



Overcome Your Worst Enemy: YOU!

Achieve Your Greatest Potential

1 Samuel 24

The Bottom Line: Pay attention to the tension. As soon as you start selling yourself on anything, you should hit pause. We rarely have to sell ourselves on a good idea.

Introduction:

Have you ever known anyone who made so many bad decisions, they blew up their life? Their career, marriage, or finances.

It's hard to watch.

We think, "They may do this, but I'd never cheat on my wife, embezzle from my company, get involved in that get-rich-quick scheme."

But then ... you do!

We all have the potential to be our own worst enemy.

You have **participated** in **all** your bad decisions.

A single **bad decision** is always the **first step** toward becoming your own **worst** enemy.

In this series, I want to suggest three habits that serve as preemptive habits.

Preemptive Habit #1: Pay **attention** to the **tension**.

But here's the problem ...

Tension:

When we see something or somebody we want, we usually start, quite naturally, of course, selling ourselves on the idea.

You know those silent conversations you have in your mind.

In fact, you lie to yourself and believe your own lies.

If a salesperson used the same pitch on you that you use on yourself, you would be so offended.

“If you get home and decide you don’t like it, just donate it.”

“I see you already have one that does everything this one does, but this one is new.”

“Yes, sirree. It’s wrong, wrong, wrong. I just don’t tell anyone.”

“Sure, your husband would be hurt and offended if he found out, but your husband isn’t bright enough to find out.”

“Yes, your girlfriend would be devastated. But let’s face it; she’s not nearly as attractive as...”

If someone else said those things to you, you’d probably punch them in the nose!

Remember ... You rarely have to **sell yourself** on a **good** idea.

Truth:

There’s a fascinating narrative in the Hebrew Bible that illustrates and illuminates this dynamic. It involves King David, Israel’s second king.

Read: 1 Samuel 24.

Here’s the principle.

The fact that David was conscience-stricken is proof he was listening to his conscience. Your conscience is the whisper of God who loves you and is trying to keep you from becoming your own worst enemy.

When this happens, ...

Hits pause.

Stop selling.

Start listening.

David decided not to use Saul’s **bad behavior** as an excuse for **bad behavior**.

How about you?

Are you considering **behaving badly** based on somebody else’s **bad behavior**?

Are you considering becoming like someone you don't even like?
Are you selling yourself on some action you'll most certainly regret?
Remember... We rarely have to **sell** ourselves on the **right** thing to do.

Is there a **tension** that deserves your **attention**?

Conclusion:

Every **habit** begins with the **first time**.
Every **pattern** begins with the **first line**.
Every **journey** begins with the **first step**.

If something bothers you about him,
If something bothers you about her,
If something bothers you about that offer, that invitation, or that deal...

Then face it until it goes away, or you decide to go a different way.

What begins as an uneasy feeling is often supported later with reason and insight.
But if you don't pause, you won't see it.

Application:

Commitment #1:

I will pause until I pinpoint the cause.
I will explore rather than ignore my conscience.

Next Steps:

- Memorize 1 Samuel 24:12
- Hit Pause
- Stop Selling Yourself into a Bad Decision
- Explore Rather than Ignore Your Conscience