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Getting Out Of Your Own Way

(Finding Confidence To Confront Self-Criticism)

(SERIES: **Mastering The Art Of The Fresh Start: 05 of 08**)
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"Of David. Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits--who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. The LORD works righteousness and justice for all the oppressed. He made known his ways to Moses, his deeds to the people of Israel: The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his **love for those who FEAR HIM;**" (Psa 103:1-11 NIV)

"If you will humble yourselves under the mighty hand of God, **IN HIS GOOD TIME HE WILL** lift you up. Let him have all your worries and cares, **for HE IS ALWAYS THINKING ABOUT YOU and watching everything that concerns you.** Be careful--watch out for attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart." (1 Pet 5:6-8 TLB)

2 timeless truths:

What God says about **your behavior** will make you **feel real guilt.**

What God says about **you** will never make you **feel ashamed.**

3 cosmetic cures for the G. I. blues:

"And now just as you trusted Christ to save you, trust him, too, for each day's problems; live in vital union with him. Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth you were taught. Let your lives overflow with joy and thanksgiving for all he has done. Don't let others spoil your faith and joy with their philosophies, their wrong and shallow answers **built on men's thoughts and ideas**, instead of on what Christ has said." (Col 2:6-8 TLB)

I look good; therefore I am good.

I feel right; therefore I am right.

I do well; therefore I am worth more.

Getting out of your own way means . . .

Stepping off the **people-pleaser treadmill.**

"Woe to you when all men speak well of you, for that is how their fathers treated the false prophets." (Luke 6:26 NIV)

Stepping off the **performance treadmill.**

"...then he saved us--not because we were good enough to be saved but because of his kindness and pity--by washing away our sins and giving us the new joy of the indwelling Holy Spirit..." (Titus 3:5)

"The man who had received the five talents brought the other five. 'Master,' he said, 'you entrusted me with five talents. See, I have gained five more.' His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'" (Mat 25:20-21 NIV)

Stepping into the **circle of God's grace.**

"And now God can always point to us as examples of how very, very rich his kindness is, as shown in all he has done for us through Jesus Christ. Because of his kindness, you have been saved through trusting Christ. And even trusting is not of yourselves; it too is a gift from God. Salvation is not a reward for the good we have done, so none of us can take any credit for it. It is God himself who has made us what we are and given us new lives from Christ Jesus; and long ages ago he planned that we should spend these lives in helping others." (Eph 2:7-10 TLB)

Stepping down from the **critic's corner.**

"'Well,' you may be saying, 'what terrible people you have been talking about!' But wait a minute! You are just as bad. When you say they are wicked and should be punished, you are talking about yourselves, for you do these very same things." (Rom 2:1)

"Don't criticize, and then you won't be criticized." (Mat 7:1)

"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven." (Luke 6:37)

Stepping up to the **Father's Throne.**

"As a father has compassion on his children, so the LORD has compassion on those who fear him;" (Psa 103:13)

"He knows about everyone, everywhere. Everything about us is bare and wide open to the all-seeing eyes of our living God; nothing can be hidden from him to whom we must explain all that we have done. But Jesus the Son of God is our great High Priest who has gone to heaven itself to help us; therefore let us never stop trusting him. This High Priest of ours understands our weaknesses since he had the same temptations we do, though he never once gave way to them and sinned. So let us come boldly to the very throne of God and stay there to receive his mercy and to find grace to help us in our times of need." (Heb 4:13-16 TLB)