



Event: Titus 2

Topic: A Demon Named Saboteur

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Intro Question: What is a Saboteur Personality?

- Our inner saboteur is the sub-self or part of our personality. It is a part of us that undermines us and makes us get in our own way.

Mama's Story:

- She had a coworker that was always complaining about her job – that she didn't like it and was stuck there
- She was always complaining about her husband – how she thought she'd be better off single
- She was always complaining about her children, her mother-in-law: just complaining, complaining, complaining
- This shows how she was sabotaging her own life: she's ungrateful and unreasonable
- Her sisters are the same exact way, and she didn't do herself any good by seeking counsel from them
- Just like this coworker, there are many of us sabotaging our own walk in Christ, our relationships with our Lords, children, friends, and with ourselves

Question: *What is Sabotage?*

- To deliberately destroy, damage, or obstruct so that what we are working toward does not work correctly
- Synonyms: wreck, destroy, destruction, injury, undermine

Root of Self-Sabotage:

- When a person impedes their own success with behavior that undermines their progress or prevents them from obtaining whatever their goals are.

Question: *How do we undermine ourselves?*

- By being procrastinators
- By overthinking
- By assuming the worst
- By avoiding conversations
- By avoiding work that needs to be done
- By being a self-protector
- By being a control freak or perfectionist
- By being a self-critic

Matthew 24:13 (KJV) But he that shall endure unto the end, the same shall be saved.

- Discussion around self-sabotage is not to give up don't sabotage our walk in Christ
- As women, we need to endure unto the end

Question: *What is Cognitive Dissidence?*

- The state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change
- A mental conflict occurring when our beliefs don't line up with our actions



1 Samuel 2:3 (KJV) Talk no more so exceeding proudly; let *not* arrogance come out of your mouth: for the LORD is a God of knowledge, and by him actions are weighed

- We need to do the things we say we are going to do
- We need to be women of integrity, substance, and prudence

Questions to ask ourselves when we self-sabotage:

- Why would I do the things that I do to hurt my walk?
- What has self-sabotage caused me to lose?
 - loss of love, respect, intimacy
 - loss of reaching my spiritual and health goals
 - loss of realistic expectations for myself
 - loss of personal relationships
 - loss of financial stability
 - loss of my marriage

We must remember that avoidance is not a way out because it turns to resentment and hate.

Some ways to overcome self-sabotage:

- Best revenge is forgiveness
- Can't change others, can only change ourselves
- We must stop blaming others
- We must learn from our mistakes

Video Clip: Overcoming, IUIC Miami, Cpt Zakar from 1:57 – 2:01

<https://www.youtube.com/live/OEkPNZrhPSo?si=7vSWpVE5vEJhWXpY>

- Nourishing hatred is also self-sabotage
- Scriptures from the video:

Sirach/Ecclesiasticus 2-5 (KJV Apocrypha):

2 Forgive thy neighbour the hurt that he hath done unto thee, so shall thy sins also be forgiven when thou prayest.

3 One man beareth hatred against another, and doth he seek pardon from the Lord?

4 He sheweth no mercy to a man, which is like himself: and doth he ask forgiveness of his own sins?

5 If he that is but flesh nourish hatred, who will intreat for pardon of his sins?

Romans 8: 26-27, 34 (KJV):

26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

27 And he that searcheth the hearts knoweth what *is* the mind of the Spirit, because he maketh intercession for the saints according to *the will of* God.

34 Who *is* he that condemneth? *It is* Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.



Proverbs 16:25 (KJV): Who *is* he that condemneth? *It is* Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.

- We may think that our way is right but is it in line with God's way? There are always things that we all need to improve on
- All our actions can be misguided and lead us to self-sabotage if we are not careful

James 1: 22-24 (KJV):

But be ye doers of the word, and not hearers only, deceiving your own selves.

23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass:

24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

- Ask ourselves, do we trust the heavenly Father's will and decisions for our lives enough to not self-sabotage to be a good wife and mother, etc.

2 Peter 3:16 (KJV): As also in all *his* epistles, speaking in them of these things; in which are some things hard to be understood, which they that are unlearned and unstable wrest, as *they do* also the other scriptures, unto their own destruction.

