



ACT & REACT

Part 1: "The Real Me"

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**IF I'M SERIOUS ABOUT KNOWING AND
CHANGING THE *REAL ME*, THEN I HAVE
TO ADMIT THAT...**

**1. ...I AM WHAT ALL MY ACTIONS SAY I
AM**

Truth: We wrongly think we can separate
what we do from who we are

"You wouldn't light a lamp and cover it with a clay pot. You're not going to hide it under your bed. No, when you light it, you're going to put it out in the open so your guests can feel welcome and see where they're going. Hidden things will always come out into the open. Secret things will come to light and be exposed."

Luke 8:16-17 (TVB)

“You can detect them by the way they act, just as you can identify a tree by its fruit. You need never confuse grapevines with thorn bushes or figs with thistles. Different kinds of fruit trees can quickly be identified by examining their fruit. A variety that produces delicious fruit never produces an inedible kind. And a tree producing an inedible kind can’t produce what is good. So the trees having the inedible fruit are chopped down and thrown on the fire. Yes, the way to identify a tree or a person is by the kind of fruit produced.”

Matthew 7:16-20 (TLB)

2. ...I DON'T HAVE THE WILL POWER TO JUST MAGICALLY CHANGE MY CHARACTER

Truth: If I can't will myself into being thin, wealthy or better looking, will power definitely won't make me righteous

“Listen, I can't explain my actions. Here's why: I am not able to do the things I want; and at the same time, I do the things I despise. If I am doing the things I have already decided not to do, I am agreeing with the law regarding what is good. But now I am no longer the one acting—I've lost control—sin has taken up residence in me and is wreaking havoc. I know that in me, that is, in my fallen human nature, there

is nothing good. I can will myself to do something good, but that does not help me carry it out. I can determine that I am going to do good, but I don't do it; instead, I end up living out the evil that I decided not to do. If I end up doing the exact thing I pledged not to do, I am no longer doing it because sin has

taken up residence in me. Here's an important principle I've discovered: regardless of my desire to do the right thing, it is clear that evil is never far away. For deep down I am in happy agreement with God's law; but the rest of me does not concur. I see a very different principle at work in my bodily members, and it is at war with my mind; I have become a prisoner in this war to the rule of sin in my body. I am absolutely miserable! Is there anyone who can free me from this body where sin and death reign so supremely? I am thankful to God for the freedom that comes through our Lord Jesus, the Anointed One! So on the one hand, I devotedly serve God's law with my mind; but on the other hand, with my flesh, I serve the principle of sin."

Romans 7:15-25 (TVB)

"Then he returned to his disciples and found them sleeping. 'Couldn't you men keep watch with me for one hour?' he asked Peter. 'Watch and pray. Then you won't fall into sin when you are tempted. The spirit is willing, but the body is weak.'"

Matthew 26:40-41 (NIRV)

3. ...THE ONLY WAY TO BE RIGHT ALL THE TIME IS TO DO RIGHT ALL THE TIME

Truth: Practice won't make something perfect, but it will make it permanent

"All Scripture is God-breathed [given by divine inspiration] and is profitable for instruction, for conviction [of sin], for correction [of error and restoration to obedience], for training in righteousness [learning to live in conformity to God's will, both publicly and privately—behaving honorably with personal integrity and moral courage]"

2 Timothy 3:16 (AMP)

"Don't waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too."

1 Timothy 4:7-8 (TLB)

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