

Rethinking Your Life



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How to Defeat Persistent Temptations

The Constant Cycle of Temptation: Good Intentions ... Failure ... Guilt. (Repeat.)

Don't resist it, rethink it: You can't keep thinking the same way and expect different results.

1. Understand _____

Satan always uses the same line of attack. (See Genesis 3:1-6.)

- Step 1: Desire.
- Step 2: Doubt.
- Step 3: Deception.
- Step 4: Disobedience.

2. **Know** _____

“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)

Just as we have unique fingerprints, we have a unique pattern of temptation.

- What makes me vulnerable?
- 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?

3. **Plan** _____

“Plan carefully what you do, so you can avoid evil.” (Proverbs 4:26-27)

4. **Call out** _____

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

“Jesus understands our weaknesses, for He faced the same temptations we do, yet He did not sin.” (Hebrews 4:15)

5. Refocus _____

Whatever you resist will persist. When you try to resist something that means you’re focusing on it – and whatever has your attention has you.

The key to overcoming any temptation is: Don’t resist, refocus.

“You can’t keep the birds from flying over your head, but you can keep them from making a nest in your hair.” (Martin Luther)

6. Remember _____

“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. And when you are tempted, He will show you a way out, so that you will be able to withstand it.” (1 Corinthians 10:13)

“Thanks be to God, who gives us the victory through our Lord Jesus Christ!” (1 Corinthians 15:57)