

WEEK TWENTY-SEVEN: **“Defeating Temptation”**

DAY ONE: **“Refocus Your Attention on Something Else”**

Read: 1 Corinthians 10:12-13; 2 Timothy 2:22; Philippians 4:8 (*Freedom in Christ Bible*, pp. 1316, 1406, 1371)

Read: *Purpose-Driven Life*, pp. 209-212

Reflect: Think over the ways you’ve been tempted over the past week or so (again, think not only about actions but also the attitude of your heart). As you look back, what are the ways out that God provided?

Dig: One of the ways out that God provides is to refocus our attention on something else.

Read the following passages and note the importance placed on our minds and our thoughts:

Romans 12:2 (p. 1295)

Romans 8:5-9 (p. 1290)

Ephesians 4:22-24 (p. 1359)

Note in Romans 13:14 (p. 1298) how the emphasis is not so much on sin but the thoughts that lead to sin.

So what should we think about instead? Read Philippians 4:8 again and carefully measure your thoughts against the standards listed here.

How do we have the strength to refocus our thoughts? See 2 Corinthians 10:3-5 (p. 1337).

Apply: Ask for God’s strength in applying 2 Corinthians 10:5, take captive every thought and make it obedient to Christ, by praying the following prayer from Psalm 119:36-37 (NIV). “Turn my heart toward your statutes and not toward selfish gain. Turn my eyes away from worthless things; preserve my life according to your word.”

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DAY TWO: **“Reveal Your Struggle to a Godly Friend or Support Group”**

Read: Ecclesiastes 4:9-10 (*Freedom in Christ Bible*, p. 736)

Read: *Purpose-Driven Life*, pp. 212-214

Reflect: Our true character is revealed in how we act when no one else is watching. What aspects of your character are you hoping that no one else will discover?

Dig: Are your secret battles really secret? See Psalm 44:20- 21 (p. 622).

Do you really believe you are alone in the struggles that you listed above? See what Romans 3:23 (p. 1283) and 1 Corinthians 10:13 (p. 1316) have to say on this issue.

What is the danger of hidden sin? See Psalm 32:3-5 (p. 612) and Psalm 66:18 (p. 634). In contrast, what is the promise of confessed sin? See 1 John 1:9 (p. 1466).

What is the benefit of confessing our sin not only to God but also to each other? See James 5:16. (p. 1447).

Read Galatians 6:1-2 (p. 1352) to get a picture of the body of Christ in action. Based on the context, what do you think the burdens mentioned in verse 2 are?

Apply: Do you have an accountability partner?

- If you don't, prayerfully consider who you might ask to partner with you in accountability.
- If you do, evaluate your relationship—is it working? Is this person holding you accountable in the areas you've designated? Are you being completely transparent with this person?

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DAY THREE: “Resist the Devil”

Read: Ephesians 6:10-18 (*Freedom in Christ Bible*, p. 1363)

Read: *Purpose-Driven Life*, pp. 214-215

Reflect: Assess your armor of God. Is your belt of truth buckled, is your breastplate of righteousness in place...?

Dig: What reason does Ephesians 6:11 (p. 1363) give for putting on the full armor of God?

Look up John 8:44 (p. 1211) and 2 Corinthians 11:14 (p. 1340) to see two of Satan’s schemes.

What lies has Satan been speaking to you lately? Make a list of them and then counter them with your sword of the Spirit—the word of God. Be as specific as possible in wielding your sword of truth.

 Lies

 Truth from the Word

Apply: How familiar are you with your sword of truth? Commit one of the verses you listed above to memory. (Perhaps you’ve already memorized all those you listed—and that’s why they came so quickly to mind in combating Satan’s lies. If that’s the case, expand your arsenal by memorizing another verse.)

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DAY FOUR: **“Realize Your Vulnerability”**

Read: 1 Corinthians 10:12 (*Freedom in Christ Bible*, p. 1316)

Read: *Purpose-Driven Life*, p. 215

Reflect: Proverbs 16:18 (p. 709) says “Pride goes before destruction, a haughty spirit before a fall.” Think of a time in which you were confident you wouldn’t succumb to temptation---and then did.

Dig: Read Psalm 19:12-13 (p. 603) to note the two types of sin that David mentions.

What is it that prevents us from seeing our sin and from hating the sins we willfully engage in? See Psalm 36:2 (p. 615) and then combat that with the truth found in 1 John 1:8 (p. 1466).

Assess your level of pride and realize your vulnerability.

Apply: Read the following from 1 Peter 5:5-8 (NIV) and note the 6 commands given. Put them into practice today. “Clothe yourselves with humility toward one another, because, ‘God opposes the proud but gives grace to the humble.’ Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith.”

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DAY FIVE: Lectio Divina

Using the “Lectio Divina” method of Bible study (see page 2 of this booklet), meditate on this scripture:

“Run from anything that gives you the evil thoughts...but stay close to anything that makes you want to do right.” 2 Timothy 2:22 (LB)

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

- reading: you read the passage slowly and reverentially, allowing the words to sink into your consciousness; after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.
- meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life; write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer - thanksgiving, humility and petition. Write out a prayer based on the passage.