

BREAKING FREE FROM PERSISTENT TEMPTATIONS

Breaking Free - Part 2

Romans 7:15 (NLT) “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.”

1. _____ **my pattern of temptation.**

Proverbs 5:6 (NLT) “(The immoral person) does not care about the path to life. She staggers down a crooked trail and doesn't even realize where it leads.”

Lamentations 3:40 (Mes) “Let's take a good look at the way we're living and reorder our lives under God.”

• _____ **am I most tempted?**

• _____ **am I most tempted?**

• _____ **is with me when I'm most tempted?**

• _____ **temporary benefit do I get if I give in?**

• _____ **do I feel right before I'm tempted?**

2. _____ **to avoid it.**

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

3. _____ **the condition of my heart.**

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

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

4. _____ for God's help.

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

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

Hebrews 4:15-16 (NLT) "(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."

5. _____ your attention elsewhere.

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

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

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

6. _____ an accountability partner or group.

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

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

7. _____ in believing I can change.

1 Corinthians 10:13 (Mes) "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."

Heart Examination

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
Distant/Alone	0 1 2 3 4	Near / Together
Insecure / Unsure	0 1 2 3 4	Secure /Confident
Deeply Wounded/ Hurt	0 1 2 3 4	Loved / Understood
Secretly Bitter / Angry	0 1 2 3 4	Forgiven Everyone
Sad	0 1 2 3 4	Happy
Alienated / Unsupported	0 1 2 3 4	Close/ Supported