

APPETITES: I Just Can't Say "No" To... "Your Approval"

Romans 7:15-25 (NLT)

¹⁵ **I don't really understand myself**, for I want to do what is right, but I don't do it. Instead, I do what I hate. ¹⁶ But if I know that what I am doing is wrong, this shows that I agree that the law is good. ¹⁷ So I am not the one doing wrong; it is sin living in me that does it.

¹⁸ And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. ¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. ²⁰ But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.

²¹ I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. ²² I love God's law with all my heart. ²³ But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. ²⁴ Oh, what a miserable person I am! **Who will free me from this life that is dominated by sin and death?**

²⁵ **Thank God! The answer is in Jesus Christ our Lord.** So, you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.

1. THE PERFORMANCE TRAP (Pattern of the Mind) *self worth = my performance + people's opinion*

³ Your beauty **should not** come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. ⁴ Instead, it should be that of **your inner self**, the unfading beauty of a gentle and quiet spirit, **which is of great worth in God's sight.** **I Peter 3:3-4 (NIV)**

2. THE APPROVAL ADDICTION (Pattern of our Actions) *"I must now constantly receive affirmation from others to continually feel good about myself."*

¹⁰ Am I now trying to **win the approval of human beings, or of God?** Or am I **trying to please people?** If I were still trying to please people, I would not be a servant of Christ. **Galatians 1:10 (NIV)**

3. THE BLAME AND SHAME GAME (Pattern of Consequences)

“This is what happens when things don’t go my way.”

THE ONE WHO DESIGNED YOU IS THE ONLY ONE WHO HAS THE POWER TO DEFINE YOU.

² Do not conform any longer to the **patterns of this world**, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. **Romans 12:2 (NIV)**

⁸ Summing it all up, friends, I’d say **you’ll do best by filling your minds** and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. **Philippians 4:8 (MSG)**

STEPS TO FREEDOM:

- 1. Finding Our Identity IN CHRIST**
- 2. Let our belief lead us to “right thinking”**
- 3. Be honest with yourself and others**
- 4. Pursue affirming relationships**
- 5. Pursue counseling and recovery**
- 6. Give yourself time**