



Advance: Next Level Relationships
How To Deal With Obsessive Self-Condensation

If we are going to get to the next level relationally with others, we have got to deal with our spiritual disorders that are hindering us from developing next level relationships. In this sermon series, we are learning about these internal problems and learning what God says we need to do to overcome them.

These spiritual disorders are great barriers that keep us from making disciples. The main method that Jesus used to make disciples was relational. He is our chief example for what it means to be relational. Our internal spiritual disorders affect the way we relate to other people. They keep us from doing our part to connect to others the way Jesus connected to others.

The first internal spiritual disorder I want us to learn about that hinders us from getting to the next level in relationships is...

Obsessive Self-Condensation

Last week we learned that....

- Self-Condensation and feeling like we need to confess our faults are not the same.

It is important that when we are wrong, we humble ourselves and we judge ourselves as wrong. God blesses us when we agree with Him that we are wrong and confess our faults. Feeling like we need to confess our faults is not self-condensation.

- Self-condensation is the inner critic in our mind that says things like....

1. You are worthless.
2. You are a waister.
3. You are a failure.
4. You cannot change.
5. You are unlovable.

If people knew you they would shun you. People are only your friends because they should be.

6. You are stupid and you will never learn.

7. You don't belong here.
8. You haven't done enough.
9. You will never do enough.
10. You cannot be forgiven.

Many people suffer from obsessive self-condemnation.

This means it happens daily or even many times a day. It happens every time something happens that triggers these thoughts and there can be a lot of triggers.

Some call this shame. But I am going to call it obsessive self-condemnation.

- To deal with this disorder...
 1. You must really want to get over it.
 2. You must identify where this obsession originated.
 3. You must get a better understanding of the grace of God



There is some truth in self-condemnation. The devil disguises himself as an angel of light.
2 Cor 11:14
...for Satan himself transforms himself into an angel of light.
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Satan does his work through half-truths that he uses to convince us that we are believing the truth. If you have received Jesus, he wants you to continue to see yourself as what you were before you received Christ.

The truth is if I am apart from Christ I am condemned and I should condemn myself. So should you. Here are some of the words in the bible that describe our depraved condition before we receive Christ.

- Evil
- Wicked
- Unclean
- Ungodly
- Profane
- Filthy
- Wretch
- Worm
- Brute beast
- Harlot-Eyes full of adultery

- Adulterer
- Murderer
- Betrayer
- Cowardly
- Reviler
- Gossip
- Slanderer
- Abominable
- Fornicator
- Thief
- Liar
- Extortioner
- Blasphemer
- Insolent
- Rebel
- Spot
- Blemish
- Accursed child
- Well without water
- Slave of corruption
- Serpent
- Viper
- Chaff
- White washed tomb
- Hypocrite
- Son of hell
- Blind guide
- Fool
- Lawless
- Insubordinate
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After we receive Jesus, the apostles of Jesus that wrote the New Testament never use these words to describe disciples.

You should never say something about yourself that your heavenly Father does not say about you!

To understand what He says to disciples and why He says it, we must get a better understanding of the grace of God.

What is the grace of God?

- Grace is free and unmerited favor and blessings.
- 1. Grace is what an adopted child receives from the parents that adopt him.
- 2. Grace is what an immigrant receives when he becomes a citizen in a foreign country.
- 3. Grace is what a convicted criminal receives when he is shown mercy by a judge.
- 4. Grace is what a starving beggar receives when he is given a gift from a stranger
- 5. Grace is what a poor sick person receives when he is given treatment he cannot afford
- 6. Grace is what an enemy receives when he is blessed by his enemy

God's Word uses all of these analogies to reveal the grace God has shown us.

- He adopted us.
- He gave us citizenship.
- He pardoned our crimes against His kingdom.
- He feeds us what we have never worked for.
- He blesses us with healing that we cannot pay for.

- He receives us as friends even though we have been his enemies.

There are many stories in the gospels that reveal the grace of God.

- The good Samaritan
- The prodigal son
- The woman at the well
- The woman caught in adultery

Grace is the free and unmerited favor that God has shown us through Jesus Christ.

God intends for the revelation of His grace through Jesus Christ to change our view of our eternal destiny, our view of Him, our view of our relationship to Him, our view of ourselves, and our view of other disciples.

Many disciples only allow the grace of God to change their view of their eternal destiny.

The grace of God should totally change our view of ourselves!

From the fall of man, God revealed Himself as a perfect being that viewed all of mankind as depraved morally, sinners that deserved to be damned. It was only because of His mercy that we were not consumed.

Now that Christ has appeared, God views those who have received Jesus as if we are Him!

