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## I'm Not Crazy; But I Am a Carrier

*(Why smart people do dumb things without warning)*

**(SERIES: They Promised Me Chocolate; 05 of 10)**  
by Dr. David Foster

"I have discovered this principle of life—that **when I want to do what is right, I inevitably do what is wrong.** I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord." (Rom 7:21-25 VLT)

### Self-inflicted wounds

#### The wounds made by **words we speak in anger.**

"People can tame all kinds of animals, birds, reptiles, and fish, but no one can tame the tongue. It is restless and evil, full of deadly poison. Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!" (James 3:7-12 NLT)

#### The wounds made by **the shortcuts we take.**

"If you are wise and understand God's ways, **prove it by living an honorable life**, doing good works with the humility that comes from wisdom. But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying." (Jam 3:13-16 NLT)

#### The wounds made by **lies we spread.**

#### The wounds made by **promises we break.**

#### The wounds made by **the jealousy we justify.**

## In order to cope

We **withdraw & retreat.**

We **turn inward & entertain dark deeds.**

"For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. **Have nothing to do with the fruitless deeds of darkness, but rather expose them.**" (Eph 5:8-11 NIV)

We **live shame-bound & bitter.**

## How to get out of your own way

Make it your habit to **think B.I.G..**

"Look, I am about to die," Esau said. "What good is the birthright to me?" (Gen 25:32 NIV)

Make it your habit to **do the details.**

"Catch all the foxes, those little foxes, before they ruin the vineyard of love, for the grapevines are blossoming!" (SofS 2:15 NLT)

Make it your habit to **lean hard.**

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight." (Pro 3:5-6 NIV)

Make it your habit to **travel light.**

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives." (1 John 1:8-10 NIV)