

What Are You Doing To Yourself?

Psalms 119:107 KJV I am afflicted very much: quicken me, O LORD, according unto Thy Word.

AFFLICTED: to depress. Abase self; deal harshly with self; trouble self; chasten self; make self miserable; weaken self.

*the obvious part of this definition is self - WE make ourselves miserable.

-we abase ourselves - we lower, belittle, and degrade ourselves when we choose the flesh over the Spirit.

*life in the flesh is the low life.

Daniel 4:25-26 You will be driven away from people and will live with the wild animals; you will eat grass like the ox and be drenched with the dew of heaven. Seven times will pass by for you until you acknowledge that the Most High is sovereign over all kingdoms on earth and gives them to anyone He wishes. The command to leave the stump of the tree with its roots means that your kingdom will be restored to you when you acknowledge that Heaven rules.

-Nebuchadnezzar lived in the flesh, in pride and arrogance. This way of life resulted in living like a wild animal.

-Nebuchadnezzar rejected God's plan to *shama* and *shamar*. He would not acknowledge the Lord as Most High. He was very arrogant and prideful.

-pride was the reason they changed the Hebrew boys' names.

HANANIAH = the Lord most passionate has stooped down and favored.

They changed his name to *Shadrach*

MISHAEL = who God is; what God is.

From a word that means God's strength and might.

They changed his name to *Meshach*.

AZARIAH = the Lord most passionate has helped -

He surrounds, protects, aids, relieves.

They changed his name to *Abednego*.

*their names were reminders of who and what God really was and that would hurt Nebuchadnezzar's pride. Their names declared loud and clear that God was Most High. He was their source. It would remind Nebuchadnezzar that he needed God and not the other way around - his pride was not ready for that yet.

-Nebuchadnezzar saw what God did through these 3 but it wasn't personal.

Daniel 3:28-29 MKJV Nebuchadnezzar spoke and said, Blessed be THE GOD OF SHADRACH, MESHACH, AND ABEDNEGO, who has sent His Angel and has delivered HIS servants who trusted in Him, and have changed the king's words and have given their bodies that they might not serve nor worship any god except THEIR OWN GOD. And a decree is given by me, that every people, nation, and language, who speak anything amiss against THE GOD OF SHADRACH, MESHACH, AND ABEDNEGO, shall be made into mere members, and his house shall be made an outhouse. Because there is no other God who can deliver in this way.

*God was THEIR God, not Nebuchadnezzar's.

-Nebuchadnezzar was his own god.

Daniel 4:30 he said, "Is not this the great Babylon **I** have built as the royal residence, by **my** mighty power and for the glory of **my** majesty?"

*his rejection of living in the Word led him to a self-centered, prideful life.

*he did not see God as his source - he was his own source.

-God warned him through a dream but he still refused to listen. He chose to live below God's best and live below he did! He was abased - and he only had himself to thank.

Daniel 4:31-32 Even as the words were on his lips, a voice

Obadiah 1:3 The pride of your heart has deceived you....

came from heaven, "This is what is decreed for you, King Nebuchadnezzar: Your royal authority has been taken from you... Immediately what had been said about Nebuchadnezzar was fulfilled. He was driven away from people and ate grass like the ox. His body was drenched with the dew of heaven until his hair grew like the feathers of an eagle and his nails like the claws of a bird.

-even still, God had mercy and gave him another chance.

Daniel 4:34,37 At the end of that time, I, Nebuchadnezzar, raised my eyes toward heaven, and my sanity was restored. Then I praised the Most High; I honored and glorified Him who lives forever. His dominion is an eternal dominion; His kingdom endures from generation to generation...Now I, Nebuchadnezzar, praise and exalt and glorify the King of heaven, because everything He does is right and all His ways are just. And those who walk in pride He is able to humble.

SANITY: knowledge; reason; understanding;
wisdom; intelligence.

*when we are walking in the Spirit we are walking in wisdom - and we will know Who receives all the honor and glory. And when we understand that, we can walk humbly in the blessings of God.

-we abase ourselves when we choose to be prideful. We are our own worst enemy when we are arrogant.

-we deal harshly with ourselves when we choose the flesh over the Spirit - life in the flesh is harsh (cruel, callous, unforgiving, insensitive, inconsiderate).