He sees you as if you are Him because you are in Him and He is in you! (1 Corinthians 1:30; Colossians 1:27)



Jesus used the analogy of the vine and the branches to give us an image of this truth. (John 15:5)

The branches are in the vine and the vine is in the branch. Therefore, God sees you in the following ways.

- He sees you as forgiven. (Colossians 2:13)
- He sees you as morally blameless. (1 Peter 2:9-10)
- He sees you as Holy. (1 Peter 2:9-10)

- He sees you as righteous. (2 Cor. 5:21; Philippians 3:9)
- He sees you as His kin. (1 Peter 2:9-10)
- He sees you as His child. (John 1:12)
- He sees you as His race. (1 Peter 2:9-10)
- He sees you as chosen or His favorite. (1 Peter 2:9-10)
- He sees you as His beloved. (Ephesians 1:6)
- He sees you as a priestly fraternity. (1 Peter 2:9-10)
- He sees you as a royal priest with a royal nature. (1 Peter 2:9-10)
- He sees you as a citizen of His eternal kingdom. (1 Peter 2:9-10)
- He sees you as an extension of Himself. (Ephesians 5:8)
- He sees you as stranger and pilgrim on this planet. (1 Peter 2:11)
- He sees you as individual member of His body the church, the bride of Christ. (Ephesians 5:30)
- He sees you as indispensable to His body, the church. (1 Corinthians 12:12-31)

In order to overcome self-condemnation, you must view yourself the way God views you! You must resist the devil and his scheme by only saying what your heavenly Father says about you.

You must make the switch that the apostle Paul made.

[1 Corinthians 15:10](#)

[10 But by the grace of God I am what I am](#)

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When the devil comes after you with self-condemnation, you must do what Paul did.

[1 Timothy 1:12-15](#)

[12 And I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry, 13 although I was formerly a blasphemer, a persecutor, and an insolent man; but I obtained mercy because I did it ignorantly in unbelief. 14 And the grace of our Lord was exceedingly abundant, with faith and love which are in Christ Jesus.](#)
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You must claim your new identity!

If you are in Christ and you are suffering from obsessive self-condemnation because you are not receiving by faith all the benefits of God's grace. You are agreeing with the devil rather than agreeing with God. You are not claiming your new identity in Christ.

One of the mental obstacles that hinders some from claiming their new identity is the logic that God may view me this way but it is not actually true of me. Maybe one day it will be true but right now I am the same person I was before I received Christ but I am just saved by grace.

Here is what God says...

- [Jesus provides substitutionary atonement. \(Romans 5:11\)](#)

The word atone means to make amends. Substitutionary atonement means someone makes amends for you.

The gospel is Jesus Christ was condemned for the sins of mankind.

Jesus made amends for us through His execution on the cross. Because of who He is, His death was sufficient to expunge the sins of the entire human race.

Substitutionary atonement removed the barrier of sin between God and man. It justified God's forgiveness of man and His decision to save man. That salvation includes sanctification.

- [Jesus provides sanctification. \(1 Corinthians 1:2\)](#)

Sanctify means to declare something to be holy. Sanctification is a word that God uses to describe the process that God uses to make us holy.

The process has a starting point. That starting point is called new birth.

The process has ending point. The ending point is called glorification.

In between the starting point and ending point the process is called spiritual growth.

When we receive Jesus, God says spiritual birth occurs in the spiritual part of our being, our spirit and our soul.

Spiritual birth can be compared to physical conception. For physical conception to occur, the ovum of a woman and the seed of a man must be united. The ovum is not a human being apart from the seed. The seed is not a human being apart from the ovum. When the union occurs, a new life is created.



When we receive Jesus, we receive His Holy Spirit. Our spirit is united with the Holy Spirit. The result is new birth and a new creation. We are no longer who we were.

Therefore, the apostle Paul said...

[2 Corinthians 5:17](#)

[17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.](#)

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Romans 6:4

4 Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

1 Corinthians 6:17

17 But he who is joined to the Lord is one spirit with Him.

Whenever the Spirit of Jesus unites with someone or something, He changes it into what He intends for it to be. He changes its nature. Whatever God enters is transformed.

- The burning bush
- Moses Rod
- Balaam's ass
- The judges
- The prophets of God

God has done His part. Our part is to receive God's promise by faith, put on our new identity and put off our old one.

This is why Paul said....

Ephesians 4:22-24

22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness.

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We will not do our part as long as we see ourselves as the old man.

1 Corinthians 6:9-11

9 Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, 10 nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. 11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God. NKJV

Colossians 3:1-4

3 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.

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To overcome obsessive self-condemnation, when your self-talk is evil, you must not cooperate with the powers of darkness. You must take refuge in the grace of God and set your mind on what God says about you.

To get over obsessive self-condemnation...

1. You must really want to get over it.
2. You must identify where this obsession originated.
3. You must get a much better understanding of the grace of God.