

- Why me?
- If you haven't asked this question yet in your life, you probably will
- It's much easier for me to answer it for you now, then it is for you to hear it then...
- · God has a purpose behind every problem
- Harry Whittaker, Through Patience and Comfort of the Scriptures
- <u>SLIDE</u>
  - "The Bible requires you and me to believe that God is at work bringing sickness and pain – for a specific purpose. Obviously, our **Heavenly Father would like us to cooperate**, instead of just sitting back in mystified resignation and letting Him get on with it as though He were a heavenly dentist."
- · God uses problems to develop your character
- · God depends on problems to transform us into Christ-like people
- But, take heart! It's not hopeless:

- John 16:33 (NIV)
  - 33) "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
- Troubles serve a distinct purpose in our life
  - When viewed from immortality, they will seem trivial and silly...
- <u>SLIDE</u>
- 2<sup>nd</sup> Corinthians 4:17 (NIV)
  - 17) For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.
- But, when you are sitting in the hospital waiting room at 2:00 a.m., waiting for the Dr. to come out and give you the news...
  - They don't seem trivial at all!
- We all face trouble
  - No one is immune to pain
  - No one is insulated from suffering
  - No one gets through life trouble-free
- <u>SLIDE</u>
- Life is a series of problems
  - Often overlapping, pushing for immediate attention
  - Some never fully resolving
  - Some eventually going away
  - Some are small
  - Some are big...
- But, they are all important!

- Problems are part of God's plan to grow you, stretch you, push you, pull you and **TRANSFORM** you into a different person
- This is a normal part of life
  - Don't think that you are the only one going through things like this
- · Look at what Peter says,
- <u>SLIDE</u>
- <u>1<sup>st</sup> Peter 4:12-13</u> (MESSAGE)
  - 12) Friends, when life gets really difficult, don't jump to the conclusion that God isn't on the job.
  - 13) Instead, be glad that you are in the very thick of what Christ experienced. This is a spiritual refining process, with glory just around the corner.
- Why does God bring us trouble?
  - What is the reason behind this?
- <u>SLIDE</u>
- God uses problems to draw you CLOSER to Him
  - We are closest to God when we are broken and brought low
- <u>SLIDE</u>
- Psalms 34:18 (NLT)
  - 18) The LORD is close to the brokenhearted; he rescues those who are crushed in spirit.
- <u>SLIDE</u>
- Your closest times with God will probably be your DARKEST DAYS
  - When your heart is broken
  - When you are feeling abandoned
  - When you are out of options

- When the pain is great
- When you are all alone and finally turn to God

- It is during suffering that we learn to pray our most authentic, heartfelt, honest prayers
  - When you are brought low, you simply don't have the energy for fake prayers
- We learn things about God while suffering that we simply can't learn any other way
- God knows this...
- God can stop troubles from happening if He wants
- God can deliver you from trouble if He wants
- <u>SLIDE</u>
  - But, God is more concerned about **TRANSFORMING** you than
    **TRANSPORTING** you
- · God could have kept Joseph out of jail
- · God could have kept Daniel out of the lion's den
- God could have kept Shadrach, Meschech and Abedneggo out of the furnace
- God could have kept Job from bankruptcy and disaster
- · God could have kept Paul from being shipwrecked
- But, God let every one of these problems happen...
  - And each one of the individuals involved was drawn closer to God as a result
- <u>SLIDE</u>
- Problems **FORCE** us to look to God for help instead of trusting in ourselves
  - Problems force us to depend on God instead of depending on ourselves
- Paul talked about this after one of his low points:

- <u>2<sup>nd</sup> Corinthians 1:9</u> (MESSAGE)
  - 9) We felt like we'd been sent to death row, that it was all over for us. As it turned out, it was the best thing that could have happened. Instead of trusting in our own strength or wits to get out of it, we were forced to trust God totally—not a bad idea since he's the God who raises the dead!

## • <u>SLIDE</u>

- You'll never know that God is all you NEED until God is all you've GOT
- Regardless of the cause, none of your problems could happen without God allowing it
  - Everything that happens to you God allows, and He intends to use it for good
- Let's talk about Romans 8:28-29 a bit...

- <u>Romans 8:28-29</u> (NLT)
  - 28) And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.
  - 29) For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn, with many brothers and sisters.
- *"All things work together for good to them that love God"*, has to be one of the most misunderstood verses in the Bible
  - Many see it as saying, "God causes everything to work out to a happy ending"
  - Some see it as saying, "God causes everything to work out the way I want it to"
  - And some negative people even see it saying, "God causes MOST things to work out okay, but many things just simply don't work out at all."
- Let's look at what it really says, word by word...
- <u>SLIDE</u>
- "We know"...

