

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?