- When we wrestle against things hard to understand, there in turn comes self-sabotage.
- We don't do or say the things we know we should hence the self-sabotage

Luke 22:31-32 (KJV):

31 And the Lord said, Simon, Simon, behold, Satan hath desired *to have* you, that he may sift *you* as wheat:

32 But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.

- As women, we should have righteous conversations amongst ourselves to help strengthen us

**** A Woman of God must ****

- Be Prudent
- Show wisdom
- Not let her emotions overtake her

Romans 1:28-32 (KJV):

28 And even as they did not like to retain God in *their* knowledge, God gave them over to a reprobate mind, to do those things which are not convenient;

29 Being filled with all unrighteousness, fornication, wickedness, covetousness, maliciousness; full of envy, murder, debate, deceit, malignity; whisperers,

30 Backbiters, haters of God, despiteful, proud, boasters, inventors of evil things, disobedient to parents,

31 Without understanding, covenant breakers, without natural affection, implacable, unmerciful:

32 Who knowing the judgment of God, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them.

- Sabotaging ourselves is when we do these things knowing the judgment of God



Galatians 5:17 (KJV): For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

- Our spirit and flesh are always fighting which is why we must always study to be able to overcome the flesh

James 1:14-15 (KJV):

14 But every man is tempted, when he is drawn away of his own lust, and enticed.

15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

- Death comes through our own self-sabotage

Quote: *“Success is not final; failure is not fatal; it is the courage to keep going that counts.”*

Proverbs 24:16 (KJV): For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

- Even though we fall, we can rise back up

Question: How Many Self-Sabotage Behaviors Do You Have?

- ☞ Do you use alcohol as a de-stressor?
- ☞ Do you take too much caffeine?
- ☞ Do you self-medicate, to lash out or do you soak?
- ☞ Do you procrastinate?
- ☞ Do you put people down behind their back?
- ☞ Are you financially reckless?
- ☞ Do you isolate yourself from others?
- ☞ Do you have poor choices in relationships? Choosing partners or friends that also enable you to self-sabotage?
- ☞ Do you have unrealistic expectations or boundaries, or no expectations or boundaries?
- ☞ Do you ignore or put off answering phone calls?
- ☞ Do you ignore social contact, meaning that you ignore people's text emails?
- ☞ Do you overeat mindlessly & thoughtlessly?
- ☞ Do you under eat & neglect your own nutrition?
- ☞ Do you neglect your physical self not moving your body or exercising?
- ☞ Do you neglect your hygiene?
- ☞ Do you neglect your social presentation, not caring about what you wear or how you present yourself to others?
- ☞ Do you not have any bedtime? You just lay in the dark & wait till you fall asleep to Netflix or on your cell phone?
- ☞ Do you compare yourself and rate yourself to other people on Instagram & Facebook?
- ☞ Do you stalk people online by hating or trolling them?
- ☞ Are you determined to be offended?
- ☞ Do you NOT study?



- 🔊 Do you not plan?
- 🔊 Do you make yourself upset endlessly over past events that you have no control over?
- 🔊 Are you involved in gossip & negative conversation?

Self-sabotaging behavior is a feeling caused by a habit. It is time-consuming and takes a lot of work.

Bad thinking + Bad Behavior = Bad Outcome

If you think about self-sabotage, ask yourself:

- Is your behavior aligning with your goals?
- What is stopping you from acting and making your own dreams/goals come true?
- Is your behavior aligning with the values you currently believe?
- Do you feel uneasiness or discomfort with your progress?
- Is your unease based upon a fear of success?
- Do you believe you can do better or achieve more?
- Do you take accountability without making excuses?

James 5:16 (KJV): Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

- We should be constantly praying for ourselves and each other

Romans 14:12 (KJV): So then every one of us shall give account of himself to God.

- We will have to give account for everything we deny or admit

Philippians 2:12 (KJV): Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

- We must work out our own salvation by not getting in our own way or self-sabotaging our walk

1 Corinthians 9:24-27 (KJV):

24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

25 And every man that striveth for the mastery is temperate in all things. Now they *do it* to obtain a corruptible crown; but we an incorruptible.

26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

27 But I keep under my body, and bring *it* into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

- We want to obtain the prize of eternal life so we must stop self-sabotaging ourselves

Scriptural Examples of Self-Saboteurs:

Esther 4:12-14 (KJV):

12 And they told to Mordecai Esther's words.

13 Then Mordecai commanded to answer Esther, Think not with thyself that thou shalt escape in the king's house, more than all the Jews.



14 For if thou altogether holdest thy peace at this time, *then* shall there enlargement and deliverance arise to the Jews from another place; but thou and thy father's house shall be destroyed: and who knoweth whether thou art come to the kingdom for *such* a time as this?

- Just as Mordecai was looking out for Esther by correcting her, our lords and leadership are there to protect us by correcting us

Acts 5:7-10 (KJV):

7 And it was about the space of three hours after, when his wife, not knowing what was done, came in.

8 And Peter answered unto her, Tell me whether ye sold the land for so much? And she said, Yea, for so much.

9 Then Peter said unto her, How is it that ye have agreed together to tempt the Spirit of the Lord? behold, the feet of them which have buried thy husband *are* at the door, and shall carry thee out.

10 Then fell she down straightway at his feet, and yielded up the ghost: and the young men came in, and found her dead, and, carrying *her* forth, buried *her* by her husband.

