

First Baptist Church of Progress Village
Why Am I Like This? By Kobe Campbell
Bible and Book Study Series
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Chapter 2: “Negative Patterns: Why Can’t I Change?”- Part 2

Dysfunctional patterns are thoughts or actions that impair, disturb, or decrease our ability to maintain our overall health, connect to others, and live a life that is **CONGRUENT** with our personal values.

The Stories We Tell Ourselves

The patterns we engage in are simply expressions of the stories we tell ourselves. (p.32) The stories we tell ourselves, become the world we live in. (p.34)

John 4:5-42 - Woman At The Well

Negative Pattern 1: Unhealthy **Isolation**.

7 There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink.

A. Negative patterns can sometimes alienate us from our **community**.

8 (For his disciples were gone away unto the city to buy meat.)

B. Time alone with God gives me an opportunity to commune with Him away from distractions.

Negative Pattern 2: Low **Self-esteem**. Lack of self-worth.

9 Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans. 10 Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.

Negative Pattern 3: Hopelessness, **worry**, and cynicism.

11 The woman saith unto him, Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water? 12 Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle? 13 Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: 14 But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life. 15 The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.

The TURN: It is our job to help others change their minds and become hopeful about what could be.

16 Jesus saith unto her, Go, call thy husband, and come hither.

Negative Pattern 4: Non-committal relationships.

17 The woman answered and said, I have no husband. Jesus said unto her, Thou hast well said, I have no husband: 18 For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly.

God's Word helps us believe His Promise instead of dwelling on our problems.

19 The woman saith unto him, Sir, I perceive that thou art a prophet. 25 The woman saith unto him, I know that Messias cometh, which is called Christ: when he is come, he will tell us all things. 26 Jesus saith unto her, I that speak unto thee am he.

The Shift in behavior.

28 The woman then left her waterpot, and went her way into the city, and saith to the men, 29 Come, see a man, which told me all things that ever I did: is not this the Christ?

39 And many of the Samaritans of that city believed on him for the saying of the woman, which testified, He told me all that ever I did. 40 So when the Samaritans were come unto him, they besought him that he would tarry with them: and he abode there two days.

41 And many more believed because of his own word; 42 And said unto the woman, Now we believe, not because of thy saying: for we have heard him ourselves, and know that this is indeed the Christ, the Saviour of the world.

Jesus still unveils the dark moments that make us feel least like who God calls us to be, to heal our hearts and redeem the past.

Change is coming, and is available for you now.

Embracing your identity as a child of God who is a GOOD, GOOD, FATHER!.