



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

One day a fellow came to me for counseling. He told me that his wife expected him to bring her coffee in bed every morning. He said that if didn't do it she would let him have it. She would tell him that he did not love her. She would tell him that he was insensitive. She would tell him that she needed to be with someone that put her first. The scary thing was that she thought her behavior was justified.

When someone gets upset over a cup of coffee, I know that they have internal personal problems that they have not dealt with. And those internal problems are having a great impact on how they relate to others, especially those who are closest to her. In this story, if this woman wants to get to the next level relationally with her husband, she is going to have to deal with those internal personal problems and stop expecting him to be her morning waiter.

If we would be honest, we would all have to admit that we are all guilty of over reacting to something that someone else does or does not do for us. In the moment we feel justified. We leave the other person bewildered and thinking, what did I do to deserve that. Later on, we may feel very guilty about how we treated them. We may feel powerless to change. We may have an unrealistic expectation of other people to accept us and love us just the way we are. In other words, prove to me you love me by enduring these tongue lashings I give you every once in a while. That may work in relationship with a dog but it is not going to work with people.

If we are going to get to the next level relationally with others, we have got to see our internal problems and learn how to overcome them. In this sermon series, I want us to study God's Word, learn about these internal problems, and learn what we need to do to overcome them so that we can advance and get to the next level relationally with others.

I also want us to realize that these internal problems are great barriers when it comes to making disciples. These internal problems keep us from making disciples. They keep us from connecting to others the way Jesus connected to His disciples.

Is it any wonder that Satan does not want us to see these internal problems and learn how to deal with them?

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

Obsessive Self-Condensation

Before I define that problem, I want to first tell you what it is not. It is not feeling convicted or guilty about something that you have done wrong and wanting to make it right. That is the work of the Holy Spirit and it is a good thing. It can lead to confession of our sins to God and others and confession is a good thing.

Confession is agreeing with God.

The bible says that agreeing with God about our faults is very important to...

- **Our inner peace (Psalm 32:3-4)**
- **Our spiritual growth (Psalm 51; James 5:16)**
- **The healing of relationships (Matthew 5:23-26; 1 Peter 3:15-16)**

For inner peace, confessing our faults is the starting point for having a clear conscience. The bible says that having a clear conscience is critical to how we relate to God and to ourselves. If we do not confess our faults, we will never feel at peace with God and ourselves.

In spiritual growth, confessing our faults is the starting point for genuine change. Repentance is turning from sin. We cannot turn from a sin that we will not confess. If we resist confession of our faults, we will never change our fault. In discipleship, transparency is critical to being discipled.

For the healing of our relationships, confessing our faults is the starting point for reconciliation. Confessing our faults is the only way we can have a clear conscience with God and man. The bible says that having a clear conscience is critical to how we will relate to God and others. If you will not

be transparent about your faults with those your faults offend, you will never get to the next level in that relationship. Confessing our faults opens the door for forgiveness to be given and received. We cannot get to the next level in any relationship with someone we have deeply wounded until there is confession of fault.

So, confession of faults is very important to our inner peace, our spiritual growth, and our relationships.

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. How does He bless us?

The word forgive means to send away. When we confess our faults, God sends away conviction. He stops reminding us about something we need to make right. He cleanses our conscience. He may even send away some consequence of our wrong. He may restore something that we have lost.

When you are wrong, it is a great blessing to be able to judge yourself as wrong and confess your faults to God and others. Confession of our faults is not self-condemnation.

Condemnation is defined as an adverse sentence. In our society, it is simply what a judge does in a court room to someone who is guilty. The sentence can be light or sever depending on the nature of the offense and the law.

In relationship to God, the sentence for sin is severe for all men. We are all sinners and the sentence for a sinner is death. The sentence of death is both physical and spiritual. It is both temporal and eternal. The eternal sentence is called God's wrath.

The bible says that the only way to be saved from God's wrath is to turn from our sins and receive Jesus Christ as our savior and Lord.

