



# The Notes

## YEAH, THAT'S NOT GONNA HAPPEN

### Part 4: "I'm a Little Much"

May 24, 2026

Pastor Chris Jung

*"We belong to God's people and he is our King. The things that we eat and drink are not really important to him. This is important: We should do what is right. We should have peace in our minds. And we should be truly happy. God's Holy Spirit helps us to live like that. If anyone serves Christ in that way, they will make God happy. And other people will respect them. So then, we should try to live in a way that brings peace. We should try to help each other so that we become stronger as God's people."*

**Romans 14:17-19 (EASY)**

**I'LL NEVER FIND MY HAPPINESS, KEEP MY PEACE, DO  
GOOD & BE GOOD,  
IF I...**

1. ... DON'T START \_\_\_\_\_ THE \_\_\_\_\_ ON  
MY \_\_\_\_\_ LIFE.

*"People who live following their sinful selves think only about what they want. But those who live following the Spirit are thinking about what the Spirit wants them to do. If your thinking is controlled by your sinful self, there is spiritual death. But if your thinking is controlled by the Spirit, there is life and peace."*

**Romans 8:5-6 (ERV)**

*“Do not become like the people who belong to this world. But let God completely change the way that you think, so that you live differently. Then you will understand what God wants you to do. You will know what is good. You will know what pleases God. You will know what is completely right.”*

**Romans 12:2** (EASY)

*“Set your mind and keep focused habitually on the things above [the heavenly things], not on things that are on the earth [which have only temporal value].”*

**Colossians 3:2** (AMP)

*“And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.”*

**Philippians 4:8** (TLB)

**2. ...DON'T START GETTING \_\_\_\_\_ WITH MY \_\_\_\_\_.**

*“Don't let even one rotten word seep out of your mouths. Instead, offer only fresh words that build others up when they need it most. That way your good words will communicate grace to those who hear them.”*

**Ephesians 4:29** (TVB)

*“Watch your tongue and keep your mouth shut, and you will stay out of trouble.”*

**Proverbs 21:23** (NLT)

**3. ...DON'T START \_\_\_\_\_ AGAINST MY \_\_\_\_\_.**

*“A fool does not think before he unleashes his temper, but a wise man holds back and remains quiet.”*

**Proverbs 29:11** (TVB)

**"Speak when you are angry and you will make the best speech you will ever regret." — Ambrose Bierce**

*“When you find honey, remember to eat only what you need, because if you eat in excess, you may be sick and lose all of it.”*

**Proverbs 25:16** (TVB)

*“You may think you have abided by this Commandment, walked the straight and narrow, but I tell you this: any man who looks at a woman with lust has already committed adultery in his heart.”*

**Matthew 5:28** (TVB)

*“For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control].”*

**2 Timothy 1:7** (AMP)