

# WHAT'S WRONG WITH ME?

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## INVITATION

*Are you willing to rethink your current concept of who you are?*

Have you ever wondered if there was something wrong with you? Most of us have. In fact, I don't think there's a person on this planet who hasn't at one point or another contemplated or even longed to be different.

Just like we discussed in our last lesson, our perspectives can be skewed. Not just our concept of God, but also our concept of self!

In our study entitled *Does God Really Care?*, we discovered that even though we know who God is, we don't always believe that He really is all those things for us. To others maybe so, but we somehow wonder if He'll show up for us the same way. Sometimes what we believe about God and what we feel about God are two completely different things. Just as we can have a skewed concept of God, so also our concept of self can get all tangled up.

We're going to look at the mess and tangle of what's wrong with us — a question we've all faced. If God is really as good as the Bible tells us — but our relationship with Him isn't so good, or our life is still chaotic, or our personal relationships are a mess, or our circumstances are just plain bad — then we might conclude that we must be the problem. But is that the right conclusion?

Maybe we are the problem, maybe we're not. Either way, the truth is that God has a solution for us. Are you willing to rethink your current concept of who you are?



Let's take a look at how God designed us and how we can live from that beautiful design.



## THE KNOT

In this fallen world men are often left wondering if they're good enough, or if they have what it takes to succeed in life. When they ask those questions they can be filled with fear. Women struggle much the same way — wondering if they're good enough, smart enough, interesting enough, or pretty enough. Both men and women have evaluated themselves in these and other areas and determined that if they had created themselves, they would certainly have done things differently. Even the most seemingly confident, capable people, still experience this struggle.

Is it possible to rethink our view of ourselves? Absolutely! And you will discover that rethinking how God made you can be one of the best things you will ever do. Will you let Him show you the truth of who you really are?



## THE UNTANGLE

We are wanted by God, and as David put it, we were fearfully and wonderfully made. He took great care when He designed you — and He made no mistakes with you.

We were made in the image of God; intricately knit together with three distinct parts: spirit, soul and body. Genesis 2 tells us,

“Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being” (Genesis 2:7).



# God's Design of Man

Genesis 2:7 | Hebrews 4:12 | 1 Thessalonians 5:23



“In the beginning God created the heavens and the earth” (Genesis 1:1).

“And God saw all that He had made, and behold, it was very good” (Genesis 1:31).

“Then God said, ‘Let Us make man in Our image, according to Our likeness...’” (Genesis 1:26)

“Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being” (Genesis 2:7).

“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart” (Hebrews 4:12).

“Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ” (1 Thessalonians 5:23).

## Three Parts of Man

Spirit: through his spirit, man relates primarily to God.

“God is Spirit, and those who worship Him must worship in spirit and truth” (John 4:24).

A person's spirit determines true identity. Identity is determined by birth. Adam's identity at creation was 'son of God' (Luke 3:38).



Soul: a person's soul or personality is the psychological part. Through his soul, man relates primarily to other people. There are three functions of the soul:

- mind (thinker – seat of reason, logic and memory)
- emotions (feeler)
- will (chooser)

Body: the body relates primarily to this physical world. It houses the soul and spirit. All information comes into the brain (which is part of the body) through the senses.

*Man is a spirit who has a soul and dwells in a body.*

God also made us with a basic need for love, acceptance, worth, and security. We live in a world that tells us to be independent and to not need anything or anyone. But whether we realize it or not, we're all depending on something or someone — even if it's just ourselves. But God created Adam and Eve, and every one since then, to be dependent — to be receivers of Him and the love He wants to pour out on us.

We all know how the story goes. Adam and Eve made the choice to eat from the tree God told them not to eat from. But did they die? Physically, they didn't die, but their bodies did begin to decay. Their souls too were still alive; they continued to feel and make choices. In fact, their souls became what they strictly operated from. They immediately chose to hide because they were afraid. The fact that they suddenly began to feel fearful tells us something significant had just happened. Isaiah 59 tells us,

“But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear” (Isaiah 59:2).

