

HOW TO WIN OVER PERSISTENT TEMPTATIONS

Rethinking Your Life
 Rick Warren

1. UNDERSTAND _____ (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 _____

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

"Above all else, guard your heart, for everything you do flows from it."
 Proverbs 4:23 (NIV)

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 _____

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

5. **CRY OUT** _____
 "Call to me when trouble comes; I will save you." Psalm 50:15 (GNT)

"(Jesus) understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to . . . 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 (NLT)

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

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

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

7. **JOIN** _____
 "Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more." Hebrews 10:25 (GNT)

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

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

"By helping each other with your troubles, you truly obey the law of Christ."
 Galatians 6:2 (NCV)

9. **REMEMBER** _____
 "The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. 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 (NLT)

"Thank God that he gives us the victory through our Lord Jesus Christ."
 1 Corinthians 15:57 (GW)