- Sapphira caused her own death by not telling Peter the truth when she had the chance

Galatians 5:19-21 (KJV):

19 Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told *you* in time past, that they which do such things shall not inherit the kingdom of God.

- We need to avoid these works of the flesh for they are perfect ways for us to self-sabotage our walk with Christ

2 Timothy 4:3-5 (KJV):

3 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,

4 Traitors, heady, highminded, lovers of pleasures more than lovers of God;

5 Having a form of godliness, but denying the power thereof: from such turn away.

- We must endure to the end and never give up

Proverbs 25:25 (KJV): As cold waters to a thirsty soul, so *is* good news from a far country.

- We must rule over our own spirit and the things we say and do
- We must hold ourselves accountable for everything

How we sabotage ourselves:

1) We stop doing the things that are good for our physical, mental, emotional, spiritual, or financial well-being such as not exercising or journaling and not praying or meditating regularly



Romans 8:28 (KJV): And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.

- Procrastination: the arrogance of believing that you will be alive tomorrow to finish the task that you have put off

James 4:15 (KJV): For that ye *ought* to say, If the Lord will, we shall live, and do this, or that.

- Always say Lord's will for what we can/will do

Galatians 6:9 (KJV): And let us not be weary in well doing: for in due season we shall reap if we faint not.

- Do good now and don't wait until later because later may not come

Quote: *"Procrastination is the thief of time"*

Quote: *"When it comes to procrastination and overthinking, we have to overcome self-doubt"*

2) I will do more things to suppress my emotions

- We tend to react to our emotions
- We need to manage our anger, hate, and resentment

1 Corinthians 10:13 (KJV): There hath no temptation taken you but such as is common to man: but God *is* faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear *it*.

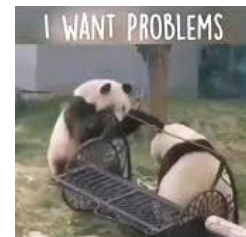
3) Consciously create problems or conflict for ourselves

- As sisters, we should not be:
 - Picking fights with our Lords
 - Talking about bills all the time
 - Asking for things your Lord's household can't afford
 - We should be realistic

4) Comparison

Quote: *"Comparison is the thief of all joy"*

- Don't compare your situation to others' lifestyles, children, things, or you will always be upset with your own self



1 Corinthians 13:5 (KJV): Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil

2 Corinthians 10:12 (KJV): For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise.



- It is not wise to compare ourselves to other people, other women, or another's circumstances

5) Focus on the Negative

- Always being a Debbie downer
- Don't be ungrateful
- Don't see fault in everything or everybody
- Don't focus on what you don't want
- Don't interpret everything in a negative manner

Philippians 4:8-9 (KJV): Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

6) Whining, complaining, being reactive instead of proactive, and feeling like a victim

Philippians 2:14-15 (KJV):

14 Do all things without murmurings and disputings:

15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

- We want to be blameless so stop all the self- sabotage behaviors

1 Peter 4:9 (KJV): Use hospitality one to another without grudging.

- Do something for someone without expecting anything in return

Philippians 4:11-13 (KJV):

11 Not that I speak in respect of want: for I have learned, in whatsoever state I am, *therewith* to be content.

12 I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.

13 I can do all things through Christ which strengtheneth me.

- We need to be content with the things that we have

1 Timothy 6:6-10 (KJV):

6 But godliness with contentment is great gain.

7 For we brought nothing into *this* world, *and it is* certain we can carry nothing out.

8 And having food and raiment let us be therewith content.

9 But they that will be rich fall into temptation and a snare, and *into* many foolish and hurtful lusts, which drown men in destruction and perdition.

10 For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

- Simple, remember Lot's Wife...

7) Taking Less Action



- Thinking that you are not needed, leaving a committee/office, withdrawing yourself from helping the body
- Ask yourself why do you want to do less?

2 Timothy 3:16-17 (KJV):

16 All scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness:

17 That the man of God may be perfect, thoroughly furnished unto all good works.

8) Spending more time privately or alone than you normally do:

- Does all interaction feel like a burden to you?

Hebrews 10:23 (KJV): Let us hold fast the profession of *our* faith without wavering; (for he *is* faithful that promised;)

Goes together with...

Malachi 3:16 (KJV): Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard *it*, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name.

- We should be glad to see each other and to be around the congregation
- We should seek out assembling with others in the body

9) Overcomplicating things:

- Do you make things bigger than they are or harder than they must be?

1 Corinthians 11:2-3 (KJV):

2 Now I praise you, brethren, that ye remember me in all things, and keep the ordinances, as I delivered *them* to you.

3 But I would have you know, that the head of every man is Christ; and the head of the woman *is* the man; and the head of Christ *is* God.

