

# WHAT ARE YOU THINKING?

## Think About Your Sin Problem

5-16-21

### GOOD INTENTIONS- FAILURE- GUILT- GOOD INTENTIONS- FAILURE- GUILT

*Romans 7:15* - I do not understand what I do. For what I want to do I do not do, **but what I hate I do.**

1. \_\_\_\_\_ your pattern of temptation.

*Proverbs 4:25-27* - Let your eyes look straight ahead, fix your gaze directly before you. <sup>26</sup> Make level paths for your feet and take only ways that are firm. <sup>27</sup> Do not swerve to the right or the left; keep your foot from evil.

- \_\_\_\_\_ am I most tempted?
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- \_\_\_\_\_ is with me when I'm most tempted?
- \_\_\_\_\_ temporary benefit do I get if I give in?

*Hebrews 10:25* - There is pleasure in sin for a short time.

- \_\_\_\_\_ do I feel right before I'm tempted?

2. \_\_\_\_\_ the condition of your mind.

*Proverbs 4:23* - Above all else, **guard your heart**, for it is the wellspring of life.

- Focus on what's causing the thoughts that cause the emotions.

*Ephesians 4:27* - Do not give the devil a foothold.

3. \_\_\_\_\_ for God's help.

*Matthew 26:41* - Watch **and pray** so that you will not fall into temptation. The spirit is willing, but the body is weak.

*Psalms 50:15* - ...call upon me **in the day of trouble**; I will deliver you, and you will honor me.

4. \_\_\_\_\_ your attention elsewhere.

*James 1:14-15* - but each one is tempted when, by his own **evil desire**, he is dragged away and enticed. <sup>15</sup> Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

**Temptation always follows a predictable process:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Key: Don't fight it, flee from it.

*2 Corinthians 10:5* - We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ.

*James 4:7-8* - Submit yourselves, then, to God. **Resist the devil**, and he will flee from you. <sup>8</sup> Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

## HOMEWORK:

- \_\_\_\_\_ my mind.

*Proverbs 4:23* - Be careful how you think, your life is shaped by your thoughts.  
(NCV)

*Proverbs 23:19* - Keep your mind on what is right.

*2 Timothy 2:22* - **Turn your back** on lustful thoughts and **give your positive attention** to goodness, integrity, love and peace. (Ph)

**The key is not resisting. The key is replacing and refocusing.**

- Make a commitment to \_\_\_\_\_ standard.

*Psalms 119:9* - How can [anyone] keep his way pure? By living according to Your Word.

**Am I more committed to what I believe God says will meet my needs or am I more committed to what I think will meet my own needs?**

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