

# HOW TO WIN OVER PERSISTENT TEMPTATIONS

Rethinking Your Life – Part 8

## 1. UNDERSTAND HOW TEMPTATION WORKS (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 MAKES ME VULNERABLE (TO SIN)

“Do not give the devil a foothold.” Ephesians 4:27

“Above all else, guard your heart, for it affects everything you do.” Proverbs 4:23

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 PATTERN OF TEMPTATION

“The wise man looks ahead. A fool tries to fool himself and won't face facts.”

Proverbs 14:8 (LB)

- 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. PLAN TO AVOID THOSE SITUATIONS!

“Plan carefully what you do... 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 & QUOTE SCRIPTURE!

“Call to me when trouble comes and I will save you...” Psalm 50:15 (TEV)

“(Jesus) understands our weaknesses, for he faced the same temptations we do, yet he did not sin. So let us come boldly to...our gracious God. There we will receive his mercy, and grace to help us when we need it.” Hebrews 4:15-16 (NLT)

“I've banked your promises in the vault of my heart so that I won't sin.” Psalm 119:11 (MSG)

## 6. REFOCUS MY ATTENTION ON SOMETHING ELSE

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

“We capture every thought...and we make it obey Christ!” 2 Corinthians 10:5 (NCV)

## 7. JOIN A SMALL GROUP FOR SUPPORT

*"Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage each other all the more."*  
Hebrews 10:25 (TEV)

*"Admit your faults to each other and pray for each other so that you may be healed."* James 5:16 (LB)

## **8. ENLIST ONE FRIEND TO SHARE MY STRUGGLE**

*"Two are better than one, because together...if one falls down, the other can help him up. But if someone is alone and falls...there's no one to help him."* Ecclesiastes 4:9-10 (TEV)

*"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!**

*"When temptations come into your life remember that they're no different from what others commonly experience. And God is faithful. He will never let you be tempted beyond what you can bear. Also when you are tempted, he will show you a way out so that you will be able withstand it." 1 Corinthians 10:13*

*"We give thanks to God because he gives us the victory through our Lord Jesus Christ!" 1 Corinthians 15:57*