

I. The Introduction

- A. Some future day, when this age of striving is over and your battles are all won, you will stand in the unfiltered light of eternity. And you'll hear a sound—not of judgment, but of a deep, thunderous, joyful love washing over heaven.
- B. But all of that will fade into the background when you look up and see Him. Jesus, the King, in all His glory. And He sees you.
- C. And you'll see in His eyes an unmistakable smile of pride as He looks at you—the real you, the final you, the you He always knew you could be—and He says, "Well done, good and faithful servant... forevermore you will rule and reign with me."
- D. Because in that moment, you will have become what you were always created to be: a sovereign soul whose mind is a fortress of peace and whose heart is an ocean of courage. You will walk with quiet, unshakable authority, having finally seized the throne of your soul.
  1. Now listen to me. That person is not a fantasy. That is not some far-off, future-tense version of you. That is the real you. That is your birthright, bought by the blood of Christ, and that is the giant sleeping inside of you right now.
- E. So why doesn't it always feel that way?
- F. Because of the soundtrack in your mind.
- G. There is a soundtrack, a frequency, a lullaby that keeps that giant asleep. This soundtrack is static from your old wounds and broken past. It is the soundtrack of abdication. It is the victim's anthem, and the Bible is about to name it for us.
- H. This morning, we are not here to dissect a problem. We are here to start a revolution in your soul. The trumpet is sounding. It's time to wake up. That is the message for us from God's own Word today.

II. Scripture and Series Intro

- A. Welcome to part 10 in our series through the book of Philippians called: **Quit Telling Yourself I Can't.**
- B. Today we have arrived at Philippians 2:14-16:
  1. *"Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain."* (Philippians 2:14-16)
- C. In this series, Paul, the author of this book, has been systematically rebuilding your understanding of your power in Christ. He has shown you that through the mind of Jesus, God is at work in you, healing your will and handing you back the crown to the kingdom of your soul.
- D. So if God has restored your dominion, if He's handed you back the crown... why don't you always feel like you're reigning? That brings us to today, and my title: **Quit Talking Yourself Off Your Throne**
- E. Because Paul is sounding an alarm to awaken the royalty within you.
- F. He is giving you a four-stage battle plan for your own sacred coronation. Here's Stage 1:

III. Your Four-Stage Battle Plan

- A. **1. SOVEREIGNTY: Reclaim the Throne of Your Attitude**
  1. *"Do all things without complaining and disputing."* (Philippians 2:14)
  2. That is the sound of a revolution starting in your own soul. This isn't another rule to make you feel guilty; this is the strategic first strike to take back your throne! Paul is targeting the two frequencies that keep the giant inside you asleep.
    - a) First, "grumbling/complaining." That's emotional health. That's the static from your aching emotions/heart. It's the victim's anthem, the emotional evidence you use to convince yourself that you are powerless.
    - b) Second, "disputing." That's mental health. That's the argument from your wounded mind. It's your inner lawyer making the case for why you're stuck, justifying your own inaction.
  3. These two sounds are the very words you use to TALK YOURSELF OFF YOUR THRONE.
    - a) Every complaint is a declaration that your feelings are king.
    - b) Every argument is a confession that your circumstances are your master.
  4. These are signals that a person is abdicating their throne, one word at a time! I am hoping to wake you up to the fact that the words that come out of your mouth are both indicators and shapers of your mental health.
    - a) *"Death and life are in the power of the tongue."* (Proverbs 18:21)
    - b) *"For by your words you will be justified, and by your words you will be condemned."* (Matthew 12:37)
  5. Besides God, there is one person who hears every word you say and every word you think: that person is you. Your own tender soul.
    - a) **The throne of your soul is never empty.** Either your noble self will sit on it, or your wounded self will. You can tell by your words.
    - b) This is an encouragement for you to stop rehearsing your weaknesses and start commanding your strength... *to yourself.*
    - c) Because your grumbling and complaining are the words you use to hypnotize yourself, to lull your own royal spirit to sleep. With every negative word, you cast a spell on your own soul, bewitching yourself right off your throne. Today, you can break that spell for good.
      - (1) If you think I'm exaggerating, check this out:
        - (a) *"O foolish Galatians! Who has bewitched you that you should not obey the truth, before whose eyes Jesus Christ was clearly portrayed among you as crucified?"* (Galatians 3:1)
      - d) So this is me telling you not to let yourself be bewitched. Because that word means spiritual deception and spiritual manipulation in ways that lead right into spiritual warfare.
    6. I want to give you the 12 most common hypnotic phrases the victim-self uses. As I go through them, listen for the one that sounds like the spell you've been casting on yourself.
      - a) **The 12 Hypnotic Phrases of a Victim's Tongue**
        - (1) The Blame-Shifter
          - (a) The Spell: This spell convinces you that your power is always external.
          - (b) Sounds Like: "The whole system is rigged against me."
          - (c) Breaking the Spell: Activate Radical Adaptability. You tell yourself: "I have the power to choose my response, and that is where my true agency lies."
        - (2) The 'It Is What It Is' Surrender
          - (a) The Spell: This spell hypnotizes you into believing the present is permanent.
          - (b) Sounds Like: "There is nothing anyone can do about it."
          - (c) Breaking the Spell: Inner World Ownership. You tell yourself: "I will act as if the future is not fixed and my choices can at least reshape my inner world."
        - (3) The Martyr Complex
          - (a) The Spell: This spell makes you find significance in suffering alone.