It was at that moment that they were disconnected from the relationship they had with God, and Scripture calls this death. God was still very much present and they were still absolutely loved, cared for, and provided for. They still had spirits, however, they were now void of God-life. They no longer experienced and related to God as they had before. They were disconnected from Him. That was what we call the fall.

Genesis 5 goes on to say,

“When Adam had lived one hundred and thirty years, he became the father of a son in his own likeness, according to his image, and named him Seth” (Genesis 5:3).



What this means is that when we are born, we are now born in Adam's image. Birth, not behavior determines our identity. Everyone born in Adam is a sinner.

## Fallen Man



### God's Warning

“The LORD God commanded the man, saying, ‘From any tree of the garden you may eat freely; but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die’” (Genesis 2:16-17).

### Man's Choice

Man's Spirit Died – Without God Life  
 “When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise, she took from its fruit and ate; and she gave also to her husband with her, and he ate. Then the eyes of both of them were opened and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings” (Genesis 3:6-7).

### Sin Separates Man from God

“But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear” (Isaiah 59:2).

## The Fallen World

Then to Adam [God] said, “Because you have listened to the voice of your wife, and have eaten from the tree about which I commanded you, saying, ‘You shall not eat from it’; Cursed is the ground because of you; in toil you will eat of it all the days of your life. Both thorns and thistles it shall grow for you...” (Genesis 3:17-19).



## Flesh

- a pattern of getting one's needs met from one's own resources, apart from God
- Negative/Inferior Flesh – Moses:

But Moses said to God, “Who am I, that I should go to Pharaoh, and that I should bring the sons of Israel out of Egypt?” ... Then Moses said, “What if they will not believe me or listen to what I say? For they may say, ‘The LORD has not appeared to you.’” ... Then Moses said to the LORD, “Please, Lord, I have never been eloquent, neither recently nor in time past, nor since You have spoken to Your servant; for I am slow of speech and slow of tongue” (Exodus 3:11, 4:1, 10).

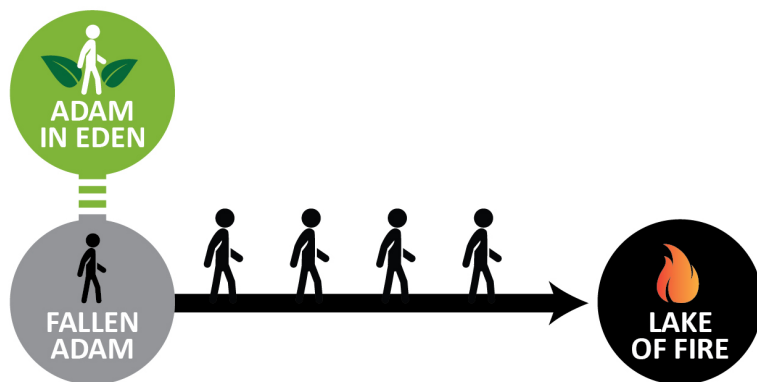
- Positive/Superior Flesh – Paul:

“Although I myself might have confidence even in the flesh. If anyone else has a mind to put confidence in the flesh, I far more: circumcised on the eighth day, of the nation of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the Law, a Pharisee; as to zeal, a persecutor of the church; as to the righteousness which is in the Law, found blameless” (Philippians 3:4-6).

## Born in Adam

Since we were in Adam, when he:

- sinned, we sinned (Romans 12:b)
- died spiritually, we died spiritually (Romans 5:15a)
- was condemned, we were condemned (Romans 5:18)
- became a sinner, we became a sinner (Romans 5:19a)



“When Adam had lived one hundred and thirty years, he became the father of a son in his own likeness, according to his image, and named him Seth” (Genesis 5:3).

“Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned” (Romans 5:12).



“Since by the transgression of the one the many died...” (Romans 5:15a).