- Paul sees this a very clear, confident, almost commonplace knowledge
  - Our hope in difficult times isn't based on wishful thinking, a positive frame of mind, or optimism

• Our hope is based on the certainty of the truth that God is in control and that He loves us

## • <u>SLIDE</u>

- "that God causes"
- God CAUSES
  - God is in control
  - Your life is not a result of random chance or luck

#### • <u>SLIDE</u>

- · God has a plan for you
  - And He never makes mistakes
  - God is perfect

#### • <u>SLIDE</u>

- "everything"
- God's plan for your life involves EVERYTHING that happens to you
  - Not just your Baptism
  - Not just the Spouse that He brought you
  - Not just the career that he has guided you into

- · God's plan involves your mistakes, your sins, and your long hidden hurts
- God's plan for you includes illness, debt, disasters, divorce and death of loved ones

- Unlike anyone else...
  - God can bring good out of evil

- "to work together"
- With God things work together, not separately or independently
  - The events in your life work TOGETHER with God's Plan for you
- · Life is not a series of isolated acts

#### • <u>SLIDE</u>

- But interdependent parts of a process designed to transform you into the Character of Christ
- Each individual act might seem out of place, distasteful or upsetting
  - But, God blends them all together for good
- <u>SLIDE</u>
- "for the good"
- · God does not guarantee that everything in your life will be "good"
  - Much of what happens in this life is evil and bad

- But, God specializes in bringing Good out of Bad
- Did you ever notice that in the Family Tree of Jesus, there are only four women listed?
  - Tamar Seduced her Father-In-Law to get pregnant
  - Rahab Was a Prostitute
  - Ruth Was a Gentile (A Heathen!) She broke the law by marrying a Jew
  - Bathsheba Committed adultery with David who then murdered her husband
- Why would God choose these women to be in the lineage of the Messiah?

- Because he specializes in bringing Good out of Bad
- God's purpose for your life is greater than your problems, your pain and even your sin

• "of those who love God"

# • <u>SLIDE</u>

- This promise is only for God's children
  - It is not for everyone
- All things work for BAD for those living in opposition to God

## • <u>SLIDE</u>

- "and are called according to His purpose"
- What purpose?

## • <u>SLIDE</u>

- "God knew his people in advance, and he chose them to become like his Son"
- Everything that God allows to happen in your life is permitted for that purpose!
- Everything!
  - It is not **Time** and **Chance** at work in your life, it is the hand of God!

- Let's talk for a few minutes about Time and Chance
- Everyday, good, honest, God-fearing Brothers and Sisters are beset with troubles that can shake the soul...
  - Questions pile up unanswered
  - And the mind wanders in a maze with no way out
- Children get sick
- Car accidents happen

- Women lose their babies
- People get laid off
- Loved ones die...
- And these tragedies are miniscule compared with an earthquake in Central America, or a tsunami in Asia
  - Somehow we are able to take disaster in stride, until it comes calling at our door
- Then the sledgehammer of fate smashes the happiness out of our lives
- And the agonizing question keeps coming back?
  - Why Me?
- Because God wants to TRANSFORM you
  - He wants to change you
- He will use every means in His great abilities to do so...
- We are like raw stones, and God wants to shape us into the most precious jewels possible
- God shapes us with the hammer and chisel of adversity
  - If the cute little jeweler's hammer isn't strong enough to chip off our rough edges
  - Then He will use a sledgehammer
  - And if we are really stubborn, He will resort to a jackhammer
- God will use whatever it takes to get us to change
- Every problem that He presents us with is a character-building opportunity
  - The more difficult it is, the greater the potential for building up our spiritual muscle and moral fiber
- What happens outwardly in your life is not as important as what happens inside you
- God is looking to develop your Faith...