-we chasten or punish ourselves when we choose the flesh over the Spirit.

*the flesh never benefits us - it steals from us and makes us miserable.

-we weaken ourselves when we choose the flesh over the Spirit.

*in the Spirit we have His strength, we are more than conquerors and we walk in His

victory. On our own we are weak and defeated.

*we are our own worst enemy when we are in the flesh.

Job 5:7 (GNT) No indeed! We bring trouble on ourselves as surely as sparks fly up from a fire.

Proverbs 19:3 NLT People ruin their lives by their own foolishness and then are angry at the LORD.

Proverbs 13:15 KJV ...the way of transgressors is hard.

TRANSGRESSOR (BAGAD): to cover; to act covertly. To deal deceitfully

(treacherously; unfaithfully). Transgress - go astray. Unfaithful.

-the transgressor is a person who is covering up who they are Spiritually. They act covertly - they are keeping their true identity a secret while living in the flesh. They are living the lie instead of walking in the truth. They are unfaithful - they are not full of faith (the Word).

-when we live life in the flesh, we are our own worst enemy. We bring trouble on ourselves. We deal harshly with ourselves. We make ourselves miserable - and too many times we put the blame on God instead of facing the truth. And God hates all of that.

Malachi 2:16 KJV For the LORD, the God of Israel, saith that He hateth putting away: for one covereth violence with his garment, saith the LORD of hosts: therefore TAKE HEED TO YOUR SPIRIT, THAT YE DEAL NOT TREACHEROUSLY.

PUTTING AWAY: to send away; cast away; forsake; give up;
leave; push away.

*God hates it when we send away or give up our Spiritual nature.

*He hates it when we "covereth violence with our garment." Violence is translated from a word that means unrighteousness. He hates it when we cover our unrighteousness with appearances or works of the flesh.

*He wants us to take heed to our Spirit - take heed was translated from the Hebrew word *shamar* that we are familiar with. We are supposed to hedge our Spiritual nature in and protect it and stay focused on it. Not push it away and cover up our flesh with works of

the flesh.

*"deal not treacherously" - TREACHEROUSLY was translated from the same Hebrew word as TRANSGRESSOR in Prov. 13:15 - *bagad*.

**Eccl. 10:7 I have seen slaves
on horseback, while princes
go on foot like slaves.**

-don't live as an undercover Christian! Don't deal deceitfully with yourself. Walk in the truth! Walk in the truth of who you are IN CHRIST. Push the flesh away instead of the Spirit and stop afflicting yourself.

*we may make ourselves miserable, but we also have the power to change that! We can deal wisely with ourselves and focus on the Word and walk in truth and live a good life.

*the answer to affliction is the Word.

- "quicken me according to Your Word"

QUICKEN: to make alive; to revive; to keep alive. To nourish; preserve; repair. To be whole. To restore.

*all the trouble we bring upon ourselves can be eradicated through the Word of God. His Word will save us from the flesh. His Word will enable us to live out the Spiritual life He died for us to have.

Malachi 2:15 KJV And did not He make one? Yet had He the residue of the spirit. And wherefore one? That He might seek a godly seed. Therefore TAKE HEED TO YOUR SPIRIT, and LET NONE DEAL TREACHEROUSLY AGAINST THE WIFE OF HIS YOUTH.

-He created us to be Spiritual beings. He gave us of HIS Spirit.

*His will is for us to be quickened.

1 Corinthians 15:45 KJV And so it is written, The first man Adam was made a living soul; the last Adam was made A QUICKENING SPIRIT.

-why? So we could produce Spiritual fruit and bring glory to Him.

John 15:8 This is to My Father's glory, that you bear much fruit, showing yourselves to be My disciples.

*His Spirit brings us to life Spiritually and it enables us to produce Spiritual fruit - that is why He deserves all the glory.

*Spiritual fruit is PROOF that we are STUDENTS of the Word / Jesus Christ.

James 2:18 KJV Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works.

-Spiritual faith will be displayed in our lives.

-therefore, take heed (*shamar*) your Spirit! Pay attention to the things of the Spirit. Hedge the Word in in your life and protect it; remain focused on it and you will produce Spiritual fruit. Don't *bagad*.

**shamar* the Word and you will live the Word - that is God's will for you. He doesn't want us to live in self-affliction; He wants us to live through Him and experience Spiritual fruit. That is the real life!

