

Surrender Take Charge

Diagnosing the Human Problem

Romans 1:18-25 – All humanity is subject to an immutable law of life, and that is we are always left to the consequences of our freely chosen course of action. As humans, we normally choose sin. Consequently, the wrath of God is our destiny. Unless this tendency is reversed by divine grace and mercy, the situation will go from bad to worse.

Romans 1: 24, 26 and 28 – God honors our free will; therefore, He will give us over to our choice.

The great lesson of this section is the acceptance of our true reality. We are all depraved (marked by corruption or evil; perverted), worthless, helpless, and unable to gain a favorable verdict when we stand before God's judgment. We are sinful, guilty, and headed for eternal damnation unless divine mercy, grace, and forgiveness intervene.

The very first step in our quest to **Surrender and Take Control** is to accept our great need and seek the help of God.

Lesbians and homosexual behavior described in 26 and 27 define degrading passions. Such behavior should be repugnant to all but contrariwise has become acceptable and promoted as normal and right, thereby opposing the Scriptures.

Romans 1:28-32 Our human description:

Depraved mind – marked by corruption or evil, perverted

Unrighteousness – not acting in accordance with divine or moral law, guilty of sin

Wickedness – morally very bad, disgustingly unpleasant

Greed – excessive or reprehensible strong desire of acquiring and possessing

Evil – malignity, ill will, desire to injure

Full of envy – painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage

Murder – hate according to Jesus and 1John is equivalent to murder

Strife – bitter, sometimes violent conflict or dissension

Deceit - to cause to accept as true or valid what is false or invalid, cheat, to give a false impression

Malice - desire to cause pain, injury, or distress to another, intent to cause harm

Gossips - a person who habitually reveals personal or sensitive facts about others, rumor or report of an intimate nature

Slanderers - the utterance of false charges or misrepresentations that defame and damage another's reputation, a false and defamatory oral statement

Haters of God - from ignoring to despising

Insolent - insultingly contemptuous in speech or conduct, OVERBEARING, one who behaves with humiliating and unconscionable arrogance to those who are not powerful enough to retaliate

Arrogant - proud, showing oneself above others, pre-eminent

Boastful - to puff oneself up in speech, speak vaingloriously, brag

Inventors of evil - think up evil things to do and say

Disobedient to parents

Without understanding

Untrustworthy

Unloving

Unmerciful

Deliberate disobedience

Hearty approval and encouragement to those who sin likewise

Romans 2:1-5 – Judgmental

Romans 2:17-29 – Hypocrites

Romans 3:10-20 – The general sinfulness of humanity is summed up.

Ephesians 2:1-3 – Everyone is born dead in trespasses and sins.

Solution of the Problem:

Ephesians 2:3-10; Romans 3:21-26

Cause of the Problem:

Romans 5:12-21 Adam and Jesus are counterparts.

Romans 5:12 – Because of Adam, humanity drastically changed so that every person thereafter is born with sin. We can truly say that human nature is the sin nature (the inherent character, basic constitution, of a person or thing, the essence). With his first human nature that was sinless, Adam would have lived forever. However, because of sin, he died as does all his descendants. The consequence of sin is death.

Romans 5:14 – One of the main themes of Romans is refuting the Mosaic Law as a means to salvation; therefore, Paul's comment about the Law is given. Before the Mosaic Law, sin was not clearly identified, so it was not imputed against people as it was after it came. Nonetheless, the consequences of sin still existed, the worse of which is death.

Every person is born with this faulty human nature, not because we sinned as Adam, but because we are all connected to him through birth. We inherit the human or sinful nature as descendants of Adam. Denial does not change our reality, nor does ignorance. Observe human offspring, children, for they convincingly demonstrate the human plight.

Romans 5:14 – Adam is a type for Jesus the Christ. According to 1 Corinthians 15:45, Jesus is the second and last Adam. Adam in many ways is the antitype for Christ. In what ways is he a type in this context?

- Adam was created without sin as was Jesus.
- Adam was the son of God, so is Jesus.
- Head of the human race; Jesus is the head of the new human race
- All inherit from Adam what he is, and all inherit from Christ what he is.
- The inheritance is automatic, independent of the person's worthiness.

Romans 5:15 – The transgression of Adam is far surpassed by the gift of grace by Christ. The effects of Adam's wrong doings will indeed come to an end, but the effects of Jesus' right doing are eternal.

Romans 5:16 – With Adam, came judgment and condemnation; contrariwise, with Christ came justification.

Romans 5:17-19 – With Adam, death reigned, but through the abundance of grace, righteousness will reign in eternal life.

NEW MAN ATTRIBUTES:

(Antithesis of human nature described in Romans 1)

Pure, clean, holy minds [not depraved]

Righteous living according to God's Word [not unrighteous]

Goodness, pleasantness [not wickedness]

Generosity [not greed]

Innocent, wholesome [not evil]

Rejoicing with others for the good they receive [not full of envy]

Helping and loving others [not murder]

Peacemaker, reconciler [not strife]

Honest and forthright [not deceit]

Godly good intentions [not malice]

Silent about others weaknesses or sins [not gossiping]

Speaks well of others, edifying words [not slanderers]

Lovers of God [not haters of God]

Kind and encouraging to others [not insolent]

Humble [not arrogant]

Glorifying God and others [not boastful]

Inventors of good [not Inventors of evil]

Obedient to parents [not disobedient to parents]

Understanding [not without understanding]

Trustworthy [not untrustworthy]

Loving [not unloving]

Merciful [not unmerciful]

Deliberate obedience [not deliberate disobedience]

Disapproving of sinful behavior [not hearty approval]

Accepting God's sovereignty [not judgmental]

Steady and true personality [not a hypocrite]

1. The very first step in our quest to Surrender and Take Control is to accept our great need and seek the help of God. Are you convinced that your life is unmanageable and that you need Gods' help?
2. Why was Israel just as depraved as the Gentiles? _____

3. Jesus is the counterpart to Adam in what ways? _____

4. How does our association with Adam mirror our relationship Christ?

Word Doers #1 James 1:22 Prove yourselves doers of the word...