- (b) Sounds Like: "Nobody understands. My pain is on a different level than yours."
- (c) Breaking the Spell: Activate Empathy. You tell yourself: "Everybody has their struggles, and others have gone where I am going and, by grace, have stood in victory."
- (4) The Misery Huddle
  - (a) The Spell: This spell makes you trade personal conviction for group complaint.
  - (b) Sounds Like: "Can you believe what they are making us do?"
  - (c) Breaking the Spell: Activate Emotional Sovereignty. You tell yourself: "I will set the emotional temperature instead of just reacting to it."
- (5) The IT'S IMPOSSIBLE SCRIPT
  - (a) The Spell: This spell makes the obstacle seem more powerful than your ability to act.
  - (b) Sounds Like: "I'll never be able to do this."
  - (c) Breaking the Spell: Generate Momentum. You tell yourself: "I can focus my energy on the first step, not the size of the challenge."
- (6) The Perfectionist's Protest
  - (a) The Spell: This spell makes you worship a perfect future that will never arrive.
  - (b) Sounds Like: "This whole plan is flawed from the start."
  - (c) Breaking the Spell: Activate Creative Contribution. You tell yourself: "I can add some future value to the messy present instead of just criticizing it."
- (7) The Self-Pity Spiral
  - (a) The Spell: This spell convinces you that your pain is your most interesting quality.
  - (b) Sounds Like: "You just do not understand how hard my life is."
  - (c) Breaking the Spell: Just Say Thank You. You tell yourself: "I'll find power not in the size of my burdens, but in the strength of my blessings."
- (8) The Glory Days Lament
  - (a) The Spell: This spell gives an idol of the past authority over your present.
  - (b) Sounds Like: "Everything used to be so much better."
  - (c) Breaking the Spell: Activate Present-Tense Power. You tell yourself: "I have the power to lead and create something great right now."
- (9) The 'If Only' Beat Down
  - (a) The Spell: This spell convinces you that your circumstances have dominion over you.
  - (b) Sounds Like: "If only I had more money (time, beauty, status, power), then I could succeed."
  - (c) Breaking the Spell: Activate Creative Chemistry. You tell yourself: "I will work with what I have and trust God to multiply it."
- (10) The Armchair Critic
  - (a) The Spell: This spell makes you trade the risk of building for the safety of demolition.
  - (b) Sounds Like: "If you did it this way you'd be way better off."
  - (c) Breaking the Spell: Activate Get Messy Mindset. You tell yourself: "I'll get involved and get my hands dirty rather than just criticize."
- (11) The Pre-Failure Excuse
  - (a) The Spell: This spell makes you surrender to failure before the battle begins.
  - (b) Sounds Like: "My dog kept me up last night so this \_\_ won't be very good."
  - (c) Breaking the Spell: Activate Unconditional Resilience. You tell yourself: "I will give my best regardless of my feelings or the forecast, no excuses."
- (12) The Comparison Curse
  - (a) The Spell: This spell convinces you that someone else's blessing is your curse.
  - (b) Sounds Like: "They always get all the breaks."
  - (c) Breaking the Spell: Activate Own-Lane Dominion. You tell yourself: "I will celebrate the blessing of others while focusing on the amazing grace God has given me."

