

HOW TO WIN OVER PERSISTENT TEMPTATIONS

SERIES: RETHINKING YOUR LIFE

²³ Above all else, guard your heart, for it is the wellspring of life.

Proverbs 4:23 (NIV)

1. UNDERSTAND HOW ----- WORKS

- Cf. **Genesis 3:1-6**

Step 1: A Wrong **DESIRE** inside me (James 1:14-15)

Step 2: **DOUBT** God's Word – "Did God really say...not to do this?"

Step 3: **DECEPTION** – "It's no big deal" I believe Satan's LIE

Step 4: **DISOBEDIENCE** – I'm hooked & defeated

2. KNOW WHAT _____ ME VULNERABLE TO _____

²⁷ and do not give the devil a foothold. *Ephesians 4:27 (NIV)*

²³ Watch over your heart with all diligence, For from it flow the springs of life.

Proverbs 4:23 (NASB)

Physically Exhausted	0 1 2 3 4	Energetic / In shape
Discouraged/ Pessimistic	0 1 2 3 4	Encouraged / Optimistic
Bored / Discontented	0 1 2 3 4	Challenged / Contented
Spiritually Dry /Empty	0 1 2 3 4	Spiritually growing
Lonely/ Distant	0 1 2 3 4	Feel loved / Close
Insecure / Unsure	0 1 2 3 4	Confident & Secure
Deeply wounded/ hurt	0 1 2 3 4	Understood / Valued
Holding onto Unforgiveness	0 1 2 3 4	Have Forgiven everyone
Sad or Grieving a loss	0 1 2 3 4	Feel Happy
Frustrated	0 1 2 3 4	Fulfilled & Productive

TOTAL:

3. LEARN MY _____ OF TEMPTATION

⁸ The wise man looks ahead. The fool attempts to fool himself and won't face facts.

Proverbs 14:8 (TLB)

- WHEN AM I MOST TEMPTED?
- WHERE AM I MOST TEMPTED?
- WHO IS WITH ME WHEN I'M MOST TEMPTED?
- WHAT TEMPORARY BENEFIT DO I GET IF I GIVE IN?
- HOW DO I FEEL RIGHT BEFORE I'M TEMPTED?

4. _____ TO _____ THOSE SITUATIONS!

²⁶ Plan carefully what you do, and whatever you do will turn out right. ²⁷ Avoid evil and walk straight ahead. Don't go one step off the right way. *Proverbs 4:26-27 (TEV)*

5. CRY OUT TO GOD AND _____ SCRIPTURE

¹⁵ Call to me when trouble comes; I will save you, and you will praise me."

Psalm 50:15 (TEV)

¹⁵ This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. ¹⁶ So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. *Hebrews 4:15-16 (NLT2)*

¹¹ I have hidden your word in my heart, that I might not sin against you.

Psalm 119:11 (NLT2)

6. _____ MY ATTENTION ON SOMETHING _____

²¹ Don't let evil conquer you, but conquer evil with good. *Romans 12:21 (GW)*

⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:5 (NIV)

7. JOIN A SMALL GROUP FOR SUPPORT

²⁵ Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer. *Hebrews 10:25 (TEV)*

¹⁶ Admit your faults to one another and pray for each other so that you may be healed. The earnest prayer of a righteous man has great power and wonderful results.

James 5:16 (TLB)

8. _____ ONE FRIEND TO SHARE MY STRUGGLE

⁹ Two are better off than one, because together they can work more effectively. ¹⁰ If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him. *Ecclesiastes 4:9-10 (TEV)*

² By helping each other with your troubles, you truly obey the law of Christ.

Galatians 6:2 (NCV)

9. REMEMBER GOD IS ON MY SIDE!

¹³ No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. *1 Corinthians 10:13 (NIV)*

⁵⁷ But thanks be to God! He gives us the victory through our Lord Jesus Christ.

1 Corinthians 15:57 (NIV)