- <u>1<sup>st</sup> Peter 1:7</u> (MESSAGE)
  - 7) Pure gold put in the fire comes out of it *proved* pure; genuine faith put through this suffering comes out *proved* genuine. When Jesus wraps this all up, it's your faith, not your gold, that God will have on display as evidence of His victory.
- The refining fire burns away all impurity
  - It's often not a pleasant process
  - But, look at the beauty of the result!
- Since God intends to make you like Jesus, He will take you through the same experiences that Jesus went through:
  - Temptation
  - Loneliness
  - Stress
  - Criticism
  - Rejection
- Hebrews explains the result of all this on Jesus
- <u>SLIDE</u>
- <u>Hebrews 5:8-9</u> (CEV)
  - 8) Jesus is God's own Son, but still he had to suffer before he could learn what it really means to obey God.
  - 9) Suffering made Jesus perfect, and now he can save forever all who obey him.
- · God wants us to go through the same things and come out with the same result!
- <u>SLIDE</u>
- <u>Romans 8:17</u> (Message)

- 17) We go through exactly what Christ goes through. If we go through the hard times with him, then we're certainly going to go through the good times with him!
- The problem is...
  - Problems don't always produce what God intends

- Many people become **BITTER** rather than **BETTER**
- In order for you to be changed like Jesus was, you have respond like Jesus did
- Here are Three things to keep in mind when facing your problems:

# • <u>SLIDE</u>

## 1) Remember that God's Plan is Good

- God knows what is best for you, and had your best interests at heart
- No matter what happens, no matter how bad things look...
  - Always remember that God's Plan is Good
- Look how clearly Joseph understood this truth
- <u>SLIDE</u>
- <u>Genesis 50:20</u> (NIV)
  - 20) You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.
- This is hard to remember when new problems come your way, and you are still dealing with the original set
- This is hard to remember when God seems to be saying NO to your prayer for relief
- But, you have to believe that it is for your good...
- <u>SLIDE</u>
- <u>Hebrews 12:10</u> (MESSAGE)

- 10) While we were children, our parents did what *seemed* best to them. But God is doing what *is* best for us, training us to live God's holy best.
- Stay focused on God's Plan, not your pain or problem
- This is clearly how Jesus was able to endure the pain of the cross:

- <u>Hebrews 12:2</u> (LB)
  - 2) Keep your eyes on Jesus, our leader and instructor. He was willing to die a shameful death on the cross because of the joy he knew would be his afterwards.

# • <u>SLIDE</u>

• The secret to endurance is to remember that your PAIN IS TEMPORARY

## • <u>SLIDE</u>

- But, your **REWARD IS ETERNAL**
- Paul endured many hardships the same way,

## • <u>SLIDE</u>

- 2<sup>nd</sup> Corinthians 4:17 (NLT)
  - 17) For our present troubles are quite small and won't last very long. Yet they produce for us an immeasurably great glory that will last forever!

## • <u>SLIDE</u>

#### 2) Rejoice and Give Thanks

- This one is hard...
- What do you think when you read verses like this?

- <u>1<sup>st</sup> Thessalonians 5:18</u> (NIV)
  - 18) Give thanks in **all** circumstances, for this is God's will for you in Christ Jesus.

- How is this possible?
  - How are you to give thanks in all circumstances?
- The key for me was understanding that God is not saying,
  - "Give thanks FOR all circumstances"
  - But, rather...

"Give thanks IN all circumstances"

- God doesn't expect you to be thankful for suffering, for evil or for sin
  - Or for their painful consequences in this life
- Instead God wants you to be thankful that He is using your problems to **TRANSFORM** you
- The Bible says, "Rejoice in the Lord always!"
  - It doesn't say, "Rejoice over your pain"
- No matter what is happening in your life, you can rejoice in God's love, care, wisdom, power and faithfulness

#### • <u>SLIDE</u>

#### 3) Refuse to give up

- One of my favorite speeches was given by Winston Churchill on October 29, 1941 to the Harrow School
- He rose to the podium, and stood staring at the young boys for over 3 minutes...
- "Never give up", he said, "Never, ever, ever, ever, ever give up."
- Of course, there was more to the speech than that, but it's my favorite part...
  - It reminds me of our calling in Christ
- We are called to be patient and to be persistent...
- Character Building is a slow process

- <u>James 1:3-4</u> (CEV)
  - 3) You know that you learn to endure by having your faith tested.
  - 4) But you must learn to endure everything, so that you will be completely mature and not lacking in anything.
- Whenever we try to avoid or escape the difficulties in life, we short-circuit the process, delay our own spiritual growth, and actually end up with a worse kind of pain...
  - The worthless type of pain that accompanies denial and avoidance

- Character Development is all about praying for God to CONFORM you, and not just
  COMFORT you
  - Ask God to use your problems to make you more like Christ, and not just make you feel good
- You know that you are maturing when you begin to see the hand of God in random, baffling, and seemingly pointless circumstances of life
- So don't ask, "Why me?"
  - Ask, "What do you want me to learn by this?"
- <u>SLIDE</u>
- DON'T GIVE UP!
- <u>SLIDE</u>
  - GROW UP!
- <u>SLIDE</u>
- God is TRANSFORMING you by TROUBLE
- There is another, unique version of Trouble that God uses to Transform us...
- <u>SLIDE</u>
- But, God also uses **Temptation** to Transform us...