7. Do all things without murmuring and arguing.

8. THIS is the first move! This is the revolution!

a) **You break the spell and reclaim your sovereignty by seizing control of your own mouth and your own mind.**

9. This radical act of taking authority is what makes the next stage possible. It's what throws open the doors for God to heal your Identity.

10. And it is the first stage for you to quit talking yourself off your throne. Here's the payoff:

## B. IDENTITY: Experience Your Royal Birthright

1. *"that you may become blameless and harmless, children of God..."* (Philippians 2:15)

2. Now, you need to hear those words with new ears. Forget every weak, religious definition you've ever heard. This is not about becoming a spiritual doormat or a person who never makes waves.

3. This is about becoming DANGEROUSLY WHOLE.

a) "Blameless and harmless" is the description of a soul that is fully integrated.

(1) This is a mind that is no longer at war with itself.

(2) It's a heart that is so secure, so grounded, so utterly at peace with its own power that it has nothing to prove and nothing to hide.

(3) It is the quiet, lethal confidence of a champion who knows exactly who they are, and is therefore free from the need to posture, pretend, or protest.

4. This is the miracle of healing that your soul is crying out for.

5. This is your PSYCHOLOGY finally healed by the Holy Spirit applying biblical THEOLOGY to the deepest corners of your soul.

6. You see, the moment you trusted in Christ, your identity was sealed.

a) In your spirit, you are a new creation, a saint, a victor, seated in heavenly places. That is your eternal reality.

b) But your psychology—your mind, your will, your emotions, your thought patterns—is still catching up. It's still running the old tapes of your old wounds.

7. This gap between your theology and your psychology is the source of your frustration—the space between the victory Christ won and the defeat you feel on a Tuesday afternoon.
8. It's why you keep talking yourself off your throne. Why you murmur and complain.
9. And what is the identity your soul is catching up to? What is your true name, the one that silences all the others? Paul says it right here.
  - a) **Child of God.**
10. Listen to me.
  - a) That is the most powerful identity in the universe.
11. And let me be crystal clear, because this is the most important truth you will ever hear. This identity as a "Child of God" isn't something you earn by being good; it's a gift you receive by trusting in Jesus.
  - a) It is the miracle that happens the moment you accept His death on the cross as the full payment for your brokenness and ask him to be your Savior.
    - (1) Not Loser, but More Than a Conqueror.
    - (2) Not Addict, but Redeemed and Set Free.
    - (3) Not Broken, but Healed and Made Whole.
    - (4) Not Sinner, but Saint.
    - (5) Not Failure, but God's Masterpiece.
    - (6) Not Unworthy, but Chosen and Cherished.
    - (7) Not Unlovable, but the Beloved of God.
    - (8) Not Forgotten, but Forever on His Mind.
    - (9) Not Abandoned, but Sealed by the Spirit.
    - (10) Not Orphan, but Adopted
    - (11) Not Slave, but Royalty.
    - (12) Not Outcast, but a Citizen of Heaven.
    - (13) Not Guilty, but Forgiven and Justified.
    - (14) Not Condemned, but Accepted and Clean.
    - (15) Not Ashamed, but Clothed in Righteousness.
    - (16) Not Weak, but Strong in the Lord.
    - (17) Not A Nobody, but an Ambassador of Heaven.
    - (18) Not Alone, but the Temple of the Holy Spirit.
    - (19) Not Dirty, but Washed Clean.
    - (20) Not a Mistake, but a Masterpiece.
12. Until you stop talking like a victim to yourself and your world, you can't really begin the healing process of living like an heir.
13. And when a person finally starts living from that healed identity, something explosive and inevitable happens. You don't just change your inner world. You unleash your Destiny.

