

THE JOURNEY “Rumble Strips”

Week 1: LET’S GO

Week 2: ROAD TRIP

Week 3: DON’T GO ALONE

Week 4: BUCKLE UP

TODAY: RUMBLE STRIPS

AI: The purpose of a rumble strip is to provide an audible and tactile warning to drivers who are drifting out of their lane, either by accident or due to inattention or drowsiness. When a tire passes over a rumble strip, it creates vibration and noise, alerting the driver to correct their steering and return to the travel lane, thereby reducing the risk of severe crashes such as running off the road

Last week: Seat belts save lives.....Today: Rumble strip save lives!

Key words: a warning when drifting to alert you to bring correction

-When driving.....we often lose focus and drift to the ditch!

IN OUR SPIRITUAL LIVES.....WE DRIFT TO OUR SINFUL NATURE!

James 1:13-15 When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

-Sin will kill you (when it is full grown, it gives birth to death)

-Sin will kill you! (Emotionally, physically & Spiritually)

-it causes so much hurt and troubles. WE HAVE ALL FELT THE STING!

SIN CAUSES US TO HIDE!

-Adam and eve in the garden HID from God!

-SIN IS EXHAUSTING: Cover up, lies, guilt, shame!!!!

-WEARS YOU DOWN!!

Psalm 32:3-4 When I kept silent, my bones wasted away through my groaning all day long. ⁴For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

SAID BEFORE-it affects your heart just like butter in your arteries!!

*To long of exposure and you WILL have a Spiritual heart attack!

Hebrews 3:13 But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.

-SIN INSULATES OUR HEART! (MAKES US NOT CARE)

UNDERSTAND.....WE MAKE A CHOICE TO SIN!

-1st degree.....pre meditated & Intentional

-2nd degree.....not planned or pre meditated.....BUT intentional

-3rd degree.....not planned or intentional, BUT still you did it

-HEART & MOTIVES!

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.

SIN is like a BOA! Wraps itself around its victim, takes whatever is given up!

SIN puts us in a tightening cyclone of despair:

Building defenses because of our pain
Thinking unhealthy self thoughts (shame driven lies get us stuck)
Get worn down trying to resist sin
Begin hiding secrets from others
Act out of our pain and often hurt others
Withdraw from the people that care about us
Justify our behavior to believe our actions were justified
Blame people and circumstances for why we did something
Feel shame for who we have become
Loose hope and want to quit! (UNHEALTHY CYCLE)

HUGE DANGER: WE CONVINCED OURSELVES IT IS OK TO SIN!!!!

BOA: Every time you give up any power.....it is taken and you are constricted!

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

SO WE LIVE IN THIS TENSION.....GOOD VERSUS EVIL!

-SPIRITUAL VERSUS UN SPIRITUAL

-HEAVENLY VERSUS EARTHLY

-SPIRIT VERSUS FLESH

EPIC BATTLE BETWEEN GOOD AND EVIL! (BATTLE IN EACH OF US)

Romans 7:18-25 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

²¹ So I find this law at work: When I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. ²⁴ What a wretched man I am! Who will rescue me from this body of death? ²⁵ Thanks be to God—through Jesus Christ our Lord!

THE BATTLE IS REAL.....LEADS TO ROMANS 8!

-No condemnation.....Life by the Spirit & All things work for good!

-We win by surrendering!

1 Peter 5:8-9 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. **9** Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

-Battle is all around the world!

-verse 9 Resist him, standing firm in the faith,

James 4:7-8 Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸ Come near to God and he will come near to you.

INTERSECTION: Towards God, or towards my temptation! (Desire)

Galatians 5:16-25 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so

that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that **those who live like this will not inherit the kingdom of God.**

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. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, **let us keep in step with the Spirit.**

Debauchery: extreme indulgence in bodily pleasures and especially sexual pleasures : behavior involving sex, drugs, alcohol, etc. that is often considered immoral.

KEY: keep in step with the spirit!

HOLY SPIRIT IS YOUR RUMBLE STRIPS TO KEEP YOU OUT OF THE DITCH!

PRAYER

-TEMPTATION BRINGS US TO A DECISION! YES OR NO!

JESUS FACED EVERYTHING WE FACED! YET WITHOUT SIN!

Hebrews 4:15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

TODAY: WE LOOK AT HOW JESUS FACED TEMPTATION HEAD ON!

Three kinds of temptation:

1 John 2:16 For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world.

1) The cravings of our bodies.

The cravings of our bodies are what we call, “Materialism,” or “Sensualism.”

-Materialism is the temptation to consume things that don't belong to us or weren't meant for us in excessive measure.

-Sensualism is the desire to stimulate our senses beyond what God intended or in ways God never intended.

“IF IT FEELS GOOD.....DO IT”

2) The lust of our eyes LUST: Intense longing or craving!

Is called GREED....“Greed.” SELFISHNESS!

Greed is the temptation to possess things that aren't ours or that we don't need.

3) The pride of our hearts. PRIDE (can be most dangerous to long time Christians)

Pride puffs us up! EXTREMELY DANGEROUS!

Proverbs 16:18 Pride goes before destruction, a haughty spirit before a fall.