- I'm not saying that God wants to Tempt us...
  - God doesn't want to see us fail

- God does allow Temptation into our life in order to cause us to GROW
- God doesn't allow Temptation to come into our life simply to torment and torture us

#### • <u>SLIDE</u>

- God wants GOOD to come of it!
  - · God wants us to tackle it head on, and learn from it
  - God wants us to grow, to change, and to be transformed by our Temptations!
  - To be victorious in our battle against sin and to emerge from that battle stronger people

### • <u>SLIDE</u>

Character development always involves a CHOICE

#### • <u>SLIDE</u>

• Temptation is the ultimate expression of FREE WILL

#### • <u>SLIDE</u>

We always see Temptation as an opportunity to SIN

- But, every temptation is also an opportunity to do GOOD!
- Every time you choose to do good instead of sin, you are growing in the character of Christ
- Developing in us the Character of Christ is the real reason behind Temptation
  - It's not to trick us
  - It's not to trip us up

- In order for us then to succeed at this task, it's important that we clearly understand the Character of Christ
- Paul probably gives the best description of the Character of Christ, when he speaks about the gifts of the Spirit...

- Galatians 5:22-23 (NIV)
  - 22) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
  - 23) gentleness and self-control. Against such things there is no law.
- These nine qualities are a beautiful description of Jesus Christ
  - To have the fruit of the Spirit is to be like Christ
- But, God doesn't give us the fruit of the Spirit instantly
  - It's not like praying at the side of your bed one night, and waking up the next morning a changed person
- Fruit always matures and ripens slowly...
- God develops the fruit of the Spirit in you by allowing you to experience circumstances in which you are tempted to express the exact opposite quality
- <u>SLIDE</u>
- God teaches us LOVE
- <u>SLIDE</u>
- By putting us around some **UNLOVELY** people
  - It doesn't take any character to love people who are lovely and loving to you
  - God wants to stretch you, to cause you to grow
    - To do that He is going to put you around some people who are simply nasty, and ask you to love them

• God teaches us **JOY** 

### • <u>SLIDE</u>

- By putting us in the midst of **SORROW** 
  - Happiness depends on external circumstances, but Joy is based on your relationship to God
  - Not every event or circumstance in your life is going to be pleasant, but that doesn't affect the feelings that you have because of your Father
    - God has forgiven us an incredible debt, and the joy produced by an understanding of that Grace is stronger than any sorrow

## • <u>SLIDE</u>

- God teaches us PEACE
- <u>SLIDE</u>
- By putting us in times of CHAOS
  - By not allowing things to go the way that we planned, and allowing times of confusion into our lives, God calls us to reach out for Peace
  - Anyone can be peaceful sitting on the edge of a beautiful lake watching the sun set while on vacation
    - We learn real Peace by choosing to trust God in circumstances in which we are tempted to worry or be afraid

- God teaches us PATIENCE
- <u>SLIDE</u>
- By putting us in places where we have to WAIT
  - I am a very patient person, until I'm forced to do something on someone else's schedule
  - Anyone is patient as long as things are going their own way...

• I actually find myself yelling at the car ahead of me, knowing full well that they cannot hear,

### "Don't you know that I'm running late!?!"

# • <u>SLIDE</u>

God teaches us KINDNESS

## • <u>SLIDE</u>

- By putting us around people that are UNDESERVING of it
  - Being kind to the Sales Clerk that went out of their way, dug through the storage racks in the back, and found you the last yellow one is easy...
  - Being kind to the waitress who was rude, completely ignored you during the entire meal, never brought you the Ketchup, and got your bill wrong is what God really wants from you
    - Being kind to kind people is no big deal... Even the Publicans do that!