John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Jude 20-21 (the Message) But you, dear friends, carefully build yourselves up in this most holy faith by praying in the Holy Spirit, staying right at the center of God's love, keeping your arms open and outstretched, ready for the mercy of our Master, Jesus Christ. This is the unending life, the real life!

*when we choose the flesh we are living a dead life.

1 Kings 19:3 KJV And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there.

-Elijah "saw"

SAW: advise self; approve; think.

-Elijah received a message from Jezebel threatening his life. This message was received by Elijah and this message was approved by

Elijah. He got in agreement with it and he "afflicted" himself because of this agreement.

*what message has been sent to you by the enemy? Have you approved this message?

Isaiah 8:19-21 NLT ...shouldn't people ask God for guidance? SHOULD THE LIVING SEEK GUIDANCE FROM THE DEAD? Look to God's instructions and teachings! People who contradict His word are completely in the dark. They will go from one place to another, weary and hungry. And because they are hungry, they will rage and curse their king and their God...

SEEK: to tread or to frequent. To follow. To ask. To worship.

-don't go to the unsaved or those who walk in the flesh for guidance.

Don't give the words of death any power in your life.

-when we find ourselves lacking because of the flesh, we turn around and blame God - but it is our own fault.

Proverbs 19:3 A person's own folly leads to their ruin, yet their heart rages against the LORD.

-when we "seek" the dead we will wander aimlessly, never be at rest, and be left hungry and wanting. The flesh will never satisfy.

1 Kings 19:4 while HE HIMSELF went a day's journey into the WILDERNESS. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "TAKE MY LIFE; I am no better than my ancestors."

-Elijah was in agreement with the enemy and it led him to the wilderness. He took himself there; he made himself miserable, depressed, troubled, weak, and so on! This agreement with the enemy led to a dead life. He was choosing death over life by choosing to advise himself based on the enemy's threats. He was in agreement with the enemy - not his God.

1 Kings 19:9 There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"

-his agreement with the enemy took him into the wilderness and into

a cave (a dark hole). God asked him twice why he was there. WE NEED TO REALIZE WHY WE ARE WHERE WE ARE.

1 Kings 19:10 He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected Your covenant, torn down Your altars, and put Your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

-Elijah ended up in a dead place because of a few things.

1. Elijah began to focus on self and take pride in himself. Just like Nebuchadnezzar, Elijah began to take stock in what "he" did. Pride will always lead us to a dead place.

*we need to realize that "we" aren't doing anything Spiritual - it is CHRIST working through us.

2. Elijah compared himself to the others. He was good and they were bad - his comparison led him to judgment. Comparisons and judgment will always lead us to a dead place.

*it's easy to look down on others when you have yourself on a pedestal.

3. Elijah began to feel sorry for himself. "I am the only one..." Poor, pitiful me... Feeling sorry for yourself will always lead you to a dead place.

*and this pity party was unfounded - God had 7000 others in Israel who didn't bow to false gods (1 Kings 19:18).

-we end up in a dead place because of our choices, but we have the power to make another choice as long as we have breath in our lungs.

1 Kings 19:15 (NLT) Then the LORD told him, "Go back the same way you came..."

-how profound! Go back the same way you came! The same way you got yourself into the mess is the same way you will get out. We end up living a dead life because of our thoughts. We agree with the flesh and the flesh produces death, but we have the power to change our

thought patterns! We can advise ourselves repeatedly based on God's promises and that will produce agreement with the things of the Spirit rather than the things of the flesh and that will lead us to Spiritual living.

*when we choose the flesh we are living a dead life, but we have the power to choose to ignore the flesh by focusing on the Word. The Word QUICKENS us or it makes us ALIVE - it enables us to walk in our Spiritual nature which is Zoë - life as God has it.

Galatians 6:8 Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.

-sow to the Spirit - plant the Seed of the Word of God.

*what goes in will come back out!

Ecclesiastes 11:3 If clouds are full of water, they pour rain on the earth...

-if you are full of the Word, it will flow out of you!

-when we sow the Seed of the Word we reap eternal life or life as God has it. We will be able to actually do what Jesus would do.