Jesus experienced all three of these in His encounter with Satan, and He overcame them all without sinning. So it's possible to face temptation and resist it.

Luke 4:1-2 Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, ²where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

Verse 2 says Jesus hadn't eaten for 40 days! (me...40 minutes)

-SO JESUS IS STARVING!

Luke 4:3-4 The devil said to him, "If you are the Son of God, tell this stone to become bread." ⁴Jesus answered, "It is written: 'Man does not live on bread alone.'"

He's quoting Deuteronomy 8:3, from the Old Testament.

Temptation: To make bread! Doesn't seem like a huge deal!

-LUST OF THE FLESH!

ROOT: If you are the son of God.....prove it by making what you want!

-HIT IDENTITY! (Why that is a core battle through the ages)

NEXT.....

Luke 4:5-8 The devil led him up to a high place and showed him in an instant all the kingdoms of the world. ⁶And he said to him, "I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. ⁷So if you worship me, it will all be yours." ⁸Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

This is another quote from the Old Testament, Deuteronomy 6:13.

LUST OF OUR EYES: SEEING & WANTING!

Temptation: GREED AND POWER

ROOT: I will give you authority and splendor!

LASTLY.....

Luke 4:9-11 The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. ¹⁰For it is written: " 'He will command his angels concerning you to guard you carefully; ¹¹they will lift you up in their hands, so that you will not strike your foot against a stone.'" ¹²Jesus answered, "It says: '**Do not put the Lord your God to the test.**'"

This third temptation is the pride of the heart.

If Jesus throws Himself off the high point of the Temple, everyone will see the angels come and rescue Him and they'll all say, "Look at Him, He really is the Son of God!" and they'll worship Him and Jesus will look good.

NOTICE: "IF YOU ARE THE SON OF GOD"??????????

THEN: THE DEVIL QUOTES SCRIPTURE! (Angel of light)

PSALM 91:11-12

JESUS ANSWERED, "IT SAYS: 'DO NOT PUT THE LORD YOUR GOD TO THE TEST.'

This is a third quote from Scripture, Deuteronomy 6:16.

At the beginning of Jesus' ministry, Satan throws at Jesus the same temptations he throws at us every day: the cravings of the body, the lust of the eyes, and the pride of the heart.

He says, “Consume this. Possess this. Show people how great you are.”

SO.....WHAT IS YOUR KRYPTONITE!

James 1:13-15 When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

WHERE DID TEMPTATION TURN TO SIN!!!

EXAMPLE: If eating ice cream at DQ was a sin!

-THERE IS TEMPTATION IN EVERY DIRECTION!

-North: Royalton, Little Falls, Motley, Staples

-TEMPTATION ALLEY!

-It can NOT be avoided!

- 1) You see the a DQ Billboard.
- 2) You think about DQ and start to crave it.
- 3) You imagine yourself ordering at the ice cream shop.
- 4) You imagine yourself eating the ice cream! **(temptation begins)**
- 5) You revel in eating the ice cream. **(point of giving in to temptation)**
- 6) You decide to go to pull off the road at DQ.
- 7) You park and go into DQ.
- 8) You actually order a blizzard!!
- 9) You take the blizzard from the clerk.
- 10) You dip the spoon in the blizzard.

- 11) You put some of it in your mouth! (point of actually sinning)
- 12) You swallow the ice cream! (point of extreme guilt)

The battleground happens first in our minds and then in our actions!

Temptation begins when you imagine yourself eating the ice cream!

SIN IS WHEN YOU EAT IT! BUT THE RUMBLE STRIPS???

SO MAYBE YOU HAVE GONE PAST THE RUMBLE STRIPS?

-What do you do? YOU CORRECT!

THIS IS LIFE!!!! IT IS A BATTLE!

1 John 2:1-2 My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. ² He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

WHEN WE MESS UP..... WE GET BACK ON TRACK!

-Quick down.....Quick up!

1 John 1:8-9 If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

GOAL: LIVE & LEARN! DON'T DO IT AGAIN!!!!

THE PROMISES:

1 Corinthians 10:13 “ No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”

YOU CAN LIVE IN VICTORY! GO TO THE ONE WHO CAN HELP!

1 John 4:4 You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

GOD WILL GIVE YOU STRENGTH!

Ephesians 2:1-5 As for you, you were dead in your transgressions and sins, ²in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴But because of his great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

GOD WILL GIVE YOU GRACE!

Hebrews 4:14-16 Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

GOD WILL GIVE YOU FORGIVENESS!

1 John 1:9-10 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

CONFESS IT.....DON'T HIDE IT!

-MAKE IT RIGHT!

Romans 6:17 But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance.

FROM YOUR HEART.....I WANT TO SIN LESS!!!

- Sin is NOT good for me
- Sin hurts ME
- Sin HURTS my relationships with others
- Sin makes me feel DISTANT from God

***I NEED TO SIN LESS!! (A HEART ISSUE)**

I WANT TO LOVE GOD MORE.....AND SIN LESS!!!

2 Timothy 2:22 Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

RESPONSE:

- 1) Identify my temptation.....where I am weak!
- 2) Listen to the rumble strips of the Holy Spirit!

3) Receive forgiveness!

PRAYER TEAMS AND COMMUNION