

Stop Self-Sabotage

Self-examination is vital to your growth in the Lord. It can be unpleasant at times because it means you have to change something. Most of what we act upon starts in our thoughts and progresses from there. Our thoughts offer sense safety because we can find comfort in them because we know them. However, they bring a false sense of security because we know how to respond to the familiar. When opportunities or circumstances arise that challenge us, resorting to what we know - is what we do. This is when self-sabotaging can begin to operate.

Self-sabotage is one of the most damaging and self-defeating behaviors there is and it is wrapped tightly in self-betrayal. It has a way of getting inside your mind since it is rooted deep within you. It feeds off the underlying self-hatred and ranges between a feelings of self-disappointment to self-condemnation. It is the ultimate form of criticism and it fills you with self-doubt. It prevents you from success or happiness.

And from Psychology Today: What is Self-Sabotage?

“Behavior is said to be self-sabotaging when it creates problems and interferes with long-standing goals. The most common self-sabotaging behaviors are procrastination, self-medication with drugs or alcohol, comfort eating in the face of weight concerns, binge watching programs or even self-injury. These acts may seem helpful in the moment, but ultimately undermine you.”

God wants 2019 to be a year you recognize and overcome self-sabotage habits. Self sabotage is the worst part of yourself. In other words, “You can be your own worst enemy”.... It creates problems in your life and interferes with God’s purposes for you. It operates with one goal in mind, to work against the good things of God in your life.

Self-sabotage loves to procrastinate rather than taking the required action. It can mask itself through indecisive behaviors, avoiding opportunities or situations that make you feel uncomfortable. It is rooted in a learned or subconscious fear of something (fear of failure, fear of things never changing, etc). It damages relationships or other positive opportunities by injecting the negative into positive situations.

Here is just a short list—which obviously could include much more... but you’ll get the idea. Some bullets are excerpts taken from- Anne Katherine’s book, page 117 *“When Misery is Company.”*

- You feel like you don’t get any breaks (Anne Katherine)
- You often feel incompetent and unworthy (Anne Katherine)
- You are self-disapproving and don’t like yourself much.
- Have never been able to fully embrace yourself (flaws and all).
- You often isolate yourself from others because they don’t understand
- You don’t want ask for help or *bother* anyone.
- You find it difficult to accept help when offered (Anne Katherine).

- You push away or reject the people who care the most for you (Anne Katherine).
- You too often act on assumptions rather than facts.
- You sacrifice your own desires and well-being for those of others (Anne Katherine).
- You rarely feel like you fit in or belong (Anne Katherine).
- You desire closer relationships with people but avoid the intimacy that ‘closeness’ requires (Anne Katherine).
- You have difficulty changing behaviors even in the face of repeated negative consequences.
- You create new stressors to avoid an original stressor.
- You talk yourself into doing something without asking God and make the situation worse.
- You "act out" internal conflicts by first moving toward a goal--then retreating from it.

Do you see yourself in any of those? My friend, if you have even one of those, it is the spirit of self-sabotage and it is definitely not a spirit of God.

With the New Year upon you, the Lord wants your responses to change. There are so many choices that present themselves to you every day, and it is time to not allow self-sabotage to operate anymore. It is time to stop the distractions that derail you from what is most important by allowing the deception of Self-Sabotage manifest in your life.

Examine yourself, ask God to show you any tendencies you have to self-sabotage. Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting life” (Psalm 139:23-24).

I hope today’s devotional spurs you towards seeking Him so you can recognize and overcome that spirit of self-sabotage in 2019!

CS Lewis said, “You can’t go back and change the beginning but you can start where you are and change the ending.”

Rev. Dr. Gina Cobb
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For more insight feel free to click the link which includes the Audio & written transcript of an interview with Bible counselor David Powlison. David is the executive director of CCEF, the senior editor of the Journal of Biblical Counseling. He published a book a few years back, titled: “Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness” by New Growth Press. John Piper connected with Dr. Powlison to bring hope to self-haters. This episode extended beyond their average nine-minute episode. If you don’t want to listen, there is also a written transcript included with the link.

<https://www.desiringgod.org/interviews/gospel-hope-for-self-haters>