

Sermon Notes

Exposure - Prov 23:7

March 21, 2021

I. Introduction

- a. spent all of 2021 on how to transform your life... forget what is behind, reach to what is ahead... move from complacency to contentment... found out how to get out of the world and into the Word... saw how to combat loneliness... put on every piece of armor and use it for power and strength... learned how to defeat mentality of failure and find success...
- Phil 3:12-18... “make every effort... forget past, look forward to what’s ahead...”
- Prov 1:32... “the complacency of fools will destroy them...”
- Phil 4:10-13... “learned to be content with whatever I have...”
- Hosea 14:4... “I will heal backsliding... I will love freely... my anger is gone...”
- Matt 4:4... “man does not live by bread... but every word that comes from God...”
- Job 16:5... “if it were me, I would encourage you... try to take away your grief...”
- 1Thess 5:11... “encourage each other... build each other up... as you are doing...”
- Eph 6:18... “belt, body armor, shoes, shield, helmet, sword... by praying in HS...”
- Luke 1:35... “HS will come upon you... power will overshadow you...”
- 1Cor 14:4... “one who speaks in tongues is strengthened personally...”
- Josh 1:7-9... “study book of instruction continually... succeed in all you do...”
- b. what’s next... how do we finish this... put on the classics... pray...

II. Exposure

- a. results of life aren’t random... what you put in heart determines course of your life... exposure leads to thoughts... thoughts to feelings... feelings to actions...
- Prov 4:23... “guard your heart... it determines the course of your life...”
- b. if transformation is going to come... stop blaming everyone and everything else for where you’re at in life... *can’t help how I feel*... that is a lie... God has given you emotions to control... not to control you...
- c. emotions are feelings on inside, caused by pain or pleasure, to move you in a certain direction... devil uses negative emotions to move you away from God... cannot know path without Word... it should guide life, not emotions...
- Matt 7:13-14... “path that leads to destruction... path that leads to life...”
- 2Tim 3:16... “all scripture... useful to teach us what is true... makes us realize what is wrong... corrects us... teaches us to do right...”
- d. think about where you’re at right now... began with something you were exposed to... led to thoughts, feelings, actions... message is critical... because we have to be emotionally stable if we expect to receive anything from God...
- Rom 8:6-11... “carnal mind is death... spiritual mind is life and peace...”
- Col 2:21... “don’t handle, taste, touch... human teachings that seem wise... but provide no help in conquering a person’s evil desires...”
- Jam 1:2-8... “doubter should not expect to receive anything from God...”

- e. to change our actions, must change how you feel... to change feelings, must change how you think... to change thoughts... must change what you’re exposed to...
- Gen 12:1-3... “get out of country... away from relatives and family... I’ll bless...”
- Prov 23:7... “as he thinks in his heart... so is he...”
- 1Cor 15:33... “don’t be deceived... bad company corrupts good morals...”

What you expose yourself to will determine your thoughts... thoughts determine feelings... feelings determine decisions... decisions determine actions... actions determine habits... habits determine character... and your character will determine your destination in life. Pastor Creflo Dollar

- f. what do you think about most... that is who you will be... comes from exposure... bitterness, anger, worry, envy... or love, joy, peace, goodness...
- Acts 8:23... “poisoned by bitterness... held captive by sin...”
- Rom 3:14... “full of bitterness... destruction and misery follow...”
- Gal 5:19-21... “follow sinful desires... immorality, lust, jealousy, anger, division...”
- Gal 5:22-25... “follow HS... love, joy, peace, patience, kindness, goodness...”
- g. thinking about failure leads to feelings about failure which leads to action of failure... thinking about success leads to feelings about success which leads to action of success... the world breeds failure... the Word breeds success...
- Jer 17:5-8... “cursed is the man who trusts in man and makes flesh his strength... whose heart departs from the Lord... they are like stunted shrubs with no hope for the future... but blessed are those who trust in the Lord and hope in Him...”
- h. how can you tell what’s in your heart... just check your mouth...
- Luke 6:45... “a good person produces good out of the good stored up in his heart... an evil person produces evil out of the evil stored in his heart... for his mouth speaks from the overflow of the heart...”
- i. we speak what we believe... we believe what we hear... important to expose ourselves to Word... results come when we believe and speak... if we really believe this Gospel... if we’re not ashamed... we will tell others...
- Gen 1... “God said, then God saw... God said, then God saw...”
- Psa 103... “my soul, praise the Lord... He forgives, heals, protects...”
- Prov 18:21... “words kill, words give life... poison or fruit... you choose...”
- Acts 4... “don’t talk about Jesus... filled with HS... began to speak Word boldly...”
- Rom 10:9-10... “confess with mouth... believe in heart... you will be saved...”
- 2Cor 4:8-18... “I believed, therefore I spoke... we also believe and speak...”
- j. sins completely, totally, eternally forgiven in Christ... but decisions always have consequences... good or bad... sin is always destructive... what you expose yourself to will eventually determine results of your life...
- Job 4:8... “those who plant trouble and evil... will harvest the same...”
- Prov 11:24... “give freely, become wealthy... be stingy, lose everything...”
- Gal 6:7... “don’t be misled... you will always harvest what you plant...”
- k. exposure leads to thoughts... thoughts lead to feelings... feelings lead to actions... regardless of where your life is at right now... God wants you to have life more abundantly... if you truly desire transformation... begins when you expose yourself to Living Word... don’t wait another minute... life is waiting... pray...
- Prov 4... “pay attention to My words... life and health to those who find them...”
- John 10:10... “devil comes to steal, kill, destroy... Jesus brings life abundantly...”
- Rom 12:2... “do not conform to world... transform by changing way you think...”
- 2Cor 3:18... “gazing at Lord’s glory... transformed into same image... by HS...”