## • <u>SLIDE</u>

- God teaches us GOODNESS
- <u>SLIDE</u>
- By putting us where it is **INCONVENIENT** to help
  - I'm always more inclined to hold a door for someone, when I am standing there waiting for someone else to come
  - Being Good when it's convenient, is not what God wants from us
    - God wants us to do good for others even when it hurts
    - God wants us to make ourselves available to help even when it's not really a good time for YOU

- God teaches us FAITHFULNESS
- <u>SLIDE</u>

- By putting us where it's **EASY** to slide
  - Fear of getting caught is not a good motivator to help you avoid unfaithfulness
  - There is an old joke about a man that asks a woman if she will cheat on her Husband, and sleep with him for \$1,000,000
    - Thinking it over for a while, she eventually agrees
    - Then the man then asks if she will do it for \$50
    - "What kind of woman do you think I am?," she replies indignantly
    - "We've already determined what kind of woman you are," states the man, "now we are simply haggling over the price."
  - Faithfulness doesn't have a price
  - Faithful people don't respond differently when others are watching, as they would when they are all alone
    - No matter if no one will get hurt, and no one will ever know...
    - You remain FAITHFUL

- God teaches us **GENTLENESS**
- <u>SLIDE</u>
- By putting us in positions of **POWER** 
  - There are a few Gentle souls born into this world...
  - The rest of us need to learn about Meekness and Humility the hard way
  - God puts in positions where it's hard to be humble...
    - Situations where we have succeeded against all odds, where we excel at things that others fear to even attempt
    - Then he asks us to be Humble, and to be Meek...
    - To be Gentle with those around us

God teaches us SELF-CONTROL

### • <u>SLIDE</u>

- By putting us in areas of **EXCESS** 
  - A poor man takes no pride in that he has resisted the lust of buying a Ferrari
  - Self-Control is all about not doing things that you have the ability to do
  - The temptation comes when you have more than enough, and you still are able to control yourself
    - There are two ways to live, we always counsel newly married couples:
      - You can spend less than you make
      - Or you can make more than you spend
    - One of these is in your control and the other isn't
    - One teaches you self-control, and the other doesn't
- God uses the opposite of each fruit to allow you a choice
  - You can't claim to be GOOD if you have never been tempted to be BAD
- Every time you defeat a temptation, you become more like Jesus!
- The next important step is **Defeating Temptation**
- In order to successfully defeat Temptation, I think that it is important to fully come to understand where your Temptations come from and how they work...

#### • <u>SLIDE</u>

• Although God allows Temptation into our life...

- He does not Tempt us...
- James is quite clear about that...

- <u>James 1:13</u> (NIV)
  - 13) When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone
- So, where does all of those deep rumblings in the heart originate?
  - Don't look out the window to find the Devil, simply look in a mirror
- <u>SLIDE</u>
- Galatians 6:7-8 (NIV)
  - 7) Do not be deceived: God cannot be mocked. A man reaps what he sows.
  - 8) The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.
- It's no secret It's no great mystery
- Garbage In Garbage Out
- WE ALONE are the biggest source of our own Temptations
  - And WE ALONE can take steps to overcome those Temptations
- So, here are <u>7</u> steps to helping you overcome Temptations

#### <u>SLIDE</u>

#### 1 - Refuse to be **DEMORALIZED**

- Many Brothers and Sisters feel ashamed just for being tempted
  - Many feel guilty that they aren't somehow "beyond" temptation
- This is a misunderstanding of spiritual maturity
  - You will never outgrow temptation
- Be realistic about the inevitability of temptation
  - You will never be able to avoid it completely

• Don't be shocked, or surprised, or discouraged by it

### <u>SLIDE</u>

• It is not a sin to be tempted

## <u>SLIDE</u>

- Hebrews 4:15 (NIV)
  - 15) For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are yet was without sin.
- Temptation only becomes a sin when you give in to it
  - Don't be caught off guard thinking it could never happen to you

#### <u>SLIDE</u>

#### **<u>2</u>** - Recognize your **<u>PATTERN</u>** of temptations and be prepared for them

- There are certain situations that make you more vulnerable to temptation than others
  - These situations are unique to each person's weaknesses
- Don't think that because you don't have another Brother's weaknesses that you don't have to worry about your own
  - I've **NEVER** been tempted to gamble
  - But, there are plenty of thin gamblers out there...

- Learn what circumstances make you the most VULNERABLE and learn to AVOID
  them
  - Continually ask yourself questions:
    - When am I most tempted?
      - What specific time of the day?
    - Where am I most tempted?

• At Work? At Home? In Hotels? Hanging out with the Neighbors?

