The P’s of Self Care
Understanding the Process of Self Care: Part II

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2 Corinthians 3:18 - But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.
Introduction: The P’s of Self Care

- Prayer: Man is the being that prays (nepesh): Genesis 2:7
- Praise provides strength and victory (Psalms 8:2)
- People (God made us relational which is where our strength comes from)
- Presence (Where you spend your time is where you find your life)
- **Process (It’s truly how you go about it)**
- Power (Connection, Association, Authority)
- Purpose (People without purpose lose strength, restraint, and focus)
- Perspire (Exertion of Ministry)
- Pruning and Purging – Strengthening our faith and requiring commitment
- Participation (Activities, Associations, Actions, and Alignment)
- **Priorities (God, Others Self Prepares you for Eternal Life)**
- Pursue Perfection (completeness or wholeness) (Hebrews 13:21; Matt 5:48)
- Patience (Endurance, Temperance) (1st Tim 6:1; Hebrews 10:36)
- Peace (keeping your mind and hearts free from worry) (Philippians 4:7)
Define “SELF”

- **God-Created Divine “SELF”** – Genesis 1:26,27: And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. 27 So God created man in his own image, in the image of God created he him; male and female created he them.

- **Christ Redeemed “SELF” through the Cross**
  - 2 Corinthians 5:17 - Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.
  - Galatians 2:20 - I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

- **Finally, we are defined as “Human” through the venue of relationship** (God and others)
  - We cannot develop spiritually and achieve “SELF” care without relationships: those who seek to find “perfection” through their own efforts are only deceiving themselves.
2 Corinthians 3:18 - But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.

- What does that mean?
- Everyone wants to know, “How can I change?” The most enduring change comes into our lives when we are transformed by the Lord. Transformation comes through renewal of the mind and through spending time with the Spirit of God (Abiding in His presence)
- There are other ways to change (guilt, willpower, coercion), but this does not promote lasting change
- This type of change also implies a process or practice to assist you in this transformation and enabling you towards achieving the fullness of the stature of Christ (2nd Timothy 3:17)
For example, the scriptures states that this requires beholding. The word, “beholding” means more than a casual look, it means a careful study.

Are being transformed: This work of transformation is a process. We are being transformed. It isn’t complete yet, as we are constantly be “changed”

From glory to glory: The work of transformation is a continual progression. It works from glory to glory

By the Spirit of the Lord (“As from the Lord the Spirit.”): not by the will or effort of ourselves or by even by the cleverness of man

Glory to Glory: Represents a “state or condition” of grace, excellence or being

“Beholding, we are changed.” The verb is passive. We do not produce the change. It is accomplished by the Spirit who works through us
Many believers love to refer to their Christian walk as “progressing through levels.” Levels usually imply upward mobility as in “We’re going to the next level!”

While God develops a person inwardly – not through ascension, but through developing us from the inside out – Thus, we are achieving the “likeness” of God.

Remember Lucifer declared, “I will ascend!” (Isaiah 14:14)

We should grow inwardly and outwardly: As we are transforming and renewing our inward man daily, we should reflect such growth in our obedience, our walk, our witness, and our calling.
What Do I Mean about Process?

- **Process - a series of actions or operations conducing to an end** – How a believer grows spiritually and sustains oneself is due to a series of actions developing him/her to be that perfected disciple (Ephesians 4:13 & 2nd Timothy 3:17) – *perfect: complete, perfect, fitted & equipped to finish*

- The definition of a process is the actions happening while something is happening or being done
  - For example: While you are meditating God’s Word, your spirit man (inner man) is being strengthened and becoming renewed so that it becomes more discerning (2nd Cor 4:16; Rom 12:2)

- Processes are necessary to sustain an operation – i.e. something set in place to provide for spiritual growth and wellness
  - 1 Peter 2:2 - As newborn babes, desire the pure milk of the word, that you may grow thereby.

- **Please do not confuse this teaching with a process of spirituality (i.e. formation, meditation, yoga)**
Practice involves Personal application; the actual application or use of an idea, belief, or method as opposed to theories about such application or use.

