

3. A Biblical Response to Temptation might look like this

- a. *recognize and acknowledge that you are being tempted;*
- b. *quickly ask God for His help to resist;*
- c. *if possible, remove yourself immediately from the source of temptation;*
- d. *identify the unbiblical desire that would be served by yielding to the temptation;*
- e. *quote and meditate on appropriate Scripture;*
- f. *remind yourself of God's presence, power, and promises;*
- g. *reflect on the purpose of Christ's death;*
- h. *mentally and verbally make a commitment to do the godly thing;*
- i. *get busy with a mind-engaging, godly activity;*
- j. *call a godly friend and ask for help;*
- k. *repeat key aspects of this temptation plan until the power of the temptation is reduced.*

4. What do I do with & for my heart when I do sin . . .

- a. *call unbiblical desires, thoughts, feelings & actions what God does – SIN-use biblical terms. . . not annoyed, but anger; not frustrated, but impatient, etc.*
- b. *take full responsibility for your sin*
- c. *confess the sin, both to God & to any others who were hurt*
- d. *ask God for help in not doing it again*
- e. *remind yourself what Christ has done & is doing for you*
- f. *reflect on the resources available to believers in Christ (see New Man Chart)*
- g. *meditate on God's promises of forgiveness & deliverance from the power of sin*
- h. *accurately evaluate the changes that have already occurred & the progress that has been made*
- i. *learn from failure by briefly examining what you did that you should not have done & what you did not do that you should have done*
- j. *make restitution where necessary*
- k. *Planning is important, but planning alone will accomplish nothing. For a plan to be effective, it must be put into practice*

5. 2 Peter 1:1-15

a. What God has done for the believer

i. v1

ii. v2

iii. v3

iv. v4

b. How to respond to what God has done

i. v5

ii. v 8 Growing in these qualities, we guard against being unfruitful in our knowledge of Jesus.

iii. v 9 However, if he LACKS these qualities (v 5-7) this person is blind or shortsighted.

c. WHY??

i. v9

6. What does my sin tell me?

“Whatever your story, I say to you - never stop being a student. There are two reasons. First – the depth of God’s wisdom. It has no boundary. It has no bottom. It has no ceiling. If for ten million years you sat for 24 hours a day at His feet to listen, you would scratch only the surface of His wisdom. Here’s the second reason – the danger of the world. Falsehood echoes more loudly and repeatedly than the sounds of wisdom. Every day a thousand voices speak into your life, and the majority of those voices have not gotten the flowers of their insight from the wisdom garden of the Lord. You see, we live in the middle of a raging wisdom war. It’s so easy to be taken captive. It’s so easy to have divine wisdom corrupted by human wisdom. It’s so easy to breathe in the polluted air of a culture that no longer actually thinks that God is, let alone that He is wise. I’ll say it again, never stop being a student. Morning after morning, bow your head and humbly pray – ‘Lord, please teach me your way.’”
 (Paul David Tripp)