



## SERMON NOTES

# Getting Out of Your Own Way

There's No Pity for Self Pity  
Pastor Carl Toti

December 28-29, 2019

2 Samuel 13:4 (CEV)

*"...What's the matter? You're the king's son! You shouldn't have to go around feeling sorry for yourself every morning."*

Self-pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality. - John Gardner

It's time to cancel your pity party and book your new adventure. - Carl Toti

### Telltale Signs of Self-Pity

• **You find yourself \_\_\_\_\_ less and less.**

*"A merry heart does good, like medicine" (Proverbs 17:22).*

Laugh at yourself and at life. Not in the spirit of derision or whining self-pity, but as a remedy, a miracle drug. - Og Mandino

• **You thrive on \_\_\_\_\_.**

1 Corinthians 3:3 (TLB)

*3 For you are still only baby Christians, controlled by your own desires, not God's. When you are jealous of one another and divide up into quarreling groups, doesn't that prove you are still babies, wanting your own way? In fact, you are acting like people who don't belong to the Lord at all.*

• **You have a \_\_\_\_\_ addiction.**

Psalms 69:20 (CSB)

*20 Insults have broken my heart, and I am in despair. I waited for sympathy, but there was none; for comforters, but found no one.*

• **You are a \_\_\_\_\_.**

Proverbs 18:1 (GW)

*1 A loner is out to get what he wants for himself. He opposes all sound reasoning.*

• **You dwell on the past more than on the \_\_\_\_\_.**

Philippians 3:13-14 (GW)

*13 Brothers and sisters, I can't consider myself a winner yet. This is what I do: I don't look back, I lengthen my stride, and 14 I run straight toward the goal to win the prize that God's heavenly call offers in Christ Jesus.*

## **God's Cure for Self-Pity**

- Take Responsibility
- Take Action
- Take A Towel
- Take A Trip
- Take Back Your Thought Life

### ANSWERS:

1. LAUGHING
2. DRAMA
3. SYMPATHY
4. LONER
5. FUTURE