

**“Stubborn Resistance – Blinded by Denial”**  
**5 Blind Spots Blocking God’s Work in You, Part 2**  
5/24 & 5/27/18

We have physical blind spots and “MENTAL (cognitive) blind spots” – gaps in our perception that blind us from seeing the TRUTH about ourselves and others

We have developed certain BELIEFS (blind spots) that keep us from CHANGING

Many today struggle with “STUBBORN RESISTANCE”

Stubborn resistance keeps people stuck in their CONDITION

Stubborn resistance can prevent you from SEEING your blind spot, and it feeds the belief that there is NO HOPE for getting past the wall that prevents you from experiencing a new life

Many times what we “think” is our problem, isn’t really the problem; a DEEPER REALITY is the real problem – this is the “IT”

As long as we focus on the “perceived” problem, the real problem (the “it”) goes UNADDRESSED

Once people go after the “it” behind their problem, they BREAK THROUGH their stubborn resistance and are on their way to making REAL PROGRESS

It’s easy to point at someone else and their problem because that keeps the attention off of ME

It is tough to examine MY OWN LIFE to see if I am displaying some form of stubborn resistance

When you are stuck in stubborn resistance, you may hear words that would help you move past your walls, but you REFUSE to deal with them because you are blinded by DENIAL

Acts 7:51 (NLT) “You stubborn people! You are heathen at heart and deaf to the truth. Must you forever resist the Holy Spirit? That’s what your ancestors did, and so do you!” (read of Pharaoh’s “stubborn resistance” in Exodus chapters 8-12)

We will do everything but try something DIFFERENT – we stay in our DENIAL

Our blind spots hurt us and those AROUND US & spill over into almost EVERY AREA of our life

We often learn our stubborn resistance from our FAMILY and come to believe this is how people NORMALLY relate

**Willingness: The Key to Overcoming Stubborn Resistance**

If you realize you have a tendency toward stubborn resistance, be GRATEFUL

Even if you see the need to change, stubborn resistance by its very nature is stubbornly resistant to change – it will take TIME and WORK

**The First Step: Open-Mindedness**

Opening our minds to the possibility of other points of view is the ONLY way to move FORWARD

Open-mindedness is characterized by:

- Ability to see things from another person’s PERSPECTIVE

- Realizing you are not always **RIGHT**, but making things right when you are **WRONG**
- Be quiet for a while and **LISTEN** to someone else who might have something valuable to contribute
- Willing to consider **RECOVERY** or **COUNSELING** – know there is a world of helpful information they could never find on their own

### **Moving On to Willingness**

Open-mindedness is a valuable assessment tool, but it is **WORTHLESS** unless it is followed up with a willingness to **ACT**

Open-mindedness is the prerequisite; willingness is the actual **KEY** to **OVERCOMING** stubborn resistance

A person with willingness goes beyond good **INTENTIONS**; the willing actually get things **DONE**

Willingness leads to real **CHANGE**

If you live your life with stubborn resistance entrenched in denial, you will live life with a blind spot that **BLOCKS** you from all your life could be

**Philippians 4:13** (NIV) “I can do all this through Him [Christ] who gives me strength.”

#### ***My Next Step Today Is:***

- I realize I have a problem with stubborn resistance and denial, I am asking God to help me be open to try something different & hear others points of view to move forward in my life
- I realize I have a problem with stubborn resistance and denial, I need to consider counseling or a recovery group

**Next week:** Join us as we explore “Arrogant Entitlement – Blinded by Selfishness.” Invite a friend!

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We have developed certain \_\_\_\_\_ (blind spots) that keep us from \_\_\_\_\_

Many today struggle with “\_\_\_\_\_”

Stubborn resistance keeps people stuck in their \_\_\_\_\_

Stubborn resistance can prevent you from \_\_\_\_\_ your blind spot, and it feeds the belief that there is \_\_\_\_\_ for getting past the wall that prevents you from experiencing a new life

Many times what we “think” is our problem, isn’t really the problem; a \_\_\_\_\_ is the real problem – this is the “\_\_\_\_\_”

As long as we focus on the “perceived” problem, the real problem (the “it”) goes \_\_\_\_\_

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