- Who is with me when I am most tempted?
  - Friends? Coworkers?
- How do I usually feel when I am most tempted?
  - Tired? Bored? Lonely? Depressed? Stressed?
- Identity your typical **PATTERN** of temptation and **AVOID** those situations

## <u>SLIDE</u>

- James 4:7 (NIV)
  - 7) Submit yourselves, then, to God. Resist the devil, and he will flee from you.
- You might understand the Devil differently, but do not miss the message of that verse

## <u>SLIDE</u>

### 3 - REQUEST God's help

- God wants you to call on him in times of temptation, and He will rescue you
  - Unfortunately, sometimes you don't really want to be helped
  - You sometimes want to give in to temptation even though you know it's wrong
- Sometimes you are actually embarrassed to ask God for help because you keep giving in to the same temptation over and over

## <u>SLIDE</u>

• But, God is everlasting, and His patience endures forever

- God doesn't get irritated or bored when you continually come back to Him
- Every time you stand up against temptation, you become more like Christ
- Always remember that there is a way out

### • <u>1<sup>st</sup> Corinthians 10:13</u> (Message)

13) No test or temptation that comes your way is beyond the course of 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.

• It may seem that a problem is too overpowering for you to bear, but that is not true

### <u>SLIDE</u>

#### 4 - **REFOCUS** your attention

- Trying to block a thought only drives it deeper into your memory
  - You can't stop thinking about something by trying not to
- Instead the scriptures tells us to refocus our thoughts on something else

#### <u>SLIDE</u>

• Temptation begins by CAPTURING your attention

#### <u>SLIDE</u>

• What gets your attention **AROUSES** your emotions

#### <u>SLIDE</u>

- Your emotions **ACTIVATE** your behavior and you act on what you feel
- Ignoring a temptation, therefore, is far more effective that fighting it

- Once your mind is on something else, the temptation loses it's power
- This is the principle of Replacement
- One of my favorite parables tells of an evil spirit that finally leaves a man, and wanders around in the desert for a while
- When it decides to return to the man it left, it finds him unoccupied and swept clean

- So, does it decide to stay away because the man has finally cleaned everything up?
- NO! It goes out and finds seven friends to come join it
  - And the final condition of that man is worse than the first

- Philippians 4:8 (NIV)
  - 8) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

## <u>SLIDE</u>

### 5 - <u>REVEAL</u> your struggle to a Godly friend

- You don't have to broadcast your temptations to the whole world (please!)
  - But, you do need to have at least one person with whom you can honestly share your struggles with
- This has to be stressed:

#### <u>SLIDE</u>

- If you are losing the battle against a persistent bad habit, addiction or temptation
  - If you are stuck in a cycle of Good Intention Failure Guilt

#### <u>SLIDE</u>

- You will **NOT** get better on your own!
- Some temptations are only overcome with the help of a partner who prays for you, encourages you, and holds you accountable
- God's plan for your growth involves your Brothers and Sisters

## <u>SLIDE</u>

• <u>James 5:16</u> (Message)

16) Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.

## <u>SLIDE</u>

• Don't repress it!

### <u>SLIDE</u>

- Confess it!
- Hiding your hurt only makes it worse
  - Problems grow in the dark and shrink in the light

#### <u>SLIDE</u>

• You are only as sick as your secrets

## <u>SLIDE</u>

- Stop pretending that you are perfect and share your inner self with a friend
- The main reason you hide your faults is pride
  - You want others to think that you have everything "under control"
  - But, you can't...

#### <u>SLIDE</u>

• Willpower and personal resolutions are not enough

#### <u>SLIDE</u>

#### 6 - FIGHT the Temptation

- That seems like an obvious statement, but often it gets lost
- You are in a war here...
  - The Bible describes your life as a spiritual battle against evil forces
  - The Scriptures uses terms like, fight, conquer, strive and overcome

• You are supposed to **fight back**, not simply resign yourself to defeat

### <u>SLIDE</u>

• Get AGGRESSIVE in your battle against temptation and sin

### <u>SLIDE</u>

- Use the Word of God as your WEAPON
  - In the wilderness, every time Jesus was tempted, he quoted scripture
  - He didn't argue the point, he simply shot off a round of God's Word

### <u>SLIDE</u>

• Memorize Bible verses, so your weapon won't be empty at the time of the battle

## <u>SLIDE</u>

#### 7 - **REALIZE** your vulnerability

- Remember that it is easier to stay out of temptation than it is to get out of it
- Don't fool yourself into thinking that you are strong, and place yourself in tempting situations
- Don't ever get confident that you will do the right thing

## <u>SLIDE</u>

- Develop a HEALTHY APPRECIATION of your own wickedness
- Realize your own vulnerability to sin And stay away from it!

- God allows troubles and Temptations into our lives not because He wants to punish us
  - But, because He wants to change us into better servants
    - He wants to Transform us into Disciples of Christ