- Don't try to rewrite the scriptures and complicate the order...
God – Christ – Man – Woman – Child

Philippians 3:13-15 (KJV):

13 Brethren, I count not myself to have apprehended: but *this* one thing *I do*, forgetting those things which are behind, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

15 Let us therefore, as many as be perfect, be thus minded: and if in anything ye be otherwise minded, God shall reveal even this unto you.

- Prudent: wise, understanding, sensible, good, and pleasant
- A prudent woman has a relationship with God
- A prudent woman has courage and fear of the Lord
- A prudent woman respects her husband
- A prudent woman continuously prays
- A prudent woman knows when and how to speak



- A prudent woman doesn't freak out when something doesn't go as expected
- A prudent woman is industrious and a hard worker
- A prudent woman is not clingy to her husband
- A prudent woman understands his role and the work he does
- A prudent woman chooses friendships and counselors wisely
- A prudent woman controls her temper

Steps to stop sabotaging ourselves:

- Recognize and acknowledge when we are self-sabotaging
- Identify the triggers of a self-saboteur nature
- Practice self-comparison
- Set realistic goals
- Develop positive habits
- Seek support from your lord, leadership, or counselor of 1,000

Quote: *"Be courteous to all, but intimate with few"*

Proverbs 16:22-24 (KJV):

22 Understanding *is* a wellspring of life unto him that hath it: but the instruction of fools *is* folly.

23 The heart of the wise teacheth his mouth, and addeth learning to his lips.

24 Pleasant words *are as* an honeycomb, sweet to the soul, and health to the bones.

1 Peter 4:7 (KJV): But the end of all things is at hand: be ye therefore sober and watch unto prayer.

1 Corinthians 10:12 (KJV): Wherefore let him that thinketh he standeth take heed lest he fall.

Romans 12:3 (KJV): For I say, through the grace given unto me, to every man that is among you, not to think *of himself* more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

- Don't think of yourself as high and mighty and never wrong

Romans 12:9-13 (KJV):

9 Let love be without dissimulation. Abhor that which is evil; cleave to that which is good.

10 Be kindly affectioned one to another with brotherly love; in honour preferring one another;

11 Not slothful in business; fervent in spirit; serving the Lord;

12 Rejoicing in hope; patient in tribulation; continuing instant in prayer;

13 Distributing to the necessity of saints; given to hospitality.

- Don't give fake love

How do we stop Self-Sabotaging ourselves?

- Get with your counselor to figure out how to make the necessary changes as well as ways to make them stick
- Stop your negative thought process



- Try to understand how YOU work, how your mind thinks, how to feed both your spiritual and physical body to make sure you are healthy both spiritually and physically
- Prepare yourself to act in alignment with the person that you strive to be and have integrity in being the person that you say you are
- Recognize the self-sabotaging behavior and finds ways to counteract them

Proverbs 3:5-6 (KJV):

5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

Galatians 1:10 (KJV): For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ.

Exodus 32:32-33 (KJV):

32 Yet now, if thou wilt forgive their sin--; and if not, blot me, I pray thee, out of thy book which thou hast written.

33 And the LORD said unto Moses, Whosoever hath sinned against me, him will I blot out of my book.

Revelation 3:5 (KJV): He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels.

- We must do everything in our power not to self-sabotage so that we can obtain the white robe and be worthy of immortality

Revelation 20: 12-13, 15 (KJV):

12 And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is *the book of life*: and the dead were judged out of those things which were written in the books, according to their works.

13 And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were judged every man according to their works.

15 And whosoever was not found written in the book of life was cast into the lake of fire.

Psalms 119:63-66, 71-80 (KJV):

63 I *am* a companion of all *them* that fear thee, and of them that keep thy precepts.

64 The earth, O LORD, is full of thy mercy: teach me thy statutes.

65 Thou hast dealt well with thy servant, O LORD, according unto thy word.

66 Teach me good judgment and knowledge: for I have believed thy commandments.

It is good for me that I have been afflicted; that I might learn thy statutes.

72 The law of thy mouth *is* better unto me than thousands of gold and silver.

73 Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

74 They that fear thee will be glad when they see me; because I have hoped in thy word.

75 I know, O LORD, that thy judgments *are* right, and *that* thou in faithfulness hast afflicted me.

76 Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant.



77 Let thy tender mercies come unto me, that I may live: for thy law *is* my delight.

78 Let the proud be ashamed; for they dealt perversely with me without a cause: *but* I will meditate in thy precepts.

79 Let those that fear thee turn unto me, and those that have known thy testimonies.

80 Let my heart be sound in thy statutes; that I be not ashamed.

LET US NOT BE ASHAMED!

LET US MEDITATE ON THE PRECEPTS OF THE HEAVENLY FATHER!

LET US NO SELF-SABOTAGE OUR WALK IN CHRIST!

SHALOM! Most High and Christ Blessed!