Do what is easy and life will be hard. Do what is hard and life will be easy. Les Brown

Everything

Col 3:4... *Christ, who is our life...*

Sermon Study

Exposure - *Prov 23:7* - March 21, 2021

Paul's marvelously rich expression indicates that Christ is the source of our life. *You have he quickened who were dead in trespasses and sins.*

That same voice which brought Lazarus out of the tomb raised us to newness of life. He is now the substance of our spiritual life. It is by His life that we live. He is in us, the hope of glory, the spring of our actions, the central thought which moves every other thought. **Christ is the sustenance of our life.**

What can the Christian feed upon but Jesus' flesh and blood? *This is the bread which cometh down from heaven, that a man may eat thereof, and not die.* O wayworn pilgrims in this wilderness of sin, you never get a morsel to satisfy the hunger of your spirits, except ye find it in Him!
Christ is the solace of our life.

All our true joys come from Him; and in times of trouble, His presence is our consolation. There is nothing worth living for but Him; and His lovingkindness is better than life!
Christ is the object of our life.

As speeds the ship towards the port, so hastes the believer towards the haven of his Saviour's bosom. As flies the arrow to its goal, so flies the Christian towards the perfecting of his fellowship with Christ Jesus. As the soldier fights for his captain, and is crowned in his captain's victory, so the believer contends for Christ, and gets his triumph out of the triumphs of his Master. *For him to live is Christ.* **Christ is the exemplar of our life.**

Where there is the same life within, there will, there must be, to a great extent, the same developments without; and if we live in near fellowship with the Lord Jesus we shall grow like Him. We shall set Him before us as our Divine copy, and we shall seek to tread in His footsteps, until He shall become the crown of our life in glory. Oh how safe, how honoured, how happy is the Christian, since **Christ is our life!**

Charles Spurgeon
Morning and Evening Devotional – August 10th

1. How have you been **transformed** by this series? What individual sermon or scriptures meant the most to you?
2. Read **Prov 4:23**. **What** determines the course of your life? Do you believe that? How is that true in your life?
3. Read **Matt 7:13-14** and **2Tim 3:16**. **Describe the path** you're on. **How** did you get there? Read **Rom 8:6-11** and **Col 2:21**.
4. Read **Prov 23:7**. Why is **what you think** important? How do you **change** what you're exposed to? Read **Gen 12:1-3** and **1Cor 15:33**.
5. Read **Gal 5:19-23**. Explain what exposure, thoughts, and feelings have to do with producing those actions.
6. **Contrast the results** of the world to the results of the Word. Read **Jer 17:5-8**. Can you know what's in your heart? Read **Luke 6:45**.
7. Besides just believing, what else is **important in transformation**? Read **Gen 1... Psalms 103... Prov 18:21... Acts 4... Rom 10:9-10... 2Cor 4:8-18**. How good are you at **speaking** what you believe?
8. Why does AL **speak out against sin**? Read **Job 4:8... Prov 11:24... Gal 6:7**. How does **transformation** happen? Read **Prov 4:20-23... John 10:10... Rom 12:2... 2Cor 3:18**. Don't wait, start today!!