

# WHEN YOU'RE NOT OKAY

The spiritual side of mental health.

## Part 2: Your Inner Critic // Jeff Brodie // January 15, 2023

What's the conversation you have in your head with yourself about yourself? Whether it's on the golf course, at work, at home, or in the car, you can at times find yourself overwhelmed by this internal conversation—and in particular, your inner critic. In this message, we'll be looking at why your internal conversation is so important, where your inner critic comes from, and what to do about it.

**Scripture:** [Romans 7:15-20 NLT](#); [Romans 6:6-7, 14 NLT](#); [Romans 8:6 NLT](#); [Romans 12:2 NLT](#)

**Bottom Line:** Your internal conversation becomes your external life.

### Getting Started:

1. When you consider the conversations you have with yourself about yourself, what percentage would be positive and what percentage would be negative?
2. What circumstances tend to make you see yourself in a more positive way, and what circumstances feed your inner critic? How so?

### Diving In:

3. Jeff talked about the “feedback loop from hell” by Mark Manson. Did that resonate with you?
4. Read [Romans 7:15-20](#). Here Paul seems to experience something similar, and he really wrestles with his sinful condition. Our sinful condition (and that of others) often leads to the brokenness in our lives. Where do you see brokenness in your life or in the world around you?
5. Jeff stated that lies about ourselves or about God often take root in our broken places. Think of a time you've experienced brokenness. What were the lies that took root there?
6. Thomas Merton warned against the false self—an illusory person to whom we can end up devoting our lives. Where do you think you've grown in this area, and where do you think you still have room for growth?
7. Read [Romans 6:6-7, 14](#), and [8:6](#). Here Paul reminds us that while we can struggle with sin, ultimately Jesus has freed us from it. Steve Cuss puts it this way: “*The miracle of salvation isn't that Jesus stops us from sinning or being tempted to sin, it's that Jesus changes what our heart wants.*” When you look at your own inner critic, what's it telling you that you're missing, and how could you pray and ask God to change what your heart wants?

8. Read [Romans 12:2](#). Jeff challenged us that when you hear your inner critic, (a) identify the lie, (b) expose the lie, and (c) meditate on the truth. Taking charge of your inner critic in the first 10-20 seconds is crucial. In what location or with what people do you anticipate having to do this most often this week? Why? Is there a certain time or place or situation your group can pray for?
9. Jesus defeated sin so you don't need to be \_\_\_\_\_ or have \_\_\_\_\_ to be okay—he loves you as you are. How might you be tempted to fill in those blanks?

**Moving Forward:**

Your inner critic is not an indication of your spiritual life, but an invitation to it. This week, when you hear your inner critic, remind yourself that the same Jesus who paid for your freedom from sin on the cross is waiting for you to cry out to him and to lean into him. Remember that he is present.

**Changing Your Mind:**

*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*

*Isaiah 26:3 NLT*