

**The Voice in Your Head**  
**John 8:3-9**  
By Russell Earl

Thesis: I want to show how we can handle our own conscience.

- Intro:
1. The mind is a powerful thing.
  2. Conscience defined: the soul as distinguishing between what is morally good and bad, prompting to do the former and shun the latter, commending one, condemning the other

I. What is a Mental Battle?

A. Consideration of sinful actions

1. Many temptations enter the mind of man, but they can be overcome.
2. Temptations sometimes come because man thinks he can do some things with anyone's knowledge.
  - a. The Bible warns man about such an attitude  
(**Num 32:23** – their disobedience would be found out)

B. The mind is a battle field

1. Why should I do this?
2. Can I justify what I am doing?
3. Is it really wrong?
4. Who says its ok? Who says its wrong?
5. What does the Bible say about this?
  - a. Remember those who brought forth the woman in adultery? (**John 8:3-9**)
    - i. What convicted them? (**v.9**)

II. A Mental Battle

A. Paul acknowledged such

1. **Romans 7:19-20**

- a. Verse 19 - The idea is that there are many sins one may not want to practice, yet when one commits them, compelled by the flesh.
  - b. Verse 20 - This verse is very much like verses 16 and 17. Even when the sinner wants to do good, sin hinders. Without the help of Christ, one is indeed in a state of helplessness.
2. The mental battle to do right is a battle that is very real. Denial of such is illogical.

B. Many in the Bible worked to clear their mind

1. Isaac is recorded as one who meditated at times (**Gen 24:63a**)
2. Meditation on God's Word is encouraged in the scriptures (**Psalm 119:15**)
  - a. *Meditation is to reflect on something, here it is God's Word.*
3. The apostle Paul encouraged meditation as well (**1 Tim 4:13-15**).

### III. Lessons for Us Today

#### A. Sin is a step program (**James 1:14-16**)

1. We are tempted by our own desires. (**v.14**)
2. When we give into our desires it brings forth sin. (**v.15**)
  - a. When desires overtake us and we partake of those desires it brings forth sin. (**v.17**)

#### B. We must work to train our conscience.

1. What starts in the mind should stop in the mind.
2. If we work to train our mind to focus on what is noble (**Phil 4:8**) , the battles we face will become less in number.
3. The apostle Paul worked to train himself to avoid sin & temptations (both in mind and body (**1 Cor 9:27**).

#### Application & Conclusion:

1. The mind can create innumerable problems, thankfully God and His Word shows us how to overcome them all.
2. When we work to clear the mind of temptations and sinful thoughts there will be more room for godliness and righteousness.
3. Full Invitation

#### Non-Christians must:

Hear – James 1:22, Romans 10:15,17

Believe – Jn 12:44, Jn 8:24, Mt 16:16

Repent – Luke 13:2-3

Confess – John 12:42, Romans 10:9

Be Baptized – 1 Pt 3:21, Acts 22:16, Col 2:11, Mk 16:16, Rom 6:3-4

Live faithfully – John 14:15, Rev 2:10

#### Christians must:

Repent: Acts 17:20, Acts 8:37, Lk 13:3

Pray: James 5:16, 1 Jn 1:9