**C. DESTINY: Shine Your Light on the World**

1. *"that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life,"* (Philippians 2:15, 16a)
2. A "crooked and perverse generation" isn't just a world full of bad people. It is a world full of hurting people. People you love, friends you hang out with, family members, teammates, every one someone who has forgotten their own design, who is chasing wholeness in all the wrong places.
3. A crooked and perverse generation is a world full of people who are still trapped in the very victim-mindset you are being set free from.
4. A star hanging in the blackness of space doesn't *try* to shine. It just shines. It is the natural, inevitable byproduct of what's happening at its core.
5. And into that darkness, into that confusion, into that pain, God has a plan. And that plan is YOU.
  - a) You shine.
  - b) You're the light.
  - c) You're what the world needs.
- (1) **Your highest destiny is to shine as an agent of grace and truth in a culture of confusion and pain.**
6. When your soul is healed...
  - a) ...your peace in the middle of chaos—that shines.
  - b) ...your integrity when everyone else is cutting corners—that shines.
  - c) ...your quiet confidence, your ability to speak life instead of complaint—THAT SHINES.
7. Your healed psychology and your redeemed words become a beacon. Just you walking into a room becomes a lighthouse of navigation for every other person trying to find their way home in the dark.
8. And what is the fuel for this light? What is the fusion happening at your core? Paul tells you in verse 16. You shine as you are "...holding fast the word of life..."
9. That's it. That's the secret. The "word of life" is not a book of rules you use to beat people over the head with.
10. It is the very medicine that healed your identity in the first place!
  - a) It's the Bible as it reveals the high calling of your sovereignty, identity, and agency.
  - b) Because you, living into that, in a messed up world, is your destiny.
11. **Your destiny is to be a walking, breathing answer to the question the entire world is asking: "Is there a better way to be human?" Your whole life is meant to be a thunderous "YES!"**
12. That is the nuclear fusion happening at your core. That is the truth you hold fast to. And when you do, you don't just read about life; you become a source of it. You radiate it.
13. And this destiny, this shining life, it doesn't just end when you die. It echoes into eternity.

**D. GLORY: Secure Your Eternal Significance**

1. Paul, with tears in his eyes and a fire in his soul, pulls back the curtain of time and shows you the finish line. He says that I want you to do all this...
  - a) *"...so that I may rejoice in the day of Christ that I have not run in vain or labored in vain."* (Philippians 2:16b)
2. The "day of Christ" is the final bell, the last second on the clock, the great coronation day.

