

**ARE YOU MASTER OR SLAVE?
VICTOR OR VICTIM?
(The Head or the Tail?)**

How many of you would say you are the Head? The Victor? Yes God has told us we are through what Jesus has done for us; but are you **living** as a victor?

Ponder on this next statement: When we quit looking for the answers outside ourselves, we will begin to gain control of what causes our challenges, problems and negative effects and turn from being victims to becoming victors.

It seems that too many times we look to blame someone or something for our circumstances. "If I don't do this or that, they will be upset with me." When we think someone isn't doing what we think they should do, we get angry at them. When we are in a bad mood for whatever reason, we take it out on others and give the excuse that "I'm not feeling good", as if that's a good reason to lash out at someone. It's much easier to blame our problems on something or someone else rather than taking ownership and looking within ourselves.

Jesus is to be our example. How did he react when people ridiculed him and spit on him and beat him and then nailed him to the cross? He asked his Father to "forgive them for they know not what they do."

What would our reaction be if someone spit in our face or accused us of doing something we didn't do? Most of us would get angry and defend ourselves.

What does it matter if someone accuses us falsely, or doesn't follow through with what they said they were going to do? Is that a reason for us to get mad and take revenge?

God sees and He is the one to take revenge. **Romans 12:19** tells us "Do not take revenge but leave room for God's wrath, for it is written, It is mine to avenge, I will repay. says The Lord."

Are we going to lower ourselves to their level and become just like them? That's our flesh wanting to get mad or get even, or an "I'll show them" kind of attitude. Paul said we need to crucify the flesh.

Deuteronomy 28:8 tells us:"The Lord will make you the head and not the tail, above and not beneath **if you listen and do His commands.**"

What are his commands?

There are many commands in the Bible: Jesus told us to go and make disciples; He also told us to speak to the mountain and it will obey you if you do not doubt, but believe in your heart; He also told us to lay hands on the sick and they will recover.

But today, the one I want to focus on is the one Jerry talked about last week:

Love your neighbor as yourself

Well how can I love my neighbor when he's just so mean or angry all the time?

What do we have within us if we are disciples of Jesus? We have the Holy Spirit and the fruit of the Holy Spirit.:

love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.

We also have a **choice** to walk in them or not. Our spirit is filled and always joyful, loving, patient, kind, etc. It's our soul that needs to get in line with our spirit and **choose** to walk in the fruit of the Spirit.

When anger rises up with in us for whatever reason, we have a **choice**. I/we can look at the outer circumstances and blame someone or something on what made me so angry and then continue on in my anger because after all, it's just not fair what happened to me and continue trying to justify my anger; or, I can look within myself, and say, I am feeling anger at this person because of what they did, but I **choose** to release this anger and walk in love, and patience, and have peace like Jesus did.

No one said it would be easy. It's much easier to just stay angry, but that only leads to bitterness and resentment that eats away at your mind, and if you don't get rid of it, it will eat away at your flesh and you will end up with a physical sickness.

Do you know that most sicknesses stem from negative emotions that are buried inside of us that we have not dealt with?

Did you know it has been found that inflammation can be caused by unresolved feelings of anger or rage? Or that unresolved feelings of wanting revenge can lead to stomach cancer? Or that not forgiving others, including yourself, can lead to heart problems? And unresolved feelings of bitterness can lead to gallstones? The list goes on and on.

Every unresolved negative feeling that we haven't dealt with, has been stored somewhere in our body. If we don't resolve those negative feelings and **replace** them with positive ones, eventually they will eat away at our body.

Remember in **Luke 11:24** where it says that when the evil spirit left the body, it went around looking for rest, and finding none, went back to the original person, and finding it swept clean, goes and gets 7 more of his demon friends and the man is worse than at first?

When we release those negative feeling and beliefs, and clean house so to speak, we must then replace them with the fruit of the Spirit and keep our minds full of the word of

God, so that when those negative thoughts try to come back again, they can't because we have replaced them with what God says.

Positive feelings, thoughts and attitudes **feed** our bodies. The Word of God is LIFE.

Jesus said to not be anxious for anything. Why do you think he said that? He knew anxiety causes illnesses to come up in our bodies.

Proverbs 17:22 says "A merry heart does good, like medicine, but a broken spirit dries the bones."

All negative emotions or feelings that we dwell on, or that we stuff down somewhere inside us, that we don't deal with, eventually dries up the bones, causing some kind of disease.

That's why its necessary to guard our thoughts, our emotions and to check out what we're thinking, and like **Philippians 4:8** tells us : "...to think on whatever is lovely and a good report."

