



# The Notes

## WHAT'S YOUR PROBLEM?

“Mirror, Mirror On the Wall”

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*“Look closely at yourselves. Test yourselves to see if you are living in the faith. You know that Jesus Christ is in you—unless you fail the test.”*

**2 Corinthians 13:5 (NCV)**

## IF I WANT TO TARGET THE PROBLEMS THAT STEAL MY HEALTH AND GROWTH I NEED TO...

1. ...**BE HONEST ABOUT THE PROBLEMS I SEE AND THE PROBLEMS I HAVE**

*“Those who hear God’s teaching and do nothing are like people who look at themselves in a mirror. They see their faces and then go away and quickly forget what they looked like. But the truly happy people are those who carefully study God’s perfect law that makes people free, and they continue to study it. They do not forget what they heard, but they obey what God’s teaching says. Those who do this will be made happy.”*

**James 1:23-25 (NCV)**

## 2. ...**BE WILLING TO GIVE MY PROBLEMS A NAME**

*So they brought the boy. But when the evil spirit saw Jesus, it threw the child into a violent convulsion, and he fell to the ground, writhing and foaming at the mouth. 'How long has this been happening?' Jesus asked the boy's father. He replied, 'Since he was a little boy. The spirit often throws him into the fire or into water, trying to kill him. Have mercy on us and help us, if you can.' 'What do you mean, 'If I can'?' Jesus asked. 'Anything is possible if a person believes.' The father instantly cried out, 'I do believe, but help me overcome my unbelief!' When Jesus saw that the crowd of onlookers was growing, he rebuked the evil spirit. 'Listen, you spirit that makes this boy unable to hear and speak,' he said. 'I command you to come out of this child and never enter him again!'"*

**Mark 9:20-25 (NLT)**

## 3. **BE READY TO STOP MY PROBLEMS BEFORE THEY BECOME MY PROBLEMS**

*"Look into your own hearts **before** you eat the bread and drink the cup, because all who eat the bread and drink the cup without recognizing the*

*body eat and drink judgment against themselves. That is why many in your group are sick and weak, and some of you have died. But if we judged ourselves in the right way, God would not judge us. But when the Lord judges us, he disciplines us so that we will not be destroyed along with the world.”*

**1 Corinthians 11:28-32 (NCV)**