



LIFE NEWS



My Problem

parksidevisalia.org

by Ron Story
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Several leaders from Parkside were blessed to attend a Biblical Counseling Conference recently. The emphasis was on understanding our problems and life issues, not from a psychological standpoint but from the basis of Biblical truth. As humans, we are only able to make deductions based on observable behavior and feelings. While that is helpful, the Bible tells us that the real issues are rooted in the heart.

“Keep your **heart** with all vigilance, for from it flow the springs of life.” (Proverbs 4:23)

Jesus said: “What comes out of a person is what defiles him. For from within, out of the **heart** of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.” (Mark 7:20-23)

Hence, the real issue is not the observable behavior or the expressed feeling but what is going on in the heart of the person!

For instance:

- **Observable behavior** – Angry outburst
- **Expressed feelings** – I was disrespected and not treated properly
- **Heart issue** – My focus is on me
- **Biblical focus** – What pleases God!

“So whatever you eat or drink or whatever you do” (say, think, respond, etc.), “do all to the glory of God.” (1 Corinthians 10:31)

Instance #2:

- **Observable behavior**—Not wanting to do anything or see anyone
- **Expressed feeling** – No one cares, I don’t care, I have no value

Typical Analysis – Depressed, low self-esteem, need to build their self-esteem (Again, some truth in this analysis but...)

- **Heart issue** – Focus is on self, all about me
- **Biblical focus** – Not about valuing self but valuing Jesus
- **Not needing self-esteem, needing God-esteem!**

Jesus says: “If anyone would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life” (put the highest value on his own life) “will lose it, but whoever loses his life for My sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul?” (Matthew 16:24-26)

I understand that this brief article could easily be seen as an oversimplification of the many complexities of life, and if you desire, you are welcome to review my 10 hours of notes

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from the conference I attended, but since the notes are in my own personal unique handwriting style, you know that would be an exercise in futility! If you are like me, there are times when, rather than reading the 30 pages of mumbo jumbo, please just give me the bottom line!

So, here's the bottom line:

- ***It's not about me ... it's about God!***
- ***It's not about pleasing me ... it's about glorifying God!***
- ***It's not about self-esteem ... it's about God-esteem!***
- ***It's not about being happy ... it's about being holy!***

Ultimately, the issue for me is not usually the circumstances around me or the way other people are treating me; the root issue is an "I" problem. It is how I am thinking and upon whom I am focusing... me or God!

Somehow, I don't believe that I am the only one with an "I" problem. We all might need to look in the mirror of God's Word to see what needs to change in our focus and thinking about our lives. Time to consult the "I" doctor ... Dr. Jesus!

All in favor ... say "I"!



Pastor Ron

P.S. I am not suggesting that behavior and feelings aren't real and important. I am sharing that the root issue is within us, and true change has to begin with our hearts. For this, we have Jesus!



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