

4. The Bible is **Authoritative**

"For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires." (Hebrews 4:12)

Spirit: The immaterial part of humanity that connects with God. We have a spirit, but not spirits. "God is spirit, and those who worship Him must worship in spirit and truth." John 4:24

Believers—spiritually alive, unbelievers spiritually dead

Soul: The essence of who we are, our life-- mind, will and emotions.

"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God." Psalm 42:5

5. The Bible is **Transformational**

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" 2 Cor 5:17

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2

The Bible is not just informational, but transformational. When we do what the Bible says to do, we will become what the Bible says we will become.

When we...

Pray without ceasing---- our peace will increase

Memorize the word--- we energize our resistance

Sing a worship song--- joy fills our hearts again

When we love without conditions we remove all limitations and become approachable and loveable. **Are you a loveable person? Is it hard for people to love you? Do you make it easy for them? Are your standards too conditional? Do you have an "If" of "Because" love or a "Nothing you can say or do will ever change my love for you" kind-of love? Is it hard for you to forgive? Why?**

3 His divine power has **given us everything we need for a godly life** through our knowledge of him who called us by his own glory and goodness. 4 Through these he has given us his very great and precious promises, so that through them you may participate in the **divine nature**, having escaped the corruption in the world caused by evil desires.

5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, **self-control**; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. 9 But whoever does not have them is nearsighted and blind, forgetting that thy have been cleansed from their past sins. 2 Peter 1:3-9

How to Overcome Temptation

Scripture—Jesus quoted it to the evil one (Matt 4) Renew your mind (Romans 12:1,2) They defeated him by the blood of the lamb & testimony Rev 12:11

Turn away from it!—Joseph ran from it (Gen. 39:12) The prodigal son returned home; 1) lock it 2) limit it or 3) leave it (for media control)

Obedience--“take every thought captive” (2 Cor. 5) Jn 14:15 says “If you love me, you’ll keep my commandments” It’s an act of the will by His power.

Praying—“lead us not into temptation”(Mt. 6:13) Be honest about your struggles (Psalms) Stay connected to the Lord with your feelings.

Invoke others---stimulate and encourage one another (Heb 24, 25)
Confess your sins to each other... so that you may be healed. (James 5:16)

Turn to Jesus-- “...fixing our eyes on Jesus...” (Heb 12: 1, 2) Walk in the Spirit and you will not fulfill the lust of the flesh (Gal 5:16) “...God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide a way of escape also, that you may be able to endure it.” 1 Cor. 10:13

- 1) What helps you grow in your self-control? What works best for you?**
- 2) Why is talking about your struggles helpful for overcoming them?**
- 3) Find at least one other person and confess which temptation is most frequent in your life: 1) Lust of the flesh, 2) Eyes or 3) Pride of life?**