The apostle Paul said in...

Romans 8:1

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

NKJV

If you will receive Jesus Christ, you will be saved from the eternal sentence of eternal separation from God. You will be saved from God's wrath and eternal punishment. Jesus suffered the wrath of God for you. If you receive Jesus, your sentence is cancelled. You are fully pardoned. You are free from eternal condemnation!

Receiving this salvation from Jesus is the starting point for receiving salvation from self-condemnation. But there are many people who have received this eternal salvation who are obsessively condemning themselves. We all have an inner critic that says things like this.

- **You are worthless.**
- **You are a waste.**
- **You are a failure.**
- **You cannot change.**
- **You are unlovable.**

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

- **You are stupid and you will never learn.**
- **You don't belong here.**
- **You haven't done enough.**
- **You will never be enough.**
- **You cannot be forgiven.**

Everyone has a voice within them that speaks these kinds of things occasionally, especially when we do something wrong.

But for many people it happens obsessively!

It happens daily. For those of you in whom this happens obsessively I am very sorry. I have seen firsthand what it does to you and your relationships.

I am also very sorry for those of you who live with someone in whom this is happening obsessively. You are constantly dealing with reactions from someone you love and there is nothing you can do to resolve it. No matter how much you show them that you love them, nothing changes. Until they resolve their personal problem they cannot take the next step in their relationship with you and you cannot take the next step in your relationship with them.

To discuss this problem with you I am calling this problem...

“Obsessive Self-condemnation!”

Some call it shame. But I am going to call it obsessive self-condemnation. From God's Word I want to tell you how to get over it. God loves you and He wants to save you from this torment.

To conquer obsessive self-condemnation...

- **You must really want to get over it.**

To really want to get over this problem, you normally must see how it is impacting your soul, your life, your decisions, your relationships, and your part in discipleship.

If you are experiencing obsessive self-condemnation, you probably have some kind of addiction.

List of Addictions to Substances

- [Alcohol](#)
- [Tobacco](#)
- [Opioids](#) (like heroin)
- [Prescription drugs](#) (sedatives, hypnotics, or anxiolytics like sleeping pills and tranquilizers)
- [Cocaine](#)
- [Cannabis \(marijuana\)](#)
- [Amphetamines](#) (like methamphetamine, known as meth)
- Hallucinogens
- Inhalants
- Phencyclidine (known as PCP or Angel dust)
- Other unspecified substances

List of Impulse Control Disorders

- Intermittent explosive disorder (compulsive aggressive and assaultive acts)
- Kleptomania (compulsive stealing)
- Pyromania (compulsive setting of fires)
- [Gambling](#)

List of Addictions - Behavioral

- [Food](#) (eating)
- [Sex](#)
- [Pornography](#) (attaining, viewing)
- [Using computers / the internet](#)
- Playing video games
- [Working](#)
- Exercising
- Spiritual obsession (as opposed to religious devotion)
- Pain (seeking)
- Cutting
- [Shopping](#)

These possibilities are just scratching the surface. The types of different behavioral problems caused by obsessive self-condemnation is very broad. If

you don't really want to give over it, you are not going to get help. You are not going to take what I am saying very seriously.

If you are in Christ, you will want to get over it. When you receive Jesus, you receive His Holy Spirit. Your union with the Holy Spirit changes your heart. Your union with the Holy Spirit changes your nature. Because you love God and love others, you want to change, not just because of what it is doing to you, but because of what it is doing to God and others.

Nobody changes until they want to change.

To get over it, you not only have to want to change, but

- You must identify where this obsession originated.**

Ephesians 6:10-12

10 Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. NKJV

This obsession comes from powers of darkness. It came from the devil and demons. Before you flip out and think I am saying that you are demon possessed I want you to consider what the bible says. The bible says there is a supernatural power of darkness called the devil or Satan. He is a fallen angel. He has been cast down upon the earth. He hates God and His creation. Satan's mission is to steal, kill, and destroy. Satan has a countless number of other fallen angels under his command.

