

Women of Africa Care Pty Ltd

YALO On Air –11 August 2024
Episode 35
Inspiration brought to you by Women of Africa Care

Breaking up with Darkness

Introduction: Psalm 119.10-16

How can a young person stay on the path of purity?
By living according to your word.
10 I seek you with all my heart;
do not let me stray from your commands.
11 I have hidden your word in my heart
that I might not sin against you.
12 Praise be to you, Lord;
teach me your decrees.
13 With my lips I recount
all the laws that come from your mouth.
14 I rejoice in following your statutes
as one rejoices in great riches.
15 I meditate on your precepts
and consider your ways.
16 I delight in your decrees;
I will not neglect your word.

1 Peter 2.9 But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

<u>Darkness, as a symbol of sin (Spiritual Darkness)</u>
John 3.16-21 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17For God did not send his Son into the world to condemn the world, but to save the world through him. 18Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. 19This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. 20Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. 21But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.
Proverbs 2.12-15 To deliver you from the way of evil, From the man who speaks perverse things, 13 From those who leave the paths of uprightness. To walk in the ways of darkness; 14 Who rejoice in doing evil, And delight in the perversity of the wicked; 15 Whose ways are crooked, And who are devious in their paths;
Proverbs 4.19 The way of the wicked is like darkness;
They do not know what makes them stumble.

Isa 29.15 Woe to those who seek deep to hide their counsel far from the Lord, And their works are in the dark; They say, “Who sees us?” and, “Who knows us?”

Darkness symbolises ignorance of the truth

2 Cor 4.4 whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them.

Psalm 82.5 They do not know, nor do they understand; They walk about in darkness;
All the foundations of the earth are [a]unstable.

Eph 4.18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart

Darkness symbolises death and the grave

Job 10.20 Are not my days few?
Cease! Leave me alone, that I may take a little comfort,
21 Before I go to the place from which I shall not return,
To the land of darkness and the shadow of death,
22 A land as dark as darkness itself,
As the shadow of death, without any order,
Where even the light is like darkness.’

Psalm 49.19 He shall go to the generation of his fathers;
They shall never see light.

How to break up from the darkness of sin, ignorance and death?

6 Stages of breaking up:

1. **Ambivalence:** “Was breaking up with sin, ignorance and death the right thing to do?”
2. **Denial and shock:** “This cannot be happening!” When you become one with something breaking up with a bad habit, bad attitude, bad relationship or soul tie is a shock to the body and soul right?
3. **Bargaining and negotiation**: “Things will be different this time.”
4. **Depression and sadness**: “Will I ever move pass condemnation.”
5. **Acceptance and healing**: “This way of life ran its course and it's over now. I'll be OK.”
6. **Growth and moving on:** “I’ve moved o, I am at peace. I'm happy.”

Ambivalence: Was the breaking up from darkness sin, ignorance and death the right thing to do?

Let us look at some of the impacts of darkness to our lives:

- Romans 6:23 - "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."
- Galatians 5:19-21 - "The acts of the flesh are obvious: sexual immorality, impurity, and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God."
- Ephesians 4:26-27 - "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."

Denial and Shock - “This cannot be happening!”

- Mark 7.20-23 20 He went on: “What comes out of a person is what defiles them.21 For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder,22 adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly.23 All these evils come from inside and defile a person.”

Bargaining and negotiation: “Things will be different this time.”

- James 1:13-16 - Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived, my beloved brethren.
- Prov 28.13 Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

- John 8.44 - You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.

- Jeremiah 17:9 - " The heart is deceitful above all things, And desperately wicked; Who can know it?

- Isaiah 29:15 - Woe to those who seek deep to hide their counsel far from the LORD, And their works are in the dark; They say, "Who sees us?" and, "Who knows us?"

- Psalm 19.13Keep your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression.

- 14 May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

Depression and sadness: “Withdrawal symptoms.”

- Anger and resentment - Gal 6.7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.
- Psalm 10:4 The wicked in his proud countenance does not seek God; God is in none of his thoughts.
- Proverbs 21:16 - A man who wanders from the way of understanding Will rest in the assembly of the dead.
- Proverbs 26:12 - Do you see a man wise in his own eyes? There is more hope for a fool than for him.
- James 3:14-16 But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there.

Acceptance and healing: “The relationship ran its course and it's over now. I'll be OK.”

- 1.1 Cor 10.13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
- Psalm 119.25I am laid low in the dust; preserve my life according to your word. 26 I gave an account of my ways and you answered me; teach me your decrees. 27 Cause me to understand the way of your precepts, that I may meditate on your wonderful deeds.

- Psalm 15:1-2 LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill? He who walks uprightly, And works righteousness, And speaks the truth in his heart

- Ecclesiastes 12:14 For God will bring every work into judgment, Including every secret thing, Whether good or evil.

Growth and Moving on

- **Psalm 119. 28** My soul is weary with sorrow; strengthen me according to your word. 29 Keep me from deceitful ways; be gracious to me and teach me your law.

- Isai 40.28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 29 He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

How to overcome sin, ignorance and death?
Let the word of God become your standard for living.

Psalm 19.7 The law of the Lord is perfect,
refreshing the soul.
The statutes of the Lord are trustworthy,
making wise the simple.
8 The precepts of the Lord are right,
giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.
9 The fear of the Lord is pure,
enduring forever.
The decrees of the Lord are firm,
and all of them are righteous.

10 They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.
11 By them your servant is warned;
in keeping them there is great reward.
12 But who can discern their own errors?
Forgive my hidden faults.
13 Keep your servant also from willful sins;
may they not rule over me.
Then I will be blameless,
innocent of great transgression.

14 May these words of my mouth and this meditation of my heart
be pleasing in your sight,
Lord, my Rock and my Redeemer.

1 Tim 5.5 You are all children of the light and children of the day. We do not belong to the night or to the darkness.6So then, let us not be like others, who are asleep, but let us be awake and sober. 7For those who sleep, sleep at night, and those who get drunk, get drunk at night. 8But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet. 9For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. 10He died for us so that, whether we are awake or asleep, we may live together with him. 11Therefore encourage one another and build each other up, just as in fact you are doing**.**

Eph 4 Instructions for Christian Living

17So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18They are darkened in their understanding and separated from

the life of God because of the ignorance that is in them due to the hardening of their hearts. 19Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

20That, however, is not the way of life you learned 21when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23to be made new in the attitude of your minds; 24and to put on the new self, created to be like God in true righteousness and holiness.

25Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26“In your anger do not sin” d : Do not let the sun go down while you are still angry, 27and do not give the devil a foothold. 28Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.