“So then as through one transgression there resulted condemnation to all men...” (Romans 5:18a).

“For as through the one man’s disobedience the many were made sinners...” (Romans 5:19a).

*Birth - not behavior - determines identity.*

We all come into this world in a body, we have a soul to relate to one another, but our spirits are dead. Just like Adam’s spirit post-fall, we are without God-life. There’s a place for God, but He’s not there, and it sends us on a search that often leaves us coming up short as we turn to anything we think might fill the void inside us. But nothing satisfies and fills us like God does, and any substitution will leave us empty and hopeless.

Since all of us were born in Adam, we all start at the same place in life. Though our childhoods and histories may differ, all of us were born in Adam, into a fallen world, and in desperate need of God.

So, what’s wrong with us?

Something big! We are each born into this world, on our own, with spirits that are dead to God. Yet we deeply crave things that we don’t yet know, only He will ever satisfy. So we depend on anything that we think will meet those needs and quickly learn what works and what doesn’t. Our dependency naturally gravitates to anything that will help us avoid pain.

As you move onto your Heart Work, I pray that God will reveal to you where you came from and where you’re going. Diving deep into this next step can be painful, but it can also be truly life-changing. There is a problem and indeed it is us, but understanding the problem is the key to finding the solution.





## HEART WORK

We are wired to experience pleasure and avoid pain, born apart from God are desperate to get our basic needs met. We each have our own method of feeling ok and avoiding what hurts—this is our own personal tree of knowledge. Think about your personal paradigm, what do you do to experience pleasure or avoid pain?

	GOOD	EVIL
Childhood	<p>Example</p> <p><i>If I help people, they like me</i></p> <p><i>Use my manners, people are proud of me/respect me</i></p>	<p>Example</p> <p><i>When I act up, I get attention</i></p> <p><i>I'm gonna get in trouble regardless, might as well have fun</i></p> <p><i>Withdrawal keeps me safe</i></p>
Adulthood	<p>Example</p> <p><i>Humor keeps it from hurting</i></p> <p><i>Try harder</i></p>	<p>Example</p> <p><i>Sarcasm keeps people at a distance</i></p> <p><i>Give up</i></p>





We were designed to have our need for Love, Acceptance, Worth, & Security (LAWS) met in order to feel ok. Being in Adam, something is wrong. Apart from God we are left to our own devices to get these needs met. Consider your personal tree of knowledge. What needs are you trying to meet right now in your own strength?

*Adequacy*

*Being Wanted*

*Being Known*

*Importance*

*Being Heard*

*Being Cared for*

*Being Seen*

*Safety*

*Etc...*

## WRAP-UP & PRAYER

The beautiful thing about all this is nothing surprises God. He is not caught off guard when you develop your own belief systems, thinking you're not good enough, not smart enough, not loveable or somehow unworthy. He wanted you here and He wants to take over now as your Heavenly Father.

Even when we didn't have Him living inside of us, He was still a good God and He loved us regardless. We were simply missing out on a relationship of love with Him. He wanted so much to show us His love and to bring us into real life with Him that He found a way. He found a way to bring life out of death and to bring us into a relationship with Him. That's what we're going to talk about next time. Let's close today with this beautiful verse.

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life”  
(John 3:16).

He's not caught by surprise, my friend, and He's going to give us a wonderful invitation to join Him. Something is wrong with us, but there is a solution. Stay tuned!!

### References:

All Scripture taken from the NASB version of the Bible unless otherwise indicated.



Are you feeling bogged down and tangled up in your circumstances? It happens so easily in this world. Regardless of where you're at in your journey, Life Untangled wants to help you experience the love and power of God in a truly meaningful way. God sees you and your circumstances, and He longs to heal your wounded soul and lead you to a place of hope. If you would like to speak with someone on our team you can do so by contacting [www.lifeuntangled.com/contact-us](http://www.lifeuntangled.com/contact-us).

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