February 28, 2026

Week Two – Self-Inflicted Spiraling

What Causes Self-Inflicted Spiraling

1. Unprocessed _____
Is there something or someone you have not grieved?

2. Unsustainable _____
"The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."
Mark 2:27-28 NIV

3. Unhealthy _____
Phone – Social media – Alcohol – Food – Others

4. Unnecessary _____
Am I a human being or a human doing?

God says:

1. You are His beloved child:
   "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"
   1John 3:1a NIV

2. You are chosen:
   'For <u>he chose us</u> in him before the creation of the world to be holy and blameless in his sight.'
   Ephesians 1:4 NIV

3. You are redeemed:
   "For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value. It was the precious blood of Christ, the sinless, spotless Lamb of God"
   1 Peter 1:18–19 NLT

4. You are a new person in Jesus Christ:
   "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"
   2 Corinthians 5:17 NLT

5. You are saved by grace, you are a masterpiece and you have purpose for you life:
   'God <u>saved you by his grace</u> when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For <u>we are God's masterpiece</u>. He has created us anew in Christ Jesus, so <u>we can do the good things he planned for us</u> long ago. '
   Ephesians 2:8-10 NLT