

# The Tactics Of Temptation

Genesis 3:1-6

## I. Temptation's Design (1-4)

- A. Temptation Is Designed To Get Us To \_\_\_\_\_ God's Word (1)
- B. Temptation Is Designed To Get Us To \_\_\_\_\_ God's Word (2-3)
- Leaving Out Part Of God's Word Is A Form Of Denial
  - Adding To God's Word Is A Form Of Denial
  - Minimizing God's Word Is A Form Of Denial

## II. Temptation's Deception (4-5; 2 Cor 11:3)

- A. Deception Appeals To Our \_\_\_\_\_ By Denying The Truth Of God's Word (4)
- B. Deception Appeals To Our \_\_\_\_\_ By Denying The Sincerity Of God (5a)
- C. Deception Appeals To Our \_\_\_\_\_ By Denying The Uniqueness Of God (5b)
- D. Deception Appeals To Our \_\_\_\_\_ By Blurring The Distinctions Of Good & Evil (5c)

## III. Temptation's Draw (6a-c; 1 Jn 2:15-16; 2 Sam 11:1-5)

- A. Lust Of The Flesh - *6a So when the woman **saw** that the tree was good for **food**,*
- B. Lust Of The Eyes - *6b and that it was a **delight** to the **eyes**,*
- C. Pride Of Life - *6c and that the tree was to be **desired** to make one **wise**,*

## Conclusion: How To Respond To Temptation

1. Run From Temptation (2 Tim 2:22)
2. Remove The Provisions Of The Flesh (Rom 13:14)
3. Recoil From People Of Bad Influence (1 Cor 15:33; Prov 14:7; Prov 22:24-25)
4. Register The Fact That Satan Will Constantly Attack With Temptation (1 Pet 5:8)
5. Resist The Devil's Tactics (1 Pet 5:9; Jas 4:7-8)
6. Respond With Prayer To Avoid Temptation (Mt 6:13)
7. Reinforce With The Armor Of God (Eph 6:13-18)

Attack	Aim	Armor	Assist
<b>Dishonor</b>	God	Holiness of God	P R A Y E R
<b>Deception</b>	Mind	Sword of Spirit (Bible), Helmet of Salvation	
<b>Doubt</b>	Will	Shield of Faith	
<b>Discouragement</b>	Emotion	Girdle of Truth	
<b>Denunciation</b>	Conscience	Shoes with the Gospel of Peace	
<b>Destruction</b>	Body	Breastplate of Righteousness	
<b>Dilution</b>	Church	Christ the Head	

8. Replace Your Thoughts (Phil 4:8)
9. Replace Your Actions (Mt 5:43-44)

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- B. Temptation Is Designed To Get Us To Deny God's Word (2-3)
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## II. Temptation's Deception (4-5; 2 Cor 11:3)

- A. Deception Appeals To Our Intellect By Denying The Truth Of God's Word (4)
- B. Deception Appeals To Our Pride By Denying The Sincerity Of God (5a)
- C. Deception Appeals To Our Purpose By Denying The Uniqueness Of God (5b)\
- D. Deception Appeals To Our Morality By Blurring The Distinctions Of Good & Evil (5c)

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# The Tactics Of Temptation

## Genesis 3:1-6

**Genesis 3:1-6** 1 Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden?'" 2 And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, 3 but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" 4 But the serpent said to the woman, "You will not surely die. 5 For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." 6 So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.

### Introduction:

ie/ recent survey of Christian men listing sins they struggle most with – sexual immorality was represented in 62% of all sins listed  
- 5x more than other types of sin

ie/ recent surveys of Christian teens involved in premarital sexual activity – around 50%

ie/ Bruce Wilkinson, *Personal Holiness In Times Of Temptation*: wrote of a meeting with 40 men asking them the 3 biggest temptations men face today. Man instantly called out: #1 – Sex, #2 – Sex and #3 – Sex