There is not a better way for Satan to accomplish his mission then to help people develop the habit of obsessive self-condemnation. After all, he suffers from it.

You do not have to have some kind of traumatic event occur in your life for Satan to help you develop this obsessive habit. Satan will use traumatic events to help you develop this habit but he does not need them. Satan will use guilt, childhood abuse, childhood labels, critical parenting, traumatic failures, and any other event he can use to help you develop this habit. But I have seen people with this problem who were raised in great environments with a loving family.

If you want to change, you must identify where this obsession came from. It came from Satan.

1 Peter 5:8-10

8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

NKJV

Are you going to continue to cooperate with him? You can't start resisting Satan if you don't give him the credit for what he has done.

If you want to change, you are going to have to identify the source of your problem and it is not you. It is not your parents. It is not someone else. It is Satan!

To get over obsessive condemnation, you not only have to want to change, and identify the source of the problem but....

- **You must get a much 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.

NKJV

He 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 apart from Christ I am nothing and so are you. Paul said he was the chief of sinners. Peter was a failure who denied Christ. All of the disciples abandoned their post when Christ was arrested.

Here are some of the words in the bible that describe our depraved condition before we receive Christ.

- **Filthy**
- **Brute beasts**
- **Eyes full of adultery**
- **Spots**

- **Blemishes**
- **Accursed children**
- **Wells without water**
- **Slaves of corruption**

After we receive Jesus, these words are never used to describe disciples. In fact, there is only one time in the epistles that disciples are even called sinners. And the reason disciples are never identified in these ways is the grace of God.

Grace is the free and unmerited favor of God. This favor is manifested in our eternal salvation and the bestowal of incredible blessings.

God intends for His grace to change not only our view of our eternal destiny but our view of Him and ourselves.

If we understand the grace of God we possess the weapon we need to resist the devil and win the battle with obsessive self-condemnation.

Paul said....

Acts 20:32

32 "So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified.

NKJV

Grace should build us up. Because of grace we receive an inheritance. The reason so many disciples in the church are still suffering from obsessive self-condemnation is that they are not receiving all of the benefits of their grace inheritance.

Besides eternal salvation, what is that inheritance?

1 Corinthians 6:17-20

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

18 Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. 19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

NKJV

But he who is joined to the Lord is one spirit with Him. This is one of the benefits of grace. It is our inheritance. The Holy Spirit is a deposit that guarantees our eternal inheritance.

Whenever the Spirit of God unites with someone or something, He changes its heart and its nature. Whatever God touches is either consumed or transformed.

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

2 Corinthians 5:17-18

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

NKJV

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.

NKJV

2 Corinthians 5:21

21 For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.

NKJV

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.

NKJV

Philippians 3:7-9

7 But what things were gain to me, these I have counted loss for Christ. 8 Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ 9 and be found in Him, not

having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith;
NKJV

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

Ephesians 2:8-10

8 For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, 9 not of works, lest anyone should boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.
NKJV

1 Corinthians 15:10

10 But by the grace of God I am what I am
NKJV

2 Corinthians 5:16-17

16 Therefore, from now on, we regard no one according to the flesh. Even though we have known Christ according to the flesh, yet now we know Him thus no longer.
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.

NKJV

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 the truth.

I currently meet with 7 men for discipleship every week. Many of these fellows were addicts. Some of them were guilty of moral failures that are too shameful for me to share with you.

The ones that are now making disciples and constantly reaching out to other men have a similar story. They had made a profession of faith and were in church. They even taught others in church but they did not understand the grace of God. They suffered from obsessive self-condemnation that drove them into addiction. It broke relationships. They were lonely. Some of these men were even suicidal.

Then they discovered the grace of God and they were set free from self-condemnation. They are experiencing next level relationships because the grace of God has changed how they relate to themselves and to other people.

Every day, these men meet with God and they remember who they are in Christ.

In order to get over obsessive self-condemnation...

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