

# Why Do We Do What We Do? - Handout

## *(Examining the Idols of the Heart)*

People are by nature **worshippers**. People are by nature worshipping all around us. The question is **what** or **whom** are we worshipping?

Definition: An Idol is **anything** or **anyone** that begins to **capture** our **hearts** and **minds** and **affections** more than God.

I. Why is this a **big** Deal?

- A. Any idol will become a **snare** in your life.
- B. Any idol will ultimately **hinder** your walk with the Lord.
- C. Any idol will block the **grace** of God in your life.
  - 1. To receive God's grace your hands need to be **empty**.
  - 2. God is in fact committed to **frustrate** you to the point that you will be forced to **drop** these idols and turn to Him with open hands and an open heart.

II. So **where** do idols come from? How do we get into trouble into this area?  
Why does it happen?

- A. Pressure causes **temptation** to flee to idolatry as a **refuge**.
- B. John Calvin said, "the heart is a **factory** of idols. Our heart cranks out idols as fast as the flesh can set its sights on some new pleasure.

III. How do you spot an "idol" in your own life?

- A. Follow the trail of your **time**, **money**, and **affections**.
  - 1. When there is an "idol" you will:
    - a. **Sacrifice** for it.
    - b. Spend **time** on it.
    - c. Spend **money** on it.
    - d. **Talk** about it
    - e. **Serve** it.
    - f. **Protect** it/ defend it.
    - g. **Think** about it.
    - h. **Worry** about it.
    - i. Build your **schedule** around it.

j. **Perfect** it.

h. Idolatry is not so much wanting the **wrong** thing.... But wanting even good things **too** much. You've lost a sense of biblical priority

B. Ask **heart** questions

1. Am I willing to sin to **get** it?
2. Am I willing to sin if I think that I am going to **loose** it.
3. Do I run to it for "**refuge**" instead of turning to God?

C. Look for **Chaos!**

1. James makes a huge **connection** between our **desires** or what we want and what makes us **angry**. (James 4:1-3)
2. All of us are filled with **competing** desires- James calls it the "desires that battle within you." And they battle for **control**.

D. If my heart is ruled by a certain desire, there are only TWO WAYS I can respond to you.

1. If you are **helping** me get me what I want, I will be happy with you.
2. But if you **stand** in my way, I will be angry, frustrated, and discouraged when I am with you. There will be times when I wish you weren't in my life.
3. You stand in the way of what I **crave** so I lash out at you.

IV. How do you **repent** of idols in your life?

1. Change your **thinking**.
2. Change your **actions**.
3. Identifying your idols is a great **start**..... but that's not the end.
4. Make **specific** plans to change.

V. Caution – Apart from the cross **examination** will turn into excessive **condemnation**. DON'T LET THAT HAPPEN!

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III. How do you spot an "idol" in your own life?

- A. Follow the trail of your \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
  - 1. When there is an "idol" you will:
    - a. \_\_\_\_\_ for it.
    - b. Spend \_\_\_\_\_ on it.
    - c. Spend \_\_\_\_\_ on it.
    - d. \_\_\_\_\_ about it
    - e. \_\_\_\_\_ it.
    - f. \_\_\_\_\_ it/ defend it.
    - g. \_\_\_\_\_ about it.
    - h. \_\_\_\_\_ about it.
    - i. Build your \_\_\_\_\_ around it.
    - j. \_\_\_\_\_ it.

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