



The Problem is Me

Proverbs 25:28

Message Notes by Dr. Mark Platt

People who get their lives together no longer have excuses for their behavior and their situation. They have begun to manage their emotions, behavior, and lives with the power of God.

Proverbs 25:28 uses two important Hebrew words:

ma'tsar = “**rule**” --

ruwach = “spirit” --

How does one deal with one's issues? How do you make change your life? Here are **six steps** to move your life to the next level of God's will for you.

I. Evaluate your life

1. Psalm 139:23-24
2. Proverbs 16:2; 21:2; 26:12

II. Listen to others

1. Psalm 119:98-100
2. Proverbs 1:5; 9:9; 12:1, 15; 15:14; 18:2; 26:12; 28:26

III. Confess your sin

1. 2 Samuel 12:7-12; Psalm 32:3-5; 51:4-7
2. Proverbs 28:13

IV. Covenant with God

1. Psalm 61:8; 116:18; 119:106
2. Proverbs 8:10; 16:16

V. Repent and turn

1. Psalm 34:14; 37:27; 119:37
2. Proverbs 4:15, 25; 16:6, 17

VI. Recruit and submit

1. Psalm 141:5
2. Proverbs 15:22; 17:10; 19:25; 20:18; 27:9

Your Response:

1. What habits, hang-ups, and hurts are you carrying? For how long? Why are you carrying them? What would it take for you to let them go? What excuses have you been making to delay moving to change?
2. What things in your life remain un-surrendered to God? What areas of your life need changing? Name the areas of habitual sin that you have not dealt with. Be honest, because God knows your heart and life.
3. When you come to the end of your life and stand before God, do you still want these sins as they are now? What would it take for you to finally give God these things?
4. What do you believe God wants you to look like in 5 years? In 10 years? Plan an action plan for change in you life with a timeline and dates.
5. Get some accountability partners with wisdom to help you in your journey.

Resources:

How to Help People Change by Jay E. Adams

Studies in Proverbs by: William Arnot

Inside Out: Real Change is Possible If You're Willing to Start From the Inside Out
by Larry Crabb

International Critical Commentary on the Book of Proverbs by Crawford Toy