

# Who Am I?

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## Understanding Why I Did That

(Pr 23:7)

### INTRODUCTION

1. Good Afternoon,
  - a. Greeting...
2. Our series continues on "Who Am I?"
  - a. We have looked at...
    - i. I Am Of Great Value
    - ii. I Am A New Life
  - b. We will look today at...
    - i. Understanding Why I Did That
3. This basic question is often asked and seldom answered.
  - a. You ask a child, "why did you do that?"
  - b. You will most likely get this answer "I don't know."
4. Have you ever asked any of these questions to yourself...
  - a. Why did Adam and Eve disobey?
  - b. Why did Nadab and Abihu offer unauthorized fire?
  - c. Why did Peter deny Christ three times?
    - i. We know it wasn't because they did not know better.
4. Considering the stakes of life after death, heaven or hell, we better make sure we...understand why we do what we do.

### I. There Are Three General Answers Usually Given

- A. The atheist
  1. "I decide to satisfy my biological and social needs and urges."
  2. "What do you expect? I'm just human."
- B. The agnostic
  1. "I don't know why I did it?"
  2. "They made me do it."
- C. The Christian
  1. "As a person thinks and feels so he behaves. Since I allowed myself to do it, I am responsible. I can control my behavior. I will accept the consequences of my negative actions and enjoy the benefits of my positive actions."

### II. The Four G's Of Behavior

- A. Genes
  1. This is our genetic structure or our road map that we inherited from our parents and past ancestors.
    - i. This is our natural temperament and talents.
  2. We have no choice as which temperament or talents we inherit.
    - i. Some people are naturally optimist while other pessimistic.
    - ii. Some people are natural artist others are not.

# Who Am I?

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3. Thus it is God who gives us our genes and thus our temperament and talents.
    - i. It is God who gives life and it is God that life returns back too.
      - a. **Gn 2:7** "then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature."<sup>1</sup>
      - b. **Ec 12:7** "and the dust returns to the earth as it was, and the spirit returns to God who gave it."
  4. While we don't have to follow the behavior predispose to us by our genetic structure we are inclined to follow it unless we, someone, or something redirects our behavior.
    - i. "It is a beautiful thing when we can give our temperament and talents over to God and live in harmony with the style or temperament that we receive via our genes.
- B. Groups
1. This is group into which we are born.
    - i. Our parents.
  2. This is the group in which we grow up with as well.
    - i. Our family, peers, friends, teachers...
  3. We learn growing up what is acceptable and unacceptable behavior from these groups growing up.
    - i. When we are small we will usually act like our parents.
    - ii. When we are preteen and teens we will usually act like our friends.
  4. The groups we choose to associate with are very important.
    - i. **I Co 15:33** "Do not be deceived: "Bad company ruins good morals.""
- C. Guidelines
1. We gather or develop our guidelines, priorities, ethics and values from the groups mentioned above.
    - i. We do not inherit our guidelines.
  2. When young we tend to be politically and religiously similar to our parents because we value their opinions.
    - i. When we get older we learn of others opinions and we may or may not reject our parents values.
  3. As we gather the information we process and evaluate it until we choose the ones as our own.
    - i. The information we process and evaluate and eventually choose will form the basis for our "goals."
- D. Goals
1. These are those achievements we set for ourselves and believe in.
    - i. These will heavily influence our behavior.
  2. Example: A parent who thinks of only having fun verse one who thinks of putting their kids well being first.
    - i. We have all seen the effect these two different goals have.
  3. Remember that our goals are based on our guidelines and values that feel are most important.

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<sup>1</sup> All Scripture are taken from the ESV unless otherwise noted.

## Who Am I?

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4. Everyone has goals, even the one that says that have not goals has set a goal to have no goals thus it can't happen.
- E. Understanding these for G's will help us in understanding why we do what we do

### III. The Functions Of The Mind

- A. The mind is the core of our thoughts, feelings and actions.
  1. These are effect by the minds "needs."
    - i. We all have needs which are...
      - a. Health, security, relationships, expectations, and appreciation.
      - ii. If these needs are not met it will impact our thoughts, feelings, and behavior.
    2. Our internal factors such as goals, feelings, thoughts, genes, guidelines, and needs interact with each other and interact with our external factors to produce our behavior.
  - B. Examining closer three of the internal facts and the course they can take.
    1. Thinking, feeling, behaving.
      - i. A good example of this is found with the lost son.
        - a. Notice first he thought, then felt, and last acted.
          1. **Lk 15:17-20** "But when he **came to himself**, he said, 'How many of my father's hired servants have more than enough bread, but I perish here with hunger! 18 I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you. 19 **I am no longer worthy to be called your son.** Treat me as one of your hired servants.'" ' 20 **And he arose and came to his father.** But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him." (emphasis mine)
        2. Feeling, thinking, behaving.
          - i. A good example of this is present by James.
            - a. Notice the feeling, the thinking, then the behavior.
              1. **Ja 1:13-15** "Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. 14 But each person is tempted when he is lured and enticed by his **own desire**. 15 Then desire when it has **conceived** gives **birth** to sin, and sin when it is fully grown brings forth death."
          3. Behaving, feeling, thinking
            - i. A good example of this is seen in Paul's life.
              - a. Notice he goes from persecuting to fear to accepting instruction.
                1. **Ac 9:1-6** "But Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest 2 and asked him for letters to the synagogues at Damascus, so that if he found any belonging to the

## Who Am I?

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Way, men or women, he might bring them bound to Jerusalem. 3 Now as he went on his way, he approached Damascus, and suddenly a light from heaven shone around him. 4 And falling to the ground he heard a voice saying to him, "Saul, Saul, why are you persecuting me?" 5 And he said, "Who are you, Lord?" And he said, "I am Jesus, whom you are persecuting. 6 But rise and enter the city, and you will be told what you are to do.'"

- C. Biblically we are to always...
  - 1. Think, feel, react or behave.
    - i. This course allows us the opportunity to control our behavior with the clearest mind.
  - 2. By consciously considering our responses to any given situation we can change our responses to temptations and accurately react to them.
    - a. Jesus gave us the perfect example of this in action in **Mt 4:1-11**.
      - i. When Jesus was tempted by Satan.

### CONCLUSION

- 1. Understanding why we do what we do from the four G's to the functions of the mind should help us keep control over our actions so that we will have "righteous" actions rather than "unrighteous."
  - a. That way when someone asks us, "why did you do that" we can say, "because that is what Christ would have done."
    - i. **Ph 2:1-11 READ**
- 2. Invitation
  - a. For those that are Christians but are not living for Christ repent by confessing your sins to God that He may forgive you and dedicate your life/time back to Him.
    - i. **I Jn 1:7, 9** "But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin...9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
  - b. For those that are not Christians or for those that think they are Christians and want to know for sure notice what is required to become a child of God or Christian according to God and God only.
    - i. Hear/Study **Rom 10:17; II Tim 2:15**
    - ii. Believe Jesus Is The Christ **Jn 3:16; 8:24**
    - iii. Repent/Turn To God **Ac 17:30; Lk 24:47**
    - iv. Confess Jesus As Lord **Mt 10:32; Rom 10:9**
    - v. Immersed For The Forgiveness of Sins **Ac 2:38; 22:16; I Pt 3:21**
    - vi. Live A Faithful Life **I Jn 1:7; Eph 5:8**