



- Overworking • Overeating • Guilt
- Overspending • Grief • Shame
- Anger/Rage • Lying • Guilt • Abuse
- Fear/Anxiety • Divorced • Gambling
- Sexual Addictions • Codependency
- Perfectionism • Hurtful relationships
- Procrastination • Alcohol • Drugs
- The need to control

Often when dealing with our *repeating* behaviors that *ruin* our lives we mistakenly focus on fixing the _____ instead of cause.

Exodus 8:1-15

Observations:

1. Pharaoh's symptom: He tried to control other _____.
2. Pharaoh's symptom: He tried to control his _____.
3. Pharaoh's symptom: He tried to control his _____.
4. Pharaoh's symptom: He tried to control his _____.

Summary: Pharaoh's real problem was a _____ one.

Cure: Understand the three S's

- A. Understand the difference between our _____ nature and sins.
- B. _____ control to God - both an event and a process.
- C. Don't sell yourself short and _____ for a counterfeit.

Challenge: Take a step away from settling and a step towards surrender!

Exodus 8:1-15 (NIV)

1 Then the LORD said to Moses, "Go to Pharaoh and say to him, 'This is what the LORD says: **Let my people go, so that they may worship me.** 2 If you refuse to let them go, I will plague your whole country with frogs. 3 The Nile will teem with frogs. They will come up into your palace and your bedroom and onto your bed, into the houses of your officials and on your people, and into your ovens and kneading troughs. 4 The frogs will go up on you and your people and all your officials.' "

5 Then the LORD said to Moses, "Tell Aaron, 'Stretch out your hand with your staff over the streams and canals and ponds, and make frogs come up on the land of Egypt.' "

6 So Aaron stretched out his hand over the waters of Egypt, and the frogs came up and covered the land. 7 **But the magicians did the same things by their secret arts; they also made frogs come up on the land of Egypt.**

8 Pharaoh summoned Moses and Aaron and said, "Pray to the LORD to take the frogs away from me and my people, and I will let your people go to offer sacrifices to the LORD."

9 Moses said to Pharaoh, "I leave to you the honor of setting the time for me to pray for you and your officials and your people that you and your houses may be rid of the frogs, except for those that remain in the Nile."

10 **"Tomorrow," Pharaoh said.** Moses replied, "It will be as you say, so that you may know there is no one like the LORD our God. 11 The frogs will leave you and your houses, your officials and your people; they will remain only in the Nile."

12 After Moses and Aaron left Pharaoh, Moses cried out to the LORD about the frogs he had brought on Pharaoh. 13 And the LORD did what Moses asked. The frogs died in the houses, in the courtyards and in the fields. 14 They were piled into heaps, and the land reeked of them. 15 **But when Pharaoh saw that there was relief, he hardened his heart** and would not listen to Moses and Aaron, just as the LORD had said.

Romans 7:15-25 The Message

What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary.

But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realize that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time.

It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands, but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge.

I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question?

The answer, thank God, is that Jesus Christ can and does.