Jesus said to love others as you love yourself. If you don't first love yourself, how can you love others?

How many of you can honestly say you love yourself unconditionally?

I discovered that I don't love myself unconditionally. I put conditions on myself. I could love myself if I were prettier, if I were thinner. (I focus on what I believe is the negative things about me.)

Does this mean then, that since I don't love myself unconditionally, I also cannot love others unconditionally? That's a sobering thought. A thought that really hurts. Jerry and I talked about this this week, and I don't like how this all sounds.

I don't look at my husband, and say I love him based on conditions, or look at you and say, I can't love you because of this or that. It doesn't matter what you look like, whether you are tall, short, thin, overweight, bald or how you talk; I can love you anyway.

So when I really meditated on what Jesus said about loving others as you love yourself, it really bothered me. Because, as I said, I realize I love myself based on conditions. So if I am to do what Jesus said to do, I need help!! I have to learn to love myself unconditionally!!

I found these next 7 steps that I think can help me if **I do them**, and maybe help you as well, if you have a similar problem:

1. I MUST **CHOOSE** TO LET GO

of blame and judgement (**including letting go of blaming and judging myself/yourself**)

2. I MUST **CHOOSE TO LET GO**
of force and control and **give it to God**
3. I MUST **CHOOSE TO FORGIVE**
completely (**including forgiving myself/yourself**) as God in Christ forgave me/
you
4. I MUST **CHOOSE TO LOVE**
unconditionally (**including myself/yourself**) as God loves you and me
unconditionally
5. I MUST **CHOOSE TO ACCEPT**
challenges with gratitude (we can grow and learn through challenges (Apostle
Paul, Jeremy Lin)
6. I MUST **CHOOSE TO ACCEPT**
and see the **good** in everyone and everything (**including myself/yourself!!**)

See the good in everyone, but as Jesus said in **Matt. 10:16**: "I am sending you out among wolves, so be wise as serpents and harmless as doves." We must be wise and teach what the Bible teaches, but be as a dove and deliver a rebuke or correction in love.

7. I MUST **CHOOSE TO GIVE**
thanks in all things (not FOR everything but IN everything)

THE CHOICE IS OURS. Do I choose, do you choose going around feeling like a **victim** or are we the **victor??** What does God say about you and me??! He says we **are** the **VICTOR, NOT THE VICTIM!!! HE has given us the victory!!**

Jeremiah 29:11 says: For I know the plans I have for you, says The Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

I believe that by accepting responsibility for our own actions and behavior, and becoming 100% accountable for our feelings/thoughts. (emotions), attitudes, beliefs and our words, and **choosing** to walk by the spirit with all love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control, and **CHOOSING** to see ourselves the way God sees us, I believe I can, that **we** can, claim the victory and be the victor that God says we already are.

God through Jesus has made us the VICTOR! You and I have the choice of walking as the Victor, or walking as the victim by the thoughts, feelings, words and actions that we choose.

Deut. 30:19 says: "... I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live."

I need to choose life. You need to choose life. We need to choose to change our negative words, our negative thoughts, our negative feelings, and replace them with

love, peace, joy, etc. and start speaking out what God says about us and how He sees us.

Not only will we be doing what Jesus said to do, but we will also start to remove all sickness from our body. Most physical sickness is simply a bad fruit from a rotten root in our body.

We need to get rid of the rotten root that is causing sickness and disease and death, and replace it with the good fruit of the Spirit and live!!!

What is your rotten root?? Is it unresolved anger at yourself or someone else? Is it bitterness because of what someone did to you or to someone you love? Is it unforgiveness toward yourself or someone else, is it that you're feeling you're not good enough? that you are unworthy or a failure to love yourself unconditionally?

If you're not sure what rotten root you're dealing with that's causing the physical problem, ask God to show you. Get quiet, be humble and sincerely desire for Him to show you. He'll tell you. He wants you well so you can do what He has called you to do.

Keep in mind that God has ALREADY healed you and given you all His promises through Jesus, and you can receive all of them through faith, which is the best way; but sometimes we have trouble receiving and one of the blockages to receiving is because of a rotten root, which is the blockage I've basically been talking about today. Any blockage can cause us to be living as a victim instead of the victor.

So, I ask you again; are you living your life as the Head? or are you living your life as the tail? The Victor or the victim?

God has already told us we are the "head and not the tail, above and not beneath".

Let's **choose** to release that old negative way of thinking and speaking, and replace it with God's way of thinking and speaking so we CAN LIVE as the victors God has already ordained us to be!!!

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