

HOW **NOT** TO BE **YOUR OWN WORST ENEMY**

Pay Attention!

Have you ever met anyone who was their own worst enemy? Someone who undermined their relationships, career, finances, or success? It's hard to watch. But the truth is, we all have the potential to be our own worst enemy. At times, we may ignore the tug of our consciences and sell ourselves on a questionable decision. In the Old Testament, we read an account of David finding himself in such a position, and his example can help us navigate our own dilemmas.

Discussion Questions

1. Have you ever had someone try to “sell” you on their bad decision? How did that situation play out?
2. When have you been your own worst enemy? Was there an internal conflict associated with the decisions that led to the regrettable outcome?
3. When are you most prone to sell yourself on a bad idea? What does it sound like? What's your pitch?
4. How do you navigate a dilemma where circumstances seem to suggest one direction, but your conscience points in a different direction?
5. Read 1 Samuel 24.
 - What do you think was going on in David's mind when an opportunity to change his circumstances presented itself in the cave with Saul?
 - What was at stake in David's decision of whether to take matters into his own hands and kill the king?
 - How do you think it affected David's legacy that he listened to his conscience and chose to allow God to determine the outcome? How might it have shaped his standing as the next king of Israel?
6. Often, other people can make us aware of the tension in our decision-making. Who are the people in your life that you've given permission to ask you about those tensions?
7. When you feel tension in making a decision, what would it look like to pause until you can pinpoint a cause for the tension? What would it look like to explore rather than ignore your conscience?

Moving Forward

When you face a dilemma and there's a tension you can't quite put your finger on—don't rush by. That tension may very well be God's way of protecting you. If something bothers you about him or her, that offer, that invitation, that deal...you owe it to yourself to face it. Face that tension until it goes away or you go a different way. What begins as an uneasy feeling is often supported later with reason and insight. But if you don't pause, you won't see it.

Is there a tension that deserves your attention? Pay attention. That's a decision that will keep you from becoming your own worst enemy.