2 Peter 1:4 Through these (His own glory and goodness) He has given us HIS VERY GREAT AND PRECIOUS PROMISES, so that THROUGH THEM YOU MAY PARTICIPATE IN THE DIVINE NATURE, having escaped the corruption in the world caused by evil desires.

*through His Word we PARTICIPATE IN THE DIVINE NATURE
- we are able to live the Spiritual life through the Word. The Word's intention was always to bring life (Romans 7:10) - the Word is living oracles (Acts 7:38), but man turned these living oracles into rules and regulations and then dead living (life in the flesh) was the result.

*the Word keeps us alive - it keeps us in our Spiritual nature. Seeing the Word as the life-giving Seed that it

is will keep the focus off of us and on to Christ. It will keep us focused on *the* Life.

*WHEN WE CHOOSE THE FLESH WE ARE CHOOSING WEAKNESS. We afflict or weaken ourselves by our choice to focus on the flesh. We can choose to focus on the Word and the Word of God nourishes us. It makes us strong.

Romans 16:25 Now to Him who is able to establish you in accordance with my gospel, the message I proclaim about Jesus Christ...

-the Gospel is Good News! It is the promises of God, the Word of God. And His Word will establish us.

ESTABLISH: strengthen. Set fast. Turn resolutely in a certain direction. Confirm.

*the Good News strengthens us and it stabilizes us. It keeps us focused on Christ rather than self.

Psalms 18:32 It is God who arms me with strength and keeps my way secure.

*the answer to affliction (to depress. Abase self; deal harshly with self; trouble self; chasten self; make self miserable; weaken self.) is the Word of God. We have the ability to choose - we have free-will. We can choose to focus on the Word of God or we can choose to focus on the flesh - the choice is up to us - but we need to stop acting like we have no control.

*make the choice today to fill yourself with the Word and stop afflicting yourself!

Isaiah 54:17 KJV No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.

-no weapon formed against you has the right to prosper because of our heritage, our inheritance.

-just because the enemy doesn't have the right, doesn't mean he won't try.

1 Peter 5:8-9 NLT Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith...

-keep your Spiritual eyes open. Stay focused on the Word and that

will strengthen your faith. As you come against the enemy, you must realize that the only weapon capable of bringing victory is the Word / Jesus Christ. Faith is the victory that overcomes the world (1 John 5:4).

-satan may be looking for someone to devour, but that someone does not have to be you! When we realize he has no right, no authority, we will start to realize we can stand against him. We have authority over all the power of the enemy thanks to Jesus Christ.

Luke 10:19 KJV Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

*we HAVE BEEN given power. Jesus Christ has given us power - the same power that raised Him from the dead is ours!

POWER: privilege. Force. Capacity; competence; freedom; mastery; superhuman; token of control; potentate (someone with power and authority). Delegated *influence*: - authority, jurisdiction, liberty, power, right, strength.

*the power Jesus Christ has given to us is OVER all the power of the enemy.

POWER: force; miraculous power; strength; violence.

-in comparing the two definitions we see that our power is authoritative. It is backed by Jesus Christ and it is commanding. We can be confident that our power is greater than the enemies.

-satan may be roaming around, but we are filled with the power of God and he cannot stand against Jesus Christ!

-tongues may rise against you -

TONGUE: tongue; speech. Babblers; evil speaker; wedge.

*tongues may rise against us but we need to see them for what they

are - evil babblers trying to put a wedge between our God and ourselves.

-tongues may rise against us but we have power and authority over every evil babbler!

-every tongue that rises up against us we condemn in judgment!

CONDEMN: to disturb; to violate; to denounce or publicly criticize

and announce the termination of. To censure or officially disapprove or condemn; to revile or despise; look down on. Make trouble; vex.

JUDGMENT: final verdict - GOD'S final verdict for your life! The

Word of God; His great and precious promises!

*use the Word! Use the final verdict for your life to disprove the enemy's evil babbling!

*disturb satan's plan for you by the Word. Publicly announce his defeat by speaking the promises of God. When satan's evil babbling is voiced into your life, you need to promptly denounce it! Officially disapprove of what he is saying and make trouble for him instead of letting him make trouble for you!

-are you condemning the enemy or are you approving his message?

-stop afflicting yourself! Use what God has given you! Your heritage is yours for the taking - you have the power and authority over all the power of the enemy and you can condemn everything that disagrees with the Word in your life.