To hear the word, and even agree with it, will be of little avail to us, unless what is heard and believed is put in practice (operation; daily living).

- Jesus replied, “But even more blessed are all who hear the word of God and put it into practice.” (Luke 11:28)
- Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. (Philippians 4:9)
- Those who have been born into God's family do not make a practice of sinning, because God's life is in them. So they can't keep on sinning, because they are children of God. (1st John 3:9)
- “Do not practice homosexuality, having sex with another man as with a woman. It is a detestable sin. (Leviticus 18:22)
- “But cowards, unbelievers, the corrupt, murderers, the immoral, those who practice witchcraft, idol worshipers, and all liars—theyir fate is in the fiery lake of burning sulfur. This is the second death.” (Revelations 21:8)
Take time to examine yourself to consider where you are in your spiritual walk and become more aware of a process or practice of your faith.

The Bible says, "Let us examine our ways and test them, and let us return to the Lord" (Lamentations 3:40).

2 Corinthians 13:5 - Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?
Process Ensures Wholeness

- John 5:6: When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?

- John 5:14 - Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

- Wholeness defined:
  - to save, keep safe and sound, to rescue from danger or destruction
  - to make well, heal, restore to health
  - to save from the evils which obstruct the reception of the Messianic deliverance

- Believe it or not there is a process: Receive Jesus’ words, act on them, live in purity (don’t repeat the same sins) and obedience or your condition will worsen again.
We must know and understand the process

PROCESS PRODUCES PERFECTION

REPENTANCE & SANCTIFICATION
DOCTRINE
FELLOWSHIP (Unity of faith, relationships)
DISCERNMENT (knowledge & wisdom)
ABIDING IN THE SPIRIT (Being filled and overflowing)
TRUST, OBEDIENCE, DOING
WORSHIP (According to Prescribed Order)

FAITH
SPIRITUAL MATURITY/PERFECTION
WHOLENESS (Spiritual, Emotional, and Physical Well-Being)
PURITY, SOUNDNESS, & RESTORATION
WITNESS AND TESTIMONY
MINISTRY (Faithfulness & Calling)
Process of “My-Self” Care

PROBLEM IS FOCUS & END PRODUCT

WATERED DOWN MESSAGE (Not to Offend)
RELATIVE, PRAGMATIC Truth (Truth as I see it or feel is true)
UNREGULATED FELLOWSHIP (Activity based)
CONSCIOUSNESS NOT DISCERNMENT
PLEASURE PRINCIPLE (Comfort Christians)
GROOVY GRACE MESSAGE
FLESHLY WORSHIP

SELF MOTIVATION
SELF DISCOVERY
SELF JUSTIFICATION
SELF LOVE & ACCEPTANCE FROM OTHERS
SELFISH DESIRES (Enjoy life and reject accountability)
SELF DECEPTION
IMMATURE SELF

God has **Revealed** through His Word that His plan of **Redemption** for all humankind goes beyond **Releasing** man from the grip of Eternal Damnation, but also to **Recover** all and **Restore** mankind to His likeness. **Really** to walk and live with a **Reprobate** mentality is man’s decision. If you choose to **Reject** this world and **Receive** Christ, and **Remain Rooted** and grounded in Him, you can experience **Revival** and **Regeneration**. **Reach** out to God and to others so that you can find **Rest** for your soul. **Rightly** divide the word of truth and avoid those who practice lawlessness and be **Renewed** in the spirit of your mind. The price for your soul has been **Repaid** by the blood of Jesus, so therefore **Refrain** from sin and those things that hinder you in your walk with God, do what the Lord **Require** of you, Submit yourself to God, and **Resist** the devil who walks around as a **Roaring** lion, seeking to devour you, and **Restrain** yourself from doing evil. Keep your eyes on Jesus, who is our **Rock who Reigns** and **Rules** forever. Then you will experience His **Righteousness**. You will experience victory and power as you are able to **Rule** your spirit daily.
The Enemy Wants You D.U.M.B. When it Comes to “Self” Care

- **D** – Deceived
- **U** – Unconscious “spiritually and mentally”
- **M** – Medicated & Maligned (evil in influence, intention, or effect)
- **B** – Blasphemous (against the things of God)

Are you becoming tired of being made D.U.M.B. by the enemy?

