

SERMON: A SERIOUS CONVERSATION WITH YOURSELF

Psalm 42:5

Luke 15:17-19

Psalm 42:5

Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise Him for the help of His countenance.

Luke 15:17-19

(17) And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! (18) I will arise and go to my father, and I will say unto him, father I have sinned against heaven, and before thee, (19) And am no more worthy to be called thy son: make me as one of thy hired servants.

Introduction

God has given humans the ability to communicate as no other species. We communicate many things in many different ways. We communicate emotions, intent, instructions, just to name a few. Much of our communication is with simple verbal conversations. (Some social scientists say that with the advancement of technology, face-to-face conversation is becoming a lost art.) Sometimes it is necessary to have serious conversations with others. Sometimes it is between supervisors and employees; sometimes it is between siblings; sometimes it is between spouses. Of course, all of us have experienced many serious conversations between parents and children; in this regard, those of us who are parents, have been on both sides of the fence. These conversations usually begin with the phrase, "we need to talk." They are awkward and sometimes get "heated." There are many books and seminars on how to handle difficult conversations. In popular vernacular and to the offense of some, many of these conversations are called "come to Jesus moments." These corrective conversations are seen as almost as critical as explaining the path of salvation. In my childhood, if a parent called you by your full name, including the middle name, you knew it was serious.

Conversely, sometimes it is necessary-even critical- to have a serious conversation with ourselves. I'm sure you have already connected the dots between these two scriptures. These two passages are Biblical examples of individuals who had a serious talk with themselves. Let me make it clear: there is a difference between listening to the flesh and talking to yourself. Let me say that one more time: there is a difference between listening to the flesh and talking to yourself. These private conversations with ourselves can be in the form of a piercing rhetorical question or a forceful admonition. Here are a

few examples of when we need to have a serious talk with ourselves. I am sure you can think of many, many more.

EXPOSITION

1. When We Are Discouraged-About To Have A Pity Party.

(Why Art Thou Cast Down, O My Soul?)

2. When We Are Upset-Mad As A Hornet.

(Why Art Thou Disquieted Within Me?)

3. When We Don't Want To Participate In His Suffering.

(2nd Corinthians 1:7; Philippians 3:10.)

4 When We Are In The Hog Pen.

(When We Feel The Brunt Of Our Own Bad Decisions.)

(It's Ok To Admit Your Mistakes-Just Don't Make Too Many.)

5. When You Don't Feel Like Praising God.

(When You Feel Like Some Blessings Have Passed You By.)

(Bless The Lord, O My Soul-Psalm 103:1-2.)

Closing Thoughts

It's ok to talk to yourself, as long as you are echoing Biblical wisdom. It is not a sign of mental illness. It is a sign of spiritual maturity. When you talk to yourself remember, you are talking to a very intelligent person, who is saved, sanctified and filled with the Holy Spirit. Give God Glory! Give God All The Glory!

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