

BREAKING FREE FROM PERSISTENT TEMPTATIONS

Breaking Free – Part 2

Rick Warren

Feb. 24-25, 2006

“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.”

Rom. 7:15 (NLT)

1. PREDETERMINE MY TEMPTATION PATTERN

(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.”
Prov. 5:6 (NLT)

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

- 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?

2. PLAN TO AVOID IT

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

3. PROTECT THE CONDITION OF MY HEART

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

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
Geographically 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	Have Forgiven Everyone

Sad	0 1 2 3 4	Happy
Alienated / Unsupported	<u>0 1 2 3 4</u>	Close/ Supported
TOTAL:		
30- 40 points =	Good shape	
20- 30 points =	Be careful!	
10- 20 points =	Extreme danger!	
0 - 10 points =	Crisis!	

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

4. 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)*

5. POINT MY 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)*

“ 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 (GW)

6. PICK AN ACCOUNTABILITY PARTNER

“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)

7. PERSIST IN BELIEVING I CAN CHANGE

“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)