America is being dumbed down when it comes to sin, sanctification, righteousness, repentance, and salvation
How Do You Know You Have Been Dumbed Down?

Consider the Following Questions:

- When was the last time you repented? Do you know how? Does it not matter anymore?
- Are you more “social justice” minded than “kingdom minded”?
- Do you fellowship with other believers or just hang out with friends?
- Do you strive for “inner peace” over strengthening your inner man? Did what I asked confused you?
- Do you need to get into the “music” first before you can get into the “ministering” unto the Lord?
- Is your identity more in your “religious title” than your kingdom identity?
- Can you only stand 15-20 minutes of teaching/preaching before you start checking your mobile phone or get bored?
- Is Jesus your Lord, or your partner? your facilitator? Problem fixer?
- Do you follow any particular doctrine that explains your faith or does it come down to whatever works for you?
- Have you become more “culturally” than “spiritually” minded?
We are instructed to, “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth,” II Timothy 2:15 (KJV).

Have you ever wanted to witness to someone or join in a biblical debate, but shrink back because you cannot rightly divide truth?

It’s pretty sad when many Christians can recall all the details of the latest T. V. shows & worldly news but very low comprehension of scripture & godly principles.
What is Doctrine?

- Thus we see that the term ‘doctrine’ is used in the Old Testament to include instruction, the acquiring of understanding and the retaining of information which is vital for true godly living.

- 2nd Timothy 3:14-16: But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them; 15 And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. 16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: 17 That the man of God may be perfect, throughly furnished unto all good works.

- Doctrine must be lived out and performed (Acts 2:42; 1st Tim 1:3) to be effective.

Titus 2:8: Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you.
With the “Dumbing Down” of the Doctrine of Christ has come a “Word substitution” for biblical wording and processes:

- Salvation – “Knowing Jesus” or “Coming into Relationship with Christ” – This is not what salvation is

- Self-deception is at epidemic levels in the church today. The church has allowed countless men and women to go through the motions of “accepting Christ” or “asking Jesus into their hearts”—they’ve walked the aisle, prayed the prayer, and written the date in their Bibles—but they remain lost in their sins.

- Salvation is about being “delivered” or saved from something by the grace of God from eternal punishment for sin which is granted to those who accept by faith God’s conditions of repentance and faith in the Lord Jesus.” Salvation is available in Jesus alone (John 14:6; Acts 4:12) and is dependent on God alone for power, strength, provisions, and power.

Salvation is the work of the Spirit. It doesn’t come by the cleverness of the preacher. That’s why Paul said he did not speak in clever words of human wisdom. 1st Corinthians 2:4
Dumbing Down Christianity 101

Dumbing Down Sin: (“A Mistake or “A Poor Choice”)

- In most Churches we don’t like to talk about sin, so we avoid it as being an “individual’s choice,” and we talk about Grace.

- Preaching has been dumbed down (stripped of theological depth) to reach the dechurched or unchurched by offering pragmatic ways people could have a happier and healthier life while continuing in sin and rebellion.

- Isaiah 5:20 - Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!

- Don’t minimize sin by calling it a mistake: The term “mistake” implies an error in judgment. Unlike a mistake, we choose to sin. Therefore, we must accept responsibility for it—and the consequences that follow.
Dumbing Down of Worship

- “For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age.” (Titus 2:11-12).
  - God’s grace does more than just “covers” us. God’s grace instructs and enables us to live godly, righteously and with wisdom.
- Like any counterfeit, the best way to recognize the secular is to be familiar with the sacred.
- Worship has become more accommodating to adults, youth, and children than giving glory to God.
- Music is viewed as a means to facilitate an encounter with God; it will move us closer to God. That is not what music is for. Music enhances our worship, but worship should always be in our minds and hearts.
- Isaiah 29:13 - And so the Lord says, “These people say they are mine. They honor me with their lips, but their hearts are far from me. And their worship of me is nothing but man-made rules learned by rote.
- Worship is more than just an “experience” or a religious ritual – It is our heartfelt, obedient response to our loving Father to glorify him and not ourselves, because of who He is and to celebrate and commend God for His power, goodness, and mercy towards us.
Can You Tell the Difference?