3. It's the day you stand before Jesus. It's the day you get your eternal reward. It's the day that makes every difficult day make sense. It's the day you discover nothing was wasted and everything was used by God to bring multiplied glory to your life forever.
4. Paul, chained, in prison for his faith, soon to be executed, knowing how short this life really is, set his sights on that day.
5. And what does he see?
6. He sees joy. He sees rejoicing.
7. Because he is looking at you, and he is seeing that you took his words to heart.
  - a) You became the living testament.
  - b) You became the final answer to the devil's lie that a human soul cannot be made whole again.
  - c) Your sovereign soul is the victory banner he will plant on the shores of eternity.
  - d) Your shining life is the irrefutable, glorious, magnificent proof that the Gospel is not just a story, that grace is not just a concept, but that the blood of Jesus Christ has the power to take a wounded, complaining, broken victim and forge them into a radiant, reigning, unstoppable force of nature.
8. See him. See old Paul standing there, before the throne of glory. The chains that bound his wrists in Rome have long since turned to dust. The stoop in his shoulders from a thousand burdens is gone, replaced by the straight, strong posture of a king. He is robed not in the rags of a prisoner, but in the radiant fabric of celestial light.
9. And he remembers.
  - a) He remembers the man that he was: a storm of self-righteous fury, breathing threats and murder, a man who had talked himself down from his throne for so so long.
  - b) And then, he remembers the light—the glorious, terrible, beautiful light that shattered that false throne and remade him from the ground up.
10. And from that moment, his mind drifts back over the long, scarred road of his life. And he remembers every reason he was ever given to talk himself off his new throne.
  - a) He remembers the sting of the lash, the cold bite of the rods, the jagged rocks that left him for dead.
  - b) He remembers the churning, black water of the deep, the splintered wood of the shipwreck.
  - c) The lonely roads, the constant danger, the sleepless nights, the gnawing hunger.
  - d) He remembers a thousand moments that screamed "Victim!"
  - e) A thousand moments that offered him the cheap comfort of a complaint.
  - f) A thousand moments where he could have disputed the goodness of God.
11. But in every one of those moments, he made a choice.
  - a) He refused the victim's anthem and chose the sovereign's song.
  - b) **He refused to let his pain narrate his reality.**
  - c) He knew his identity was not "prisoner," "shipwrecked," or "forgotten."
  - d) His identity was "apostle," "ambassador," "child of the living God."
12. And now, he looks up from that sea of memory, and he sees you. And he understands. He sees your shining, sovereign, healed soul, and he knows. Every lash, every stone, every shipwreck, every tear—it was all worth it.
13. That is why he can write these words to you. This is not a theory he is teaching; it is a truth he has bled for. He is not giving you advice; he is showing you the scars that prove it is real. He knows, with every fiber of his glorified being, that the secret to an unbreakable joy and an unshakable soul is to quit talking yourself off your throne.
14. He knows.
15. He knows.
16. And the only question left in all of eternity is, will you believe him as he speaks for Christ?
  - a) **You are not a collection of your scars; you are a symphony of His grace!**
  - b) You are not a product of your past; you are a prophecy of His future!
  - c) You are not a victim of your circumstances; you are a child of the living God, and the blood of the King of Kings runs through your veins!
17. DECIDE
  - a) No more renting space in your head to a defeated enemy.
  - b) **No more talking like a captive when your King has already shattered the chains!**
18. So right now—in this moment, in this sacred space—stand your ground. Lift your head. And with all the authority of a child of the King, you look that old, familiar, complaining voice of the victim dead in the eye and you tell it:
  - a) Your reign of terror in my mind is OVER.
  - b) You are silenced.
  - c) You are evicted.
  - d) You are DONE!
19. And when the last second of the last hour of the last day is spent, and you are presented before the King, He will not see the scars of your old wounds. He will see the strength that was forged in those battles.
  - a) **Jesus will not see the victim you once were. He will see the magnificent ruler you chose to become.**
20. And the sound you will hear will not be the whisper of your old complaints, but the roar of a Father's pride, the thunder of your true name being spoken at last, and the joy of all of heaven, welcoming you home.

#### IV. Prayer

- A. Father, for every soul hearing these words...
  1. I pray that in this very moment, the hypnotic spell of the victim would be shattered by the power of Your name.
  2. I pray for a supernatural healing of every broken corner of every damaged soul.
  3. I pray that they would hear the sound of their true identity—Child of God, Beloved, Royalty—louder than any lie they have ever believed.
  4. I pray they would feel the true weight of the crown that was bought for them by the blood of Your Son.
  5. I pray they would see the darkness in their world not as a threat, but as the perfect backdrop for their glorious light.
- B. And I pray that from this day forward, that in every single circumstance on every single day, they would rise up, take their crown, claim their throne, and in the mighty name of Jesus...REIGN.