

## Lesson 5, Part 1: The Downward Spiral

### Introduction:

#### I. The downward spiral – How do people fall away?

##### A. The Unbeliever (Romans 1)

1. vs. 20-21 – man \_\_\_\_\_ rejects God
2. vs. 21-23 – man becomes more \_\_\_\_\_ with a darkened heart and becomes a \_\_\_\_\_
3. vs. 24, 26, 28 – God \_\_\_\_\_
4. v. 32a – man \_\_\_\_\_ rebels
5. v. 32b – man sinks to his lowest and \_\_\_\_\_ to do the same

##### B. The Believer (James 1:12-15)

1. v. 12 - Blessed is the man who remains steadfast
2. v. 13 - Temptation is \_\_\_\_\_ from God
3. v. 14 - Temptation stirs up our own \_\_\_\_\_
  - a. The word *desire*
  - b. The nature of desire
  - c. Examples of desires as the root of the issue

4. v. 15 - Sinful desire acted on gives birth to \_\_\_\_\_

5. v. 15 - When sin is accomplished, it brings forth \_\_\_\_\_

### **C. The Primary Example (Gen 3:1-6)**

1. Eyes off \_\_\_\_\_ (Gen 3:1-5)

2. Eyes on \_\_\_\_\_ (Gen 3:6a)

3. Then follow your \_\_\_\_\_ (Gen 3:6b; Matt 15:1-20, esp. v8 &18; Eph 4:22)

## **II. The upward path - How do people come back?**

**A. \_\_\_\_\_ the sin (Matt 7:3-5)**

**B. \_\_\_\_\_ the sin (Ps 32:1-5; 1 John 1:9)**

**C. \_\_\_\_\_ of the sin (Job 42:5-6; Acts 26:20)**

**D. \_\_\_\_\_ priorities**

1. Commit yourself to God's sovereignty and rule - Rom 12:1-2

2. Pray for wisdom to walk in His ways - Prov 2:6-8

3. Pray that He would cause you to delight in His Word - Ps 1

4. Meditate on the Word and be obedient to it - Ps 1; John 14:15

5. Walk in the Spirit - Gal 5:16

**E. Then watch God work in you!**

*"... work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure." – Phil 2:12b-13*

**The heart of the matter is the matter of the heart!**Case Study - "I worry too much"

Mary tells you that she is worried and that this has led to difficulty in sleeping for the past 6 months. She is afraid that her marriage is falling apart. George and Mary are Christians in their late 20s. George, a lawyer, has had to work quite a bit lately and admitted in the 2<sup>nd</sup> session that he hasn't been able to spend much time with Mary.

"This however is a situation that will soon end," would be his explanation. "Mary has been a faithful and conscientious helper during this time of excessive work. I love her," says George. "There is nothing wrong with our marriage!"

Mary replies, "He is so good to me and he is so patient about my faults. George is really my loving leader. However, if he spent more time with me, my sleep problem would go away. Then I wouldn't worry so much. Maybe I just worry too much about nothing."

You ask, "What specifically do you worry about?" Mary replies, "I worry about my marriage. I don't want it to fail like my parents did. Everything seemed ok until all of a sudden things came apart. I have read Philippians 4:6-7 on the subject of worry and I know that worry is sin, but I can't seem to stop. It just goes on and on."

# Bad Fruit

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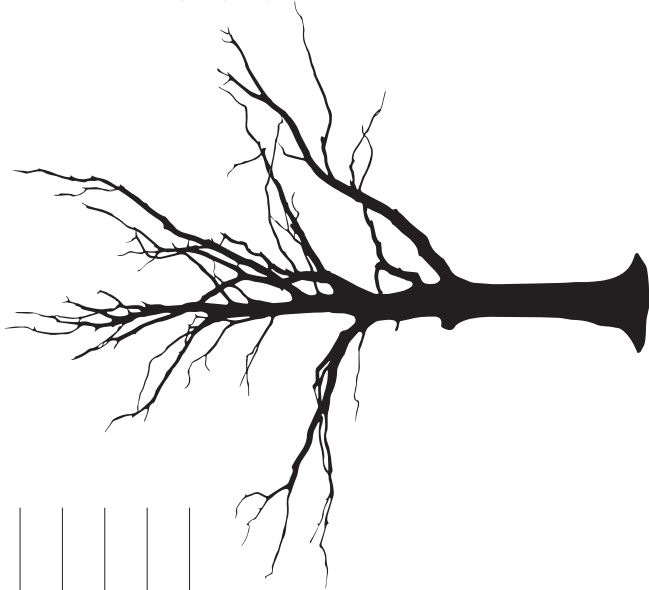
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Gal 5:19-21  
Mt 7:17  
Lk 6:43-45



