

Changing from the Inside Out - Part 3 DEFEATING PERSISTENT TEMPTATIONS

"I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate." Romans 7:15 (NLT)

1. **PREDETERMINE YOUR PATTERN OF TEMPTATION**

"Plan carefully what you do... Avoid evil and walk straight ahead. Don't go one step off the right way." Pr. 4:26-27 (GN)

- 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?
"There is pleasure in sin for a short time." Heb. 10:25
- How do I feel right before I'm tempted?

2. **PRAY FOR GOD'S HELP**

"Keep alert and pray. Otherwise temptation will overpower you." Matt. 26:41 (NLT)

"Call to Me when trouble comes; I will save you.." Ps. 50:15 (GN)

"(Jesus) understands our weaknesses, for He faced all of 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." Heb. 4:15-16 (NLT)

3. **POINT YOUR ATTENTION ELSEWHERE**

"Temptation is the pull of your own evil thoughts and wishes. These evil thoughts lead to evil actions..." James 1:14-15 (LB)

Attention

Arousal

Action

"We capture every thought... and make it obey Christ." 2 Cor. 10:5 (NCV)

"Don't let evil conquer you, but conquer evil with good." Rom. 12:21 (GN)

4. **PARTICIPATE IN ACCOUNTABILITY**

"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." Eccl. 4:9-10 (GN)

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

"No temptation that comes your way is beyond what others have had to face. All you need to remember is that God will never let you down; He'll never let you be pushed past your limit; He'll always be there to help you come through it." 1 Cor. 10:13 (Mes)