

## What Does God's Voice Sound Like? Part 5

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### I. Introduction

Is there a way to stop the negative voices in your head? What makes us talk so negatively to ourselves? You have to ask yourself what you believe and why. Is what you believe at that moment true or false and how does that affect your view of yourself, your life and God?

### II. How Do You Stop the Negative Voices: How Jesus Responded to Satan's Lies

#### **How did Jesus respond to Satan's lies?**

How did Jesus respond to a guaranteed shortcut to fame and fortune? With God's truth about Himself, His life and God (Matthew 3:13-4:11). Satan will attack you (your identity to get you to be someone you're not): Satan says to Jesus, "**If** You're the Son of God..." He's trying to get Jesus to be the Master-Planner instead of following His Father's plan. Satan will attack your God (who God is): Satan tries to get Jesus to force God to prove who He is, His Protector. Satan will also attack your life (your destiny). Jesus' future, His destiny is to be the Ruler of the world, but not by worshipping Satan.

So you have to: First, know who you are: Jesus knew He was God the Son not God the Father (the Master-Planner) because He heard it directly from His Father (Matthew 3:17) in fact, He heard from His Father for 40 days straight (Matthew 4:2). Do you believe what God says about you or Satan? Second, you have to know who God is: He is neither your angry Jude/Executioner, nor a God who abandons you, not your servant to command however you wish. He's your Loving Father who will thoroughly prepare you for the battles to come (Matthew 3:16-4:2). Third, you have to know your destiny, the life God gave you not the one your circumstances keep telling you is yours. You were born to live a specific life with meaning and purpose (Psalm 139:16). Jesus knew His future, the life His Father had given Him (Psalm 2) so Satan couldn't deceive Him (Matthew 4:8-11).

How did Jesus respond to anxiety and depression? It's not a sin to feel anxiety or depression or any other negative emotion; the sin is in how we respond to it. In the Garden of Eden Adam faced a moment of truth, but he let Satan defeat him (Genesis 3). There was another garden, the Garden of Gethsemane. Will Jesus (the last Adam, 1 Corinthians 15:45) overcome His moment of truth?

If you've ever struggled with anxiety or depression, you know the negative and distressful dialog that runs through your mind. How do you conquer those voices that seem so invincible? Jesus faced both anxiety and depression and He defeated both by listening to His Father's voice about the terror He was about to face. And Jesus could've escaped; all He had to do is ask His Father for help and over 72,000 angels would've come to his rescue (Matthew 26:53). But He refused to do so. Instead, He faced the anxiety and depression head on (as we can, Hebrews 4:16) by seeking the voice of His Father and the truth that would set Him free from the bleakness and distress that seemed so overpowering (Matthew 26:36-56).

**How to kill Satan's lies with God's truth:** Behind every sin is a lie about you, your life, and God. In order to uncover the lie, you have to find out the reason why you sinned: why are you anxious, fearful, or angry, why did you cheat on your wife, etc. This is sometimes difficult because the real reason for your sin may be buried underneath several layers, so it helps to have someone look at the issue with you. You want to be able to put it in a sentence that gives the reason why, e.g., "I started ignoring my wife because I've got to make my business succeed." Ignoring your wife is a sin, but we really don't have the real reason why this man ignores his wife. But we're closer; we need to find out why business success is more important to him than loving his wife. As we keep digging, we discover that this man has been chasing business success for years but nothing's worked. He's now desperate to succeed. So we try again, "Success is crucial to me because if I don't succeed in business, then it means I'm a failure." There's the lie; it's a lie about himself: if he fails in business, he's a failure. This is his oxygen, his salvation. Without it, he's done; it's more important to him than his wife. To help bring God's truth to your issue, feeling, need, etc., ask these four questions (they're from Caesar Kalinowski's book *Bigger Gospel: Learning to Speak, Live, and Enjoy The Good News in Every Area of Life*):

**Who is God?** List His attributes especially any that relate to your issue/sin: He's a loving Father who never sees us as losers but marvelous creatures made in His image designed for a specific purpose.

**What's God done to prove who He is?**

The Bible: how does the past prove who He is? Many biblical heroes in Scripture thought they were losers, but God, their loving Father showed them who they really were.

Your life: how does your past prove who He is? What has Jesus done for you since He found you? List everything that He's done for you that relate to your issue/sin.

How does Jesus' life, death, and resurrection prove who He is? Jesus willingly took on your sin and gave His life for yours in order to give you a new identity (2 Corinthians 5:17).

**In light of who God is, who are you now?** In light of all the above, what's your identity now? List everything you can think of, especially things that relate to your issue/sin: In Christ, you are now a brand new person with all the guidance you will ever need to succeed in life (Philippians 4:19), as He shows you where real success lies (Matthew 6:19-20).

**In light of who God and you are, how should you respond?** Since you don't need to prove anything to anyone about who you are (Romans 8:33) because of your position in Christ, you no longer have to stress over every business decision/venture that goes wrong. The Lord who made you will show you what your purpose in life is including which career path to follow and you will succeed because Jesus will give you the power to do so (Philippians 4:13).

### III. Conclusion

*Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. And he said to Him, "All these things I will give You if You will fall down and worship me." Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the LORD your God, and Him only you shall serve.' " Then the devil left Him, and behold, angels came and ministered to Him.*