Jer. 17:8

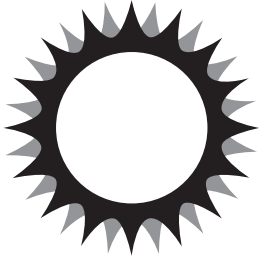
# The Heat

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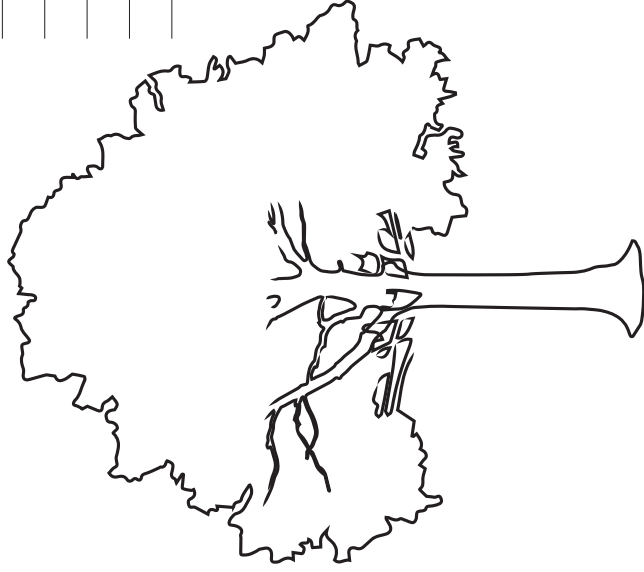
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# Good Fruit

Gal 5:22-23  
Mt 3:8  
Jn 15:4-5,8



James 1:14-15

I must...

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Idols  
1 Jn 5:21  
Mk 7:21-23  
Ezek 14:1-8



CONFESS

REPENT

Ps 51:1-17  
Ps 32: 1-5  
1 Jn 1:9

Job 42:5-6  
Act 26:20

I must...

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Please God  
2 Cor 5:9  
1 Cor 10:31  
Ps 139:23-24

"Thus says the Lord,  
**'Cursed is the man who trusts in mankind**  
and makes flesh his strength, and whose heart turns away from  
the Lord. For he will be like a bush in the desert...  
**'Blessed is the man who trusts in the Lord**  
and whose trust is the Lord. For he will be like a tree planted by  
the water, that extends its roots by a stream and will not fear  
when the heat comes; but its leaves will be green..."

- Jer 17:5-8

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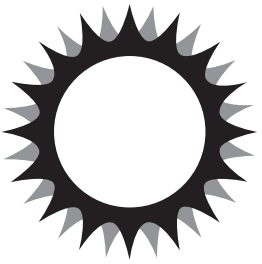
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Jer. 17:8



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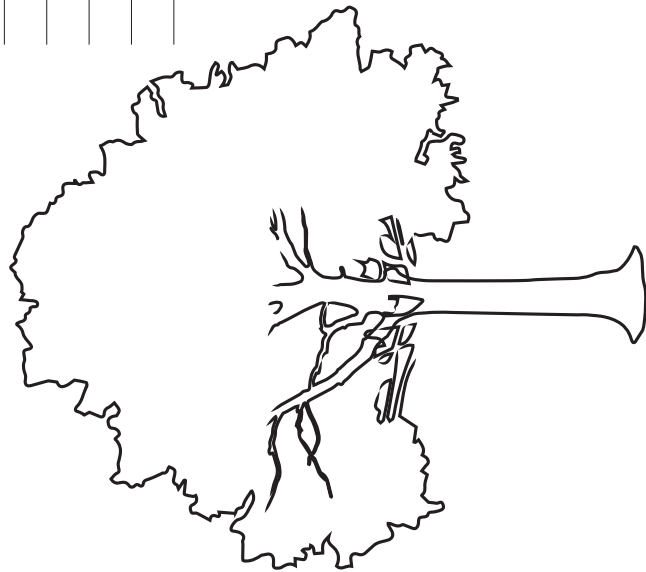
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