

# Breaking Through

## How to Be Unselfish

### I. Introduction

- A. "Submission" - - "Giving up my 'rights' to meet another person's 'needs'"

### II. Why Should I Be Unselfish?

A. Selfishness causes conflict!

1. James 4:1 (NAS) *What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members?*
2. Anger is self-centered most of the time.

B. Unselfishness is the secret to change!

1. The most powerful tool to make change happen is unselfishness!
2. Philippians 2:3-5 (NAS) *<sup>3</sup>Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; <sup>4</sup>do not merely look out for your own personal interests, but also for the interests of others. <sup>5</sup>Have this attitude in yourselves which was also in Christ Jesus.*
3. I Peter 3:1-2 (NAS) *<sup>1</sup>In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, <sup>2</sup>as they observe your chaste and respectful behavior.*
4. The Bible says the person you are married to now is God's will for your life!
5. "I'm sorry. I was only thinking of myself."
6. "I'm sorry. Will you please forgive me?"

C. Selfishness short-circuits prayer!

1. I Peter 3:7 (NAS) *You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.*

### III. How to Live Unselfishly

A. Be understanding about other people's 'needs'.

1. I Peter 3:7a (NAS) *You husbands in the same way, live with your wives in an understanding way.*
2. Top 5 needs of most men
  - a. Sexual fulfillment
  - b. Recreational companionship
  - c. An attractive spouse
  - d. Domestic support
  - e. Admiration
3. Top 5 needs of most women
  - a. Affection
  - b. Conversation (25,000 words versus 50,000 words)
  - c. Honesty and openness
  - d. Financial support
  - e. Family commitment
4. Philippians 2:3-4 (NAS) *<sup>3</sup>Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; <sup>4</sup>do not merely look out for your own personal interests, but also for the interests of others.*
5. Develop the skill of listening!
6. Helps in developing the skill of listening:
  - a. Make a decision to work at it.
  - b. Let them tell it their way.
  - c. Make eye contact when you listen.

- B. Be willing to act on another's behalf!
  - 1. I John 3:18 (NAS) *Little children, let us not love with word or with tongue, but in deed and truth.*
  - 2. The challenge for most of us is not the one big sacrifice, it's in the continual little sacrifices!
  
- C. Let go of your fear.
  - 1. I John 4:18a (NAS) *There is no fear in love; but perfect love casts out fear.*
  - 2. Jesus Christ already loves you perfectly!
  - 3. The decision we all need to make is: "I want to live an unselfish life."

#### IV. Conclusion