## I. Temptation's Design (1-4)

### A. Temptation Is Designed To Get Us To Doubt God's Word (1)

*1 Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden?'"*

- The serpent was Satan – deceiver and enemy of God
- "more crafty" – outsmart Adam, Eve and any other animal in the garden
- when that kind of intellect is combined with being the "father of lies" (Jn 8:44) and one who tried to usurp himself over God (Isa 14, Ezek 28), then he's dangerous
- "Did God actually say?"
  - Is it really true?
  - Can you really trust God?
  - Satan inserts **doubt**
  - Doubting God's Word
- Temptation doubts God's Word that God is our ultimate satisfaction and source of joy
  - Sex outside of God's will
  - Finding identity in power over humility
  - Finding comfort in money over God's provision

- Wanting a relationship that is outside of God's holiness
- Did Eve even know she was being tempted?
  - No one had ever been tempted before
  - The command to not eat the tree was given to her husband so she didn't hear it first hand
  - How would she know the serpent couldn't be trusted?
  - The NT states she was **deceived**
  - **But she knew God was taking care of her – why did she start doubting God's provision and words?**
  - Sometimes we're ignorant to the fact that there is temptation all around us
  - **When we stop thinking God is providing for us and is our ultimate satisfaction and joy, then we're vulnerable like Eve**

## B. Temptation Is Designed To Get Us To Deny God's Word (2-3)

*2 And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, 3 but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'"*

- The woman knew what God's Word said – she reiterated it
- But she wasn't totally accurate

### 1. Leaving Out Part Of God's Word Is A Form Of Denial

- She **left out God's generous provision** "You may **freely** eat"
- She **minimized** the concept by merely saying "We may eat"

### 2. Adding To God's Word Is A Form Of Denial

- Next, she **added** "neither shall you touch it"
- Adding to God's Word (Charismatic's new revelation, mystics' hearing God's voice, Roman Catholic Pope speaking new revelation)

### 3. Minimizing God's Word Is A Form Of Denial

- God: "You shall surely die"
- Eve: "lest you die"
- She weakened God's penalty
- Eve's minimization, adding and subtracting was feeding into the Devil's strategy

## The Devil's Strategy:

- **Deny The Truth Of Who God Is Through Lies (Rom 1:25)**

**Romans 1:25** Who exchanged the truth of God for **the lie**, and worshiped and served the creature rather than the Creator

### a. False Teachers

**2 Corinthians 11:13-14** For such are false apostles, deceitful workers, transforming themselves into apostles of Christ. And no wonder! For Satan himself transforms himself into an angel of light.

- Satan has succeeded in toppling major denominations, seminaries (Harvard, Yale, Princeton, etc.) and churches that were once biblically sound with an onslaught of liberalism in the last century. The Trojan horse that Satan is attacking the evangelical church with today comes in a variety of theological heresies (Open Theism attacks God the Father, social emphases minimizes Christ's work of salvation, and Charismatic teaching has altered the Holy Spirit's role).

**1 Timothy 4:1** Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons

**b. False Believers**

**2 Corinthians 11:26** In perils among false brethren

- False believers populate even evangelical churches. They can play church, play pray and learn how to act like a Christian, but are never really converted. Jesus identifies them as those who call Him "Lord, Lord" and do not do what He says.

**c. False Gospel**

**Galatians 1:8-9** But even if we, or an angel from heaven, preach any other gospel to you than what we have preached to you, let him be accursed. As we have said before, so now I say again, if anyone preaches any other gospel to you than what you have received, let him be accursed.

- Easy believism has altered the Gospel by minimizing sin, eliminating hell and judgment and evading repentance.
- Legalism has altered the Gospel by adding human works to divine grace as a requirement for salvation.
- Other religions focus on other saviors than Christ.

**Q:** Give an example of a "false religion" and how it assaults the biblical truths of who Christ is and what the Gospel is?

**d. False Christ**

**2 Thessalonians 2:8-10** <sup>8</sup> And then the lawless one will be revealed, whom the Lord will consume with the breath of His mouth and destroy with the brightness of His coming. <sup>9</sup> The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, <sup>10</sup> and with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved.

- The Antichrist will rule a future prophetic period (the Tribulation) in a futile attempt to rule what Christ will rule in the Millennium. He will demand worship and all power. His role is part of Satan's plan to have the "Unholy Trinity" where Satan plays the role of the Father, the Antichrist plays the role of the Son, and the False Prophet plays the role of the Holy Spirit.

