

“Mama Bear Apologetics”

Chapter 5

VI. Chapter 5 - God Helps Those Who Help Themselves

Self-Helpism: The lie “. . .that we should do what we can, within our power, to work for a better life for ourselves and others. (pg 82)

-Self help tells us that we need to look no further than within ourselves for the remedy to our brokenness.

-While there is some good in self-help, it has limits. We can become aware of ways to take care of physical, emotional and behavioral aspects but we cannot change our hearts or sin nature apart from the Holy Spirit.

A. History: Self-Helpism started in the Garden of Eden, and even ministers through the ages have fallen prey to Self-Helpism.

B. RECOGNIZE the Message: “. . .self-helpism points people toward self-reliance rather than God.” (pg 87)

1. The Diagnosis: We deserve. . .leads to “self-centeredness blooming in our hearts.” (pg 88)
2. The Remedy: Self-discovery in the form of self-love, material stuff, pantheism and positive thoughts. (pg 88)
3. The Source: You are both the source and the power to the solution of your problems. (pg 88)

C. OFFER Discernment: “. . .the only reason we have anything good coming our way is because God is good, not because we are. Be aware when you hear people touting rights. Often, what they call a right is really a gift to which they feel entitled.” (pg 89)

1. The Diagnosis:
 - a. We feel entitled to the good gifts of God. (Deserve them)
 - b. Self-Help diminishes the power and consequences of sin, writing it off as bad habits or character defects.
2. The Remedy:
 - a. Jesus is the only one who completely understands our struggles. Jesus has set us free from our real problem (sin) with its enslavement.
 - b. “We’ve been given the ultimate helper, the Holy Spirit who guides us in all truth.” (pg 91)
3. The Source:
 - a. “God is our source, and He alone has the solutions. (pg 91)
 - b. “God doesn’t help those who help themselves; He helps those who are helpless and know it.” (pg 92)

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Chapter 5, continued

- D. ARGUE for a Healthier Approach: “. . .we need our manufacturer.” (pg 93)
No broken thing can fix itself!
 - 1. “But the Bible is sufficient, meaning that it tells us all we need to know about who God is, who we are, and what we need for the abundant life (as defined by God). (pg 93)
 - 2. Just remember-no matter what you're reading or listening to, psychology must always bend the knee to theology. (pg 93)

- E. REINFORCE Through Discussion, Discipleship, and Prayer
 - 1. Discuss with children/this generation what is within our power and what is God's. (pg 94)
 - 2. Direct children/this generation to the Bible.