

# HOW NOT TO BE YOUR OWN WORST ENEMY

## Pay Attention!

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**Scripture:** 1 Samuel 24:2–4, 6–7, 12

**Idea:** Pay attention to the tension. As soon as you start selling yourself on anything, you should hit pause. We rarely have to sell ourselves on a good idea.

### Introduction

**Graphic:** Title slide for *How Not to Be Your Own Worst Enemy*

*[Have you ever been your own worst enemy? We all have.]*

**Andy tells a personal story of being his own worst enemy in college when he was placed on academic probation.**

*[Have you ever known anyone who did it up big? They did this with their career, marriage, or finances. It's hard to watch. We think, "They may do this, but I would never." We certainly all have the potential to be our own worst enemy. After all...]*

You have **participated** in **all** your bad decisions.

A single **bad decision** is always the **first step** toward becoming your own **worst enemy**.

*[It just unravels over time. Every habit begins with a first time. Every pattern starts with the first line. Every journey starts with a first step. So, the potential is there. In this series, we are discussing three things you can do to ensure you don't become your own worst enemy.]*

A single bad decision is always the first step toward becoming **your own worst enemy**.

*[Jesus didn't use this terminology, but what he said was clear. Those who heard it and refused to put it into practice would ultimately undermine their own lives.]*

*[In this series, I want to suggest three habits that serve as...]*