Let Go and Let God (Surrendering all)

1Peter 5:7NASB - Casting all your anxiety on him, because he cares for you.

1Peter 5:7AV - Casting all your care upon him; for he careth for you.

Philippians 4:6 and 7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God and the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Excerpt from Present Perfect God in the Now by Gregory Boyd Pages 77-78

“In his classic work *Celebration of Discipline*, Richard Foster details a very old way of praying he calls “palms down, palms up.” With practice this exercise can be done in just about any circumstance, but in the beginning it helps to practice it during a quiet time when you can be alone.

Foster teaches that you should begin by holding your palms downward on your laps as “a symbolic indication of your desire to turn over any concerns you may have over to God.” Call to mind everything that is weighing on your heart and mind and give it to God. Let your downward facing palms represent letting cares and concerns fall from your grasp into the hands of the sovereign God of love who holds you in existence, moment-by-moment. Notice your breathing and envision every exhaled breath as a further release of weight in your life. As Foster notes, you may at times notice a sense of release in your hands or other parts of your body as you do this.

When you’ve finished this part of the prayer, Foster encourages you to turn your hands over in your lap so that your palms are facing upward “as a symbol of your desire to receive from the Lord.” Remain in this posture with a receptive attitude as you wait for what the Lord would like to give you. With every breath you take in, receive the fullness of Life that comes from God. Breathe in his forgiveness, direction, peace, healing, or whatever else he has for you.

It’s important that you remember that it’s not your job to make anything happen. Your only task during this time is to be open to whatever the Lord has for you. Whether you experience any change or not, accept on faith that God’s full Life is flowing into you and enjoy remaining aware of this fact.

The beauty of this way of praying is that, if you practice it regularly, the physical motion of holding your palms down can become anchored to letting go of anything that is inconsistent with God’s heart for you. So too, the physical motion of holding your palms up can become anchored to receiving God’s Life and will for you in the present moment.

Whenever you find you've begun to focus on things that are taking you away from an awareness of God's presence in the present moment or are feeling weighed down by the concerns of life, you can simply put your palms down and let it go. Whenever you find you've begun to resist God's movement in your life or are trying to acquire some element of your worth, significance, or security by idolatrous means, you can simply hold your palms up so that your body is in agreement with your intention to receive God's Life."

Word Doers #2

James 1:22 Prove yourselves doers of the word...

Eight Ways for Optimal Mental Functioning

The renewed mind is the great key to living a Christian life that glorifies God; therefore, developing and maintaining a sharp mind are vital. Yet, the youth of our country are constantly tempted to participate in mind numbing activities that prevent the mind from developing. The elderly on the other hand, must fight the reality that mental abilities decline with age, even without dementia or other neurological conditions that affect brain functioning. The frontal lobes of the brain are associated with decision-making and problem solving. Mentally stimulating activities can help develop and maintain this part of the brain just like other muscles in our bodies.

1. Deliberately focus your attention. Lazy, undisciplined minds wander from one thought to another. Limit activities that focus your mind for you, such as TV and computer games. Develop exercises such as “the stayed mind” or “meditation” to strengthen focus.
2. Stimulate your brain. Read, go to museums, learn to do things you do not know that are interesting and mind changing. Learn and experience new things. Activities that require problem-solving skills will help. Search the Scriptures for things you do not understand. Word and number puzzles, chess, card games, etc. will help the mind to work.
3. Recognize and treat depression. Depression has many symptoms besides sadness; it can affect sleep patterns, appetite, irritability and cause lack of interest. Depression can also have a detrimental impact on our attention and memory.
4. Physically activity and exercise are vital to mental health. Physical exercise (such as walking, running, biking, swimming, housework, etc.) contributes greatly to a healthier brain. Exercise also helps depression, stress, hypertension, blood pressure, and cholesterol.
5. Eat healthy. Restrict your intake of saturated fats, found primarily in high-fat meats and dairy products, and trans fats, found in packaged foods like cookies and crackers. Get adequate nutrition. Malnutrition and vitamin deficiencies can lead to cognitive impairment.
6. Interact regularly with others. The Scriptures are very clear on the importance of fellowshiping with other believers. Today, with the internet and TV, we can hear biblical teachings, but they do not fill the important need for human interaction. The elderly are tempted to isolate, so fight the temptation and get involved in volunteer work at the church, babysit so younger believers can go out once in awhile, volunteer at the city mission, hospital, airport, or library. Get involved in the community, and share the gospel with others.

7. Develop memory skills. God will help you to remember verses and chapters from the Bible. Write things down, and review often. Focus yourself to remember names and phone numbers.
8. Get enough sleep. Your brain needs adequate rest to function well. Starting each day with God by prayer and reading the Word is honoring to God and wise for good living, so determine your bedtime in accordance with your morning time.

Excerpts taken from Mount Sinai School of Medicine's – Focus on Healthy Aging