

5-17-26 Consumer - What's Consuming You?

Overview

This sermon, “What’s Consuming You?”, urges believers to recognize how generational curses, personal sin, and complacency consume us and rob us of God’s purpose. Using the lives of Kings Saul, David, and Solomon, it shows how these “torments” create footholds for the enemy and keep us stuck in cycles of torment instead of contribution. The core message: you do **not** have to repeat the sins of your forefathers—freedom is available through the cross, repentance, and obedience, so you can lay down your old life and walk in God’s personalized plan (Jer 29:11).

Main Points

- **Freedom from the Past:** You do not have to live under the repercussions of forefathers’ sins, iniquities, or inner vows. God has a specific, intimate purpose for *you* (Rev 12:11; Jer 29:11).
- **What Consumes Us:** Anything that gives Satan a foothold—thoughts, beliefs, or actions that lead to agreement with the enemy, blatant sin, or complacency—has the power to devour our potential.
- **1. Spiritual Torment (King Saul):** Generational curses, disobedience, rejection, and pride open doors to demonic torment. Fight spiritually by casting down arguments and bringing every thought captive to Christ (2 Cor 10:3-5; Eph 6:12).
- **2. Sin-Related Torment (King David):** Small, unchecked choices stir fleshly desires that lead to sin, shame, and death (James 1:14-15; 2 Sam 11:1). Rule over sin by renewing your mind and putting on the new nature (Eph 4:22-32; Gen 4:7).
- **3. Existential Torment (King Solomon):** Comfort and complacency breed meaninglessness and the question “Why am I here?” (Eccl 1:2-8). Break it by getting uncomfortable, generous, and serious about your faith (Luke 10; 1 Tim 6:17-19; 1 Cor 3:13-15).
- **The Way Forward:** Lay down the old life (pride, victimhood, unmet expectations), repent, renew your mind, and actively obey God.

Reflection Questions

1. What thoughts, behaviors, or mindsets in my life right now are giving the enemy a foothold or consuming my energy?
2. Which of the three torments (spiritual, sin-related, or existential) am I most experiencing?
3. What “small choices” am I making that could be opening doors to sin or compromise?
4. Where have I become too comfortable, and what might “getting uncomfortable” look like for me?
5. In what areas am I still carrying generational patterns or inner vows instead of God’s personalized purpose for me?

Application

- **Identify & Renounce:** Ask the Holy Spirit to reveal footholds, generational curses, or ungodly thoughts; bring them captive to Christ (2 Cor 10:5).
- **Repent & Renew:** Confess specific sins, renounce agreements with lies, and replace them with God’s Word.
- **Take Action:** Get uncomfortable—serve, give generously, step out in obedience. Prioritize your relationship with Jesus above comfort.
- **Pray the Response** (use or adapt the sermon’s closing prayers):
 - Choose Jesus as Lord and repent.
 - Release every tormenting thought, mindset, or curse.

- Confess sin and receive forgiveness.
- Commit to getting uncomfortable, generous, and serious about following Him.

Group Discussion Prompts

1. Share an example of a generational pattern or past choice that has affected you. How does this message bring hope?
2. How can we practically “bring every thought into captivity to the obedience of Christ” in daily life?
3. What does “getting uncomfortable” look like for us personally and as a group (serving, giving, stepping out in faith)?
4. How can we support one another in breaking free from what consumes us and stepping into God’s purpose?
5. Which of the three torments do you see most commonly in our culture or church today, and what is one practical step we can take together?