



SERIES: A SEASON OF HOPE

SPEAKER: NAT CRAWFORD

Thursday, December 31, 2020

Scripture: 1 Cor. 6:12

TITLE: Enough Is Enough

“Enough is enough, and it's time for a change”. That is precisely what I felt in January of 1999. If you saw me today, you wouldn't believe this, but in 1999, I weighed 242 pounds and wore size 42 jeans. I had wrestled with weight my whole life. From probably the age of five, I was obese. But it was my senior year in high school, I stepped on the scale early one January morning, and felt, “That's it. Enough is enough, and it's time for a change”.

Well, tomorrow marks a new year. Let's hope 2021 is far less stressful than 2020, but we will have to see. Regardless, chances are, you've been thinking about making some changes in your life. And today, I want to help you do that, because what this really comes down to is self-control. According to our research, many people today are struggling with self-control - managing themselves and leading themselves well. If you have goals for 2021, and want to make some serious changes, then the Apostle Paul has a message for you:

You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. (1 Cor. 6:12, NLT)

Here in First Corinthians Chapter 6, Paul is speaking to a group of Christians regarding a variety of topics, but here he is pivoting to talk about the freedom that we have in Christ, and also our self-control. Specifically, he was talking about the area of sexual sin.

But the principle here is clear: we as Christians have been saved, and we are declared free. We are technically free to do whatever we choose with our bodies. We can overeat. We can have sex outside of marriage. We can watch pornography whenever we want. We can drink the whole bottle of vodka. We can cheat on our taxes. Paul says, you and I, as Christians, are free to do anything, but not everything is good for us.

Paul uses a word here that is translated to “good”. The word is “profitable”. It means a positive return on investment. We can do anything we want, but “can” does not mean we “should”, especially when it comes to our lives' profitability.

Where is it in your life that you want to make a major change? Is it in finances? Is it in the area of your body? Are you overeating? Are you not eating enough? Are you smoking? Are you drinking excessively? Are you addicted to pornography? We all have an area that we struggle with, if not many areas. But as the Apostle Paul said, we are not to be a slave to anything. When we are saved, we become slaves of King Jesus alone.

If you are struggling today with self-control, and want to make 2021 a breakout year, where you overcome your struggles and overcome your addictions, this is my challenge: First, cast your desire towards God. Pray to God daily for help. Pray that God, through the Holy Spirit, will empower you to say “No” to your areas of struggle and say “Yes” to living a life pleasing to Him. And the second thing I want you to do, is when you begin to have thoughts of returning to your old ways, ask yourself this question: “By doing this thing, will it bring me closer to, or farther away from, achieving my goal?” For example, “Will eating this Whopper bring me closer to my goal of losing weight, or will it take me farther away?”

When we begin to turn our lives over to God, and submit to the power of the Holy Spirit, and we begin to choose self-control, that is when we have our breakout year, and that is when we know we'll get the results we desire.