- **Deny The Truth Of Who Man Is Through Pride (Gen 3:5b)**

**Genesis 3:5b** And you will be like God, knowing good and evil.

- Through religion, education, technology and business, man is trying to deify himself by trusting in self, money and/or knowledge to accomplish their goals without God.

- **Deny The Truth Of What's Vitrally Important Through Lust (Rom 8:6)**

**Romans 8:6** For to be carnally minded is death, but to be spiritually minded is life and peace.

## II. Temptation's Deception (4-5)

- "Deception" and forms of the word occur 150 times in Scripture
- "Deception" = "a false impression" (Vine's *Expository Dictionary of NT Words*)

**2 Corinthians 11:3** But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ.

**2 Corinthians 4:4** Whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them

**John 8:44** You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.

**Genesis 3:1** Now the serpent was more cunning than any beast of the field which the LORD God had made.

**Revelation 12:9** So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world

- "Satan is a deceiver. He has to operate in the realm of denial of the truth or in the realm of a lie. It was impossible for Lucifer to persuade the angelic hosts to follow him by telling them the truth that if they did so they would end up with him in the lake of fire separated from the Creator forever. When Satan came to Eve it was not possible for him to tempt her by saying that, if she obeyed him rather than God, she would join him and the fallen angels in the lake of fire forever. He had to lie." (Dwight Pentecost, *Your Adversary The Devil*, p. 48)

## A. Deception Appeals To Our Intellect By Denying The Truth Of God's Word

*4 But the serpent said to the woman, "You will not surely die.*

- The devil directly contradicts God's truth
- Satan constructs his words in a very emphatic statement – as emphatic as God made His original warning – “you will surely die”
- **The devil echoes God's authoritative tone**
- **You have to know who is your authority in life!**

## B. Deception Appeals To Our Pride By Denying The Sincerity Of God

*5a For God knows that when you eat of it your eyes will be opened,*

- The devil stated a truth – their eyes would be open

**Genesis 2:16** And the LORD God commanded the man, saying, “You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

- Eve knew the tree's name was the “Tree of the Knowledge of Good and Evil”
- She does not know evil yet, but she could
- But notice how the devil words it: **“For God knows ...”**
  - John J. Davis: **“Perhaps the tempter was charging that God envied His own creation's happiness, or that He had become jealous of those qualities which characterized His personal existence.”** (*Paradise To Prison: Studies In Genesis*, Baker Book House, 1975, p. 89)

## C. Deception Appeals To Our Purpose By Denying The Uniqueness Of God

*5b and you will be like God,*

- The devil's appeal: God has something you don't have – the knowledge of good and evil
- He's trying to keep you from being like Him
- Remember that the devil fell because he wanted to be like God
- But Adam and Eve aren't aware of Satan's fall

## D. Deception Appeals To Our Morality By Blurring The Distinctions Of Good And Evil

*5c knowing good and evil.”*

- So Satan was able to convince them of several things:
  - **Knowing good and evil will make them like God**
    - This lie leads man to the ultimate defeat of the devil
  - **Adam & Eve would be capable of knowing good and evil like God does**
    - This is a lie, because God has perfect knowledge of good and evil without sin
    - Adam & Eve would have to sin to know evil

- **God was keeping them from being like Him**
  - The temptation took an intellectual approach: “knowing good and evil”
  - But also an emotional approach: you’re being left out

### III. Temptation’s Draw (6a-c; 1 Jn 2:15-16)

**1 John 2:15-16** 15 Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

#### A. Lust Of The Flesh (6a)

*6a So when the woman **saw** that the tree was good for **food**,*

- “lust” = *epithumia* - over desire, strong craving
- John White: “Any bodily appetite for sleep, for physical recreation or for sex becomes bodily lust at the point where to satisfy them interferes in the smallest degree with serving and glorifying Christ.” (*The Fight*, p. 219)

#### B. Lust Of The Eyes (6b)

*6b and that it was a **delight** to the **eyes**,*

- “delight” = it was pleasant to