



Courageous Conversations About Change, Part 3 Changing My Bad Side

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Big Question: Why is it so hard to change?

I. Reviewing What We Have Said About Change

1. Change is hard if you have not done enough **research** (John 3:1-2)
2. Change is hard if you are not willing to **start over** (John 3:3)
3. Change is hard if you don't **believe** God's way is the best way (John 3:14-16)
4. Change is hard if you are not **exposed**, willing to **sacrifice** and make courageous **decisions**
5. **Change is hard if you cannot face the truth about yourself** (Roman 8:7-8)

II. What We Must Face About Ourselves In Order to Change (Romans 8:7-8)

7 Because **the carnal mind** is enmity against God; for **it is not subject to the law of God**, nor indeed can be. 8 So then, those who are in **the flesh cannot please God**. (NKJV)

1. My **mind** has issues: I have a **carnal mind** that is hostile towards God.
2. My **nature** has issues: I am not **naturally** subject to God
3. My **ability** has issues: I am not **able** to be subject to God
4. My **results** have issues: My results always fall short and **don't please God** (cp. John 15:4-6)

Note: John 15:4-6

- 4 Abide in Me, and I in you. As **the branch cannot bear fruit of itself**, unless it abides in the vine, neither can you, unless you abide in Me. 5 "I am the vine, you are the branches. **He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing**. 6 If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned.

III. How Do We Practically Change? (Romans 8:12)

12 Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. 13 For if you live according to the flesh you will die; **but if by the Spirit you put to death the deeds of the body, you will live**. 14 For as many as are led by the Spirit of God, these are sons of God.

- A. We must say **NO** to the flesh (our old sinful nature)
- B. We must say **YES** to the Holy Spirit (God's voice and presence in our lives)

IV. What a Book On the Dark Side Suggested (Overcoming the Dark Side by Gary McIntosh, Rima and Samuel)

First: You Must Properly Define Your Dark Side

- It is the inner urges, compulsions, and **dysfunctions of our personality that often go unexamined or remain unknown to us** until we experience an emotional explosion.



Second: You Must Realize Even Leaders Fight a Dark Side (Parents included)

- Briefly, it is assumed: 1. **Every leader suffers from some degree of personal dysfunction** varying from extremely mild to extremely acute. 2. Personal dysfunction, in one form or another, can often serve as the driving force behind an individual’s desire to achieve success as a leader. 3. Many leaders are not aware of the dark side of their personalities and the personal dysfunctions that drive them. 4. The personal characteristics that drive individuals to succeed and lead often have a shadow side that can cripple them once they become leaders and very often causes significant failure. This dynamic is what has been labeled in this book the “paradox of personal dysfunction in leadership.” 5. Learning about their own dark side and the dysfunctions that have created it can enable leaders to address those areas and prevent, or at least mitigate, the potential negative effects to their exercise of leadership. 6. Scripture has much to say about the dark side of human personality and the motivations that drive us to achieve, which can be helpful to leaders in their efforts to understand themselves and overcome those areas of their personalities that might threaten their effectiveness as leaders.

Third: You Must Remember Your Dark Side Develops Over Time

- **The development of our dark side has been a lifetime in the making** despite the fact that the assault by these powerful emotions, compulsions, and dysfunctions can be sudden. Like vinegar and soda being slowly swirled together in a tightly closed container, our personalities have been slowly intermingled with examples, emotions, expectations, and experiences that over a lifetime have created our dark side.

Fourth: We all Fight With Missing Blocks in Our Pyramid

- As Maslow’s pyramid graphically demonstrates, **we all have essential needs that must be met**. As children and adolescents we do not spend much time contemplating the fulfillment of these needs; **it is essentially a subconscious process.** 9 And yet the satisfaction of these needs is vital to our healthy development. **What happens when some of these most basic needs are never adequately satisfied? Worse yet, what happens when we experience some traumatic event during our childhood or developmental years that causes us to feel permanently threatened** in one of these essential areas, even though that level of need might be satisfied in many other respects? **When this happens, we end up with missing blocks in our need pyramid** that we will attempt to meet, often subconsciously. **This is the heart of how our dark side begins to develop.**



Conclusion: Maslow's Five Essential Needs That Must Be Met (Religious People Often Miss This)

5. Physiological needs (Hunger, thirst, sexual frustrations, fatigue, illness)
6. Safety needs (Insecurity, sense of loss, fear obsession, compulsion)
7. Love needs (Self-consciousness, feeling unwanted, emptiness, loneliness, isolation, incompleteness)
8. Esteem needs (Feelings of incompetence, negativism, feeling of inferiority)
9. Self-Actualization (Alienation, boredom, routine living, limited activity, absence of meaning in life)

Next Time: Courageous Conversation About Change: (What Can't You Bear to Know?)

Read Ahead: John 16:12