

# Believing you CAN Win!

Let's start off today, with a little pop quiz...

Answer honestly...on a scale of 1-10...

For each of the following scenarios, How strongly do you believe that you can win the battle...

Over the next time of temptation with your sexual addiction? \_\_\_\_\_

Through today and be "all-clear" at the end of the day? \_\_\_\_\_

Through next week and be all-clear? \_\_\_\_\_

Through the next month and be all clear? \_\_\_\_\_

Through the next year and be 365 days all-clear? \_\_\_\_\_

And join the 1000 day club? \_\_\_\_\_

For a lifetime and walk in victory over this addiction on a daily basis in continuous freedom? \_\_\_\_\_

What did you discover about your honest belief in overcoming both the next temptation and the whole addiction for yourself? What did your numbers tell you about the probability of success and failure in each one of those areas?

Now there are many aspects involved in both overcoming the next temptation and the entire addiction. There's hard work, determination, accountability, connection with, and help from, others, connection with, and help from, God, and more.

But one aspect I want us to look at today is whether you **choose to believe** that you CAN or you CAN'T overcome. Whether you **choose to believe** that you CAN or CAN'T Win. That **choice** is a huge choice, and it has a **huge impact** on whether you succeed in overcoming or not.

Neil Anderson, in his book Victory Over The Darkness, has a great little poem that I think helps us with what we are talking about today. It's called "If you believe you can, you can ...and I want you to evaluate where you see or don't see yourself in this.....and it goes like this...

## If You Believe You Can, You Can

If you think you are beaten – you are  
If you think you dare not - you don't  
If you want to win, but think you can't,  
It is almost a cinch you won't.  
If you think you'll lose – you've lost.  
For out of this world we find  
That success begins with a fellows will;  
It's all in a state of mind.  
Life's battles don't always go  
to the stronger or faster man;  
But sooner or later the man that wins  
Is the one who thinks he can.

Now Again, like I mentioned there are a number of things that we all need in order to overcome temptation, sin, and addiction in our lives, it's not just taking the power of positive believing and everything falls into place. But Believing you CAN win is huge!

Neil Anderson says "Belief incorporates the mind but is not limited by it. Faith actually transcends the limitations of the mind and incorporates the real but unseen world. The believers faith is as valid as it's object, which is the living (Christ) and written (Bible) word of God. With the infinite God of the universe as the object of Christian faith, there is **virtually no limit** to the spiritual heights that positive believing can take you."

## Twenty Cans of Success

Someone once said, ***Whether you think you can or whether you think you can't; either way you are right.*** There is some truth to that axiom, but one doesn't overcome helplessness by the power of positive thinking. **You overcome helplessness by the power of God and believing the truth.** Someone once said that success comes in "cans" and failure comes in "cannots." The following are twenty "cans" of success that will help you overcome a sense of helplessness.

1. Why should I say I can't when the Bible says I can do all things through Christ who gives me strength (Philippians 4:13)?
2. Why should I worry about my needs when I know that God will take care of all my needs according to His riches in glory in Christ Jesus (Philippians 4:19)?
3. Why should I fear when the Bible says God has not given me a spirit of fear, but of power, love and a sound mind (2 Timothy 1:7)?
4. Why should I lack faith to live for Christ when God has given me a measure of faith (Romans 12:3)?
5. Why should I be weak when the Bible says that the Lord is the strength of my life and that I will display strength and take action because I know God (Psalm 27:1; Daniel 11:32)?
6. Why should I allow Satan control over my life when He that is in me is greater than he that is in the world (1 John 4:4)?
7. Why should I accept defeat when the Bible says that God always leads me in victory (2 Corinthians 2:14)?
8. Why should I lack wisdom when I know that Christ became wisdom to me from God and God gives wisdom to me generously when I ask Him for it (1 Corinthians 1:30; James 1:5)?
9. Why should I be depressed when I can recall to mind God's lovingkindness, compassion and faithfulness and have hope (Lamentations 3:21,23)?
10. Why should I worry and be upset when I can cast all my anxieties on Christ who cares for me (1 Peter 5:7)?
11. Why should I ever be in bondage knowing that Christ has set me free and where the Spirit of the Lord is, there is freedom (Galatians 5:1; 2 Corinthians 3:17)?

12. Why should I feel condemned when the Bible says there is no condemnation for those who are in Christ Jesus (Romans 8:1)?

13. Why should I feel alone when Jesus said He is with me always and He will never leave me nor forsake me (Matthew 28:20; Hebrews 13:5)?

14. Why should I feel like I am cursed when the Bible says that Christ rescued me from the curse of the law that I might receive His Spirit by faith (Galatians 3:13,14)?

15. Why should I be discontented when I, like Paul, can learn to be content whatever the circumstances (Philippians 4:11)?

16. Why should I feel worthless when Christ became sin for me so that I might become the righteousness of God (2 Corinthians 5:21)?

17. Why should I feel helpless in the presence of others when I know that if God is for me, nobody or nothing greater can be against me (Romans 8:31)?

18. Why should I be confused when God is the author of peace and He gives me knowledge through His Spirit who lives in me (1 Corinthians 2:12; 14:33)?

19. Why should I feel like a failure when I am more than a conqueror through Christ who loved me (Romans 8:37)?

20. Why should I let the pressures of life bother me when I can take courage knowing that Jesus has overcome the world and its problems (John 16:33)?

Of these 20...which 3 are the most relevant to you and your situation?

It's **your choice** to believe that you CAN Win...or you can't...What will you choose for the next temptation, the next Week, the next Month, the next Year, and for the rest of your life?

**Let this be your battle cry – YES, I CAN Win this battle! By the Power of God and believing the TRUTH!**

Quotes from Neil Anderson's **Freedom in Christ Ministries** and his book **Victory Over the Darkness**.