

**TEN COMMANDS**  
“Breaking Barriers to Intimacy”  
James 4:7-10

- COMMAND #1: “SUBMIT YOURSELVES, THEREFORE TO GOD.”
- COMMAND #2: “TAKE A FIRM STAND AGAINST THE DEVIL.”
- COMMAND #3: “DRAW NEAR TO GOD.”
- COMMAND #4: “WASH YOUR HANDS YOU SINNERS.”
- COMMAND #5: “AND PURIFY YOUR HEARTS, YOU DOUBLE-MINDED.”
- COMMAND #6: “BE MISERABLE.”
- COMMAND #7: “AND MOURN.”
- COMMAND #8: “AND WEEP.”
- COMMAND #9: “LET YOUR LAUGHTER BE TURNED INTO MOURNING,  
AND YOUR JOY TO GLOOM.”
- COMMAND #10: “PERMIT YOURSELVES TO BE HUMBLLED IN THE LORD’S  
PRESENCE AND HE WILL EXALT YOU.”

Zechariah 4:6

So he said to me, “This is the word of the Lord to Zerubbabel: ‘Not by might nor by power, but by my Spirit,’ says the Lord Almighty.

(The Preces Privatae of Lancelot Andrewes, Bishop of Winchester selections  
from the translation by F. E. Brightman)

Excuseless, defenceless, self-condemned am I.  
My destruction cometh of myself:  
    O Lord, righteousness belongeth unto Thee,  
    but unto me confusion of face.  
p. 34

## BARRIERS TO INTIMACY

BARRIER	The Spirit's Response to tearing down this barrier is seen in Scripture
1. SELFISHNESS (hobbies that don't involve the family)	<u>Mark 10:45; John 13:3-5</u>
2. UNDISCIPLINED	<u>1 Timothy 4:7, 8; 2 Thessalonians 3:7</u>
3. NEGLECT OF PHYSICAL EXERCISE	<u>1 Corinthians 9:27</u> (DAV)
4. NEGLECT OF PERSONAL HYGIENE	<u>Isaiah 52:11</u> (KJV); <u>Matthew 23:25, 26;</u> <u>2 Corinthians 7:1</u>
5. ADDICTIONS—Drugs, Alcohol, Smoking, etc.	<u>1 Corinthians 6:12; 2 Timothy 2:3, 4</u>
6. INTERPERSONAL CONFLICTS with in-laws, Family, Relatives, etc.	<u>John 17:17-21; Romans 12:10; Philippians 2:2-4;</u> <u>Psalms 133:1-3; Job 42:10</u>
7. CHEATING	<u>1 Thessalonians 4:11, 12; Leviticus 19:11;</u> <u>Hebrews 13:18; Colossians 3:23, 24;</u> <u>1 Timothy 1:5</u>
8. PRIDE	<u>Psalms 51:17; Proverbs 6:16-19; 1 Peter 5:5, 6;</u> <u>Galatians 2:20</u>
9. COMPULSIVE GAMBLING	<u>2 Corinthians 8:9; Philippians 4:11;</u> <u>1 Timothy 6:6-10; 1 Timothy 6:11</u>
10. STEALING	<u>2 Thessalonians 3:7-9; Exodus 20:15;</u> <u>Ephesians 4:28</u>
11. VIDEOS, MUSIC, BOOKS, GAMES GLORIFYING VIOLENCE, AND THE OCCULT	<u>1 Timothy 6:11, 12; Acts 19:19, 20;</u> <u>2 Corinthians 6:17, 18</u>
12. HIDDEN AGENDAS	<u>Matthew 6:33; 1 Thessalonians 2:3-5;</u> <u>2 Corinthians 2:17</u>
13. MANIPULATION	<u>Romans 12:1, 2</u>
14. PROCRASTINATION	<u>Romans 13:11; John 9:4; John 4:35, 36</u>

