments about what you are learning feel free to send us a message: paul@nhmresources.org

DON'T MISS THE NEXT PAGE



A pastor who edited the book before it published: "I was so moved by the book that I made changes in my own life."

Another pastor: "This is the best material for overcoming undesirable behaviors I have come across."

A person in recovery: "I love the text and workbook format. I have learned so much more with the God Walk book than I have any other books I have read."

If you have liked what you have read so far I would encourage you to continue this short lessons from the God Walk - A Journey of Faith book.

You can get a look at the first chapter of the printed version click on this link: http://nhmresources.org/20-04-Chapter-01.pdf

You have one more opportunity. You can subscribe to the God Walk Journey of Faith online program with weekly interactive online lessons. Get the details by emailing me at: paul@nhmresources.org