

BASIC INSTINCT: Strategies Against Temptation

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Consequences (James 1:15)

*Sin _____

1. Disease-from health
2. Separation from God (Fellowship not relationship)
3. Separation from each other in a Godly relationship.
(Mark 9:14-28)
4. Separation from _____
5. Separation from _____ at church
6. Separation from _____
7. Marriage separation (adultery)
8. Separation from _____
9. Cause you to be more vulnerable to Satan's attacks

Soul ties 1 Cor. 6:12-20

How to fight

Ephesians 6:40-18

2 Cor. 10:4-6

Despair (James 1:15)

1. Guilt
2. Usually comes for men after orgasm
3. When a man is focused, he's focused because of his desire to _____.
4. _____ did I do it?

Woman

5. What if he doesn't stay afterward?
6. I hadn't had sex since ? I broke my abstinence goal.

Acting Out (James 1:15)

Sin

1. Acting out in your _____
2. Oral sex
3. Touching that causes an _____ or sexual
_____ (gyrating)
4. _____
5. If done purposely before going to bed by know
stimulants (wet dreams) watching
_____ material
6. _____

Rituals Ceremony (James 1:15)

Worship

Romans 12:1-2

Conception

Uncontrolled desire, thoughts

1. Going to rent a _____
2. Finding condoms-vibrators
3. Turning lights down
4. Cleaning room/house
5. Taking a shower
6. Lighting candles
7. Talking dirty (change in _____)
8. Putting on cologne-perfume
9. Putting things on that make you feel like you're sexy or fine
10. Make phone calls (to those you are attracted to)
11. Asking for a massage
12. Drinking wine (relaxes you; sets the mood)

Preoccupation (James 1:14)

Dragging Away

Letting the thought continue in your mind until it becomes a stronghold.

1. Not turning the _____ off
2. Not hanging up the phone
3. Stop looking at the e-mail, magazine
4. Stop looking at the sister-brother you are _____ to

Triggers (James 1:14)

Be _____

2 Corinthians 10:4-6

Ephesians 6:10-18

Colossians 3:1-2, 5-10

Temptation

The sexual act has to _____.

*Stage 1 is the stimulation through the mind

1. Visual-what did I see that _____me

2. Audible-what _____

what _____

3. Taste-what food did I have (aphrodisiacs)

4. Who did I see (old flames)

5. How was I feeling (tired, vulnerable, frustrated)

Cycle of Addiction:

Make dependent on a drug

Drug or medicine: "healing substance"

