

## “BREAKING FREE FROM PERSISTENT TEMPTATION”

**Introduction:** \_\_\_\_\_ intentions are not \_\_\_\_\_ enough.

Romans 7:15 (NLT) [Paul] “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.”

### FOUR STEPS TO BREAK FREE FROM TEMPTATION

#### 1.        MY PATTERN

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.”

- You need to know your \_\_\_\_\_ for temptation.

Lamentations 3:40 (The Message) “Let’s take a good look at the way we are living and reorder our lives under God.”

- Five questions to look at your pattern

1. \_\_\_\_\_ ?
2. \_\_\_\_\_ ?
3. \_\_\_\_\_ ?
4. \_\_\_\_\_ ?
5. \_\_\_\_\_ ?

#### 2.        TO AVOID

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

- Temptation always begins with a \_\_\_\_\_.

#### 3.        MY HEART

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

- Survey as a Temptation X-Ray: Ten Questions

1. Physically Exhausted	0 1 2 3 4	Energetic/In shape
2. Discouraged/Pessimistic	0 1 2 3 4	Encouraged
3. Bored/Discontented	0 1 2 3 4	Challenged
4. Spiritually Dry/Empty	0 1 2 3 4	Spiritually Growing
5. Geographically distant/alone	0 1 2 3 4	Near/Together
6. Insecure/Unsure	0 1 2 3 4	Secure
7. Deeply wounded/hurt	0 1 2 3 4	Loved
8. Secretly Bitter/Angry	0 1 2 3 4	Have forgiven Everyone
9. Sad	0 1 2 3 4	Happy
10. Alienated/Unsupported	0 1 2 3 4	Close/Supported
• TOTAL	_____	

#### 4.        FOR HELP

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

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

- Jesus \_\_\_\_\_.

Matthew 26:42 (NLT) "My Father! If this cup cannot be taken away unless I drink it, Your will be done."

- Therefore Jesus can \_\_\_\_\_.

**CONCLUSION: P \_\_\_\_\_ IN BELIEVING**

I Corinthians 10:13 (The Message) "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 will never let you be pushed past your limit; He will always be there to help you come through it."

- Change is possible: You need \_\_\_\_\_.