Club Scene

Seeker Church Service
The Secularized Church

- They preach only what is popular and avoid what is culturally controversial – They are too afraid to “offend” others
- Church has the same views regarding sexual ethics and acceptance of normalized alternate forms of family and marriage
- Secular music is played in church events
- The church espouses the values of the surrounding culture more than the appreciation of doctrine and godly principles
- The congregation supports a culture of entertainment and “carnival” more than biblical discipleship
The Secularized Church

- Jesus is only presented as a personal Savior rather than Lord of all – People want Jesus to save them without transforming them
  - Pastors preaching moralism instead of Christ centered messages
- The increase of mysticism and compromised beliefs
- They espouse a loose lifestyle to avoid being tagged with the term "religious," but their practice makes them closer to living as pagans than true believers!
- Teaching that there is no absolute right and wrong.
The larger scandal is biblical ignorance among Christians.

More than half of Americans think the Bible has too little influence on a culture they see in moral decline, yet only one in five Americans read the Bible on a regular basis, according to a new survey.

“I see the problem as analogous to obesity in America. We have an awful lot of people who realize they’re overweight, but they don’t follow a diet,” Birdsall said. “People realize the Bible has values that would help us in our spiritual health, but they just don’t read it.” (Doug Birdsall, president of American Bible Society)

We will not believe more than we know, and we will not live higher than our beliefs. R. Albert Mohler

Christians who lack biblical knowledge are the products of churches that marginalize biblical knowledge. Bible teaching now often accounts for only a diminishing fraction of the local congregation’s time and attention. The move to small group ministry has certainly increased opportunities for fellowship, but many of these groups never get beyond superficial Bible study. (R. Albert Mohler)

Study from the Barna Group conducted “The State of the Bible 2013” study for American Bible Society.
Deception: “Spiritual Disciplines”

Any kind of subjective spirituality that draws your focus away from the Lord and His truth can have disastrous results, derailing your spiritual growth and cutting you off from God’s plan for your sanctification.

These mystical approaches are ‘self’ empowered, detract from truth, and make us the center with the mindset that “we” change our sinfulness, not allowing the Word and Spirit to do the work God intends in our sanctification.

The lighting of candles, the emptying of our minds and 'centering' of our inner energies, cannot bring us into the presence of God as is being taught by so many of these different ideas.

The spiritual disciplines are not found anywhere in scripture. Despite assertions that the spiritual disciplines are “God-ordained,” they are in fact derived from the practices of Roman Catholic and Eastern Orthodox mystics.
Process of Caring for One Another

- Galatians 6:1 - Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.
  - Process: As we restore others, we in fact, protect ourselves from temptation

- "Thus says the Lord God, 'Woe to the foolish prophets who are following their own spirit and have seen nothing. O Israel, your prophets have been like foxes among ruins. You have not gone up into the breaches, nor did you build the wall around the house of Israel to stand in the battle on the day of the Lord'" (Ezekiel 13:3-5).
  - Many ministries and ministers have forsaken their role as God’s servants of restoration and revival
How there needs to be a rebuilding work today! “We live in a broken world. In every direction there are breaches which are wide and deep. There are broken hearts and broken homes, and that which once was sacred is but a waste place. Whereas once there was a carefully guarded fence around the sanctity of family life, sex life, and the right to personal privacy, now there is just a waste place.

This passage shows several characteristics of a life right with God.

- It is an enlightened life: Your light shall down in the darkness.
- It is a guided life: The LORD will guide you continually.
- It is a satisfied life: And satisfy your soul in drought.
- It is a fragrant life: Like a watered garden.
- It is a freshly sustained life: Like a spring of water, whose waters do not fail.
- It is a productive, healing life: You shall build up the old waste places.
Thoughts to Carry Over

- How do you feel that you are growing in God?
- Are you aware of the Spirit working in you?
- Do you feel your church is more secular than spiritual?
- How important is biblical doctrine in your life?
- Do you now understand the process of spiritual care?