<b>BARRIER</b>	<b>The Spirit's Response to tearing down this barrier is seen in Scripture</b>
15. ABUSE	<u>Philippians 2:3, 4</u>
16. PORNOGRAPHY	<u>Job 31:1; Philippians 4:8</u>
17. UNFORGIVING	<u>Ephesians 4:32</u>
18. GUILT	<u>Isaiah 1:18; 1 John 1:9</u>
19. STRESS	<u>Isaiah 32:17; Isaiah 26:3, 4</u>
20. BITTERNESS	<u>Colossians 3:19; Ephesians 4:31; Hebrews 12:15</u>
21. DEPRESSION	<u>Psalms 42:5; Proverbs 3:5, 6; Proverbs 4:18; Psalm 118:23, 24</u>
22. JEALOUSY	<u>1 Corinthians 13:4; Galatians 5:22, 23</u>
23. LUSTING	<u>Galatians 5:16; Matthew 5:27, 28; Romans 13:14</u>
24. CONTROLLING	<u>Psalms 37:3-6</u>
25. CRITICAL SPIRIT—stick in your own eye	<u>Hebrews 10:24; Colossians 3:16, 17</u>
26. RETALIATION	<u>Romans 12:17; Romans 12:19; Romans 12:20, 21</u>
27. EXAGGERATION	<u>Colossians 4:6</u>
28. PESSIMISM	<u>Psalms 118:23, 24; Colossians 4:2; Psalm 126:3; Psalm 16:6</u>
29. LYING	<u>Psalms 31:18; Psalm 119:29; Psalm 120:2; Proverbs 12:22; Ephesians 4:25</u>
30. GOSSIP	<u>James 3:8; Psalm 19:14</u>
31. PROFANITY	<u>Matthew 5:21, 22; Galatians 5:14-16; Ephesians 4:29, 30; Exodus 20:7; Philippians 4:8</u>
32. DIVISIVENESS	<u>3 John 9-11; Romans 14:19; Romans 15:2; John 17:21</u>



<b>BARRIER</b>	<b>The Spirit's Response to tearing down this barrier is seen in Scripture</b>
33. DECEIT—sower of discord	<u>Proverbs 6:16-19; Proverbs 4:24; Proverbs 6:12-14</u>
34. HURTFUL OUTBURSTS	<u>Ephesians 4:26, 27</u>
35. COMING DOWN HARD ON CHILDREN WHEN ANGRY	<u>Colossians 3:21</u>
36. GOING PUBLIC WITH MATE'S PERCEIVED WEAKNESSES	<u>Ephesians 4:31, 32</u>
37. ANGER	<u>Proverbs 29:11; Galatians 5:22, 23</u>
38. GREED	<u>2 Corinthians 8:3-5</u>
39. MATERIALISM	<u>Colossians 3:2; 2 Corinthians 4:18; Matthew 6:33</u>
40. NEGLECT SPIRITUAL DISCIPLINES	<u>Psalms 5:3; Mark 1:35; Luke 9:23</u>
41. DEBT	<u>Romans 13:8</u>
42. LACK OF GOALS AND PLANNING	<u>Philippians 3:10-14</u>
43. WITHHOLDING TITHES AND OFFERINGS FROM GOD	<u>2 Corinthians 9:6, 7; Malachi 3:10</u>
44. CHEATING ON TAXES	<u>Philippians 4:11, 12</u>
45. PERFECTIONISM	<u>Philippians 1:6; Ephesians 2:10</u>
46. WITHDRAWAL OF EMOTIONAL SUPPORT	<u>Revelation 2:4; Revelation 3:15, 16</u>
47. LACK OF INVOLVEMENT WITH CHILDREN	<u>Ephesians 6:1-4; Colossians 3:20, 21</u>
48. UNWILLINGNESS TO CHANGE HARMFUL HABITS	<u>2 Corinthians 7:1 (KJV); 2 Peter 3:18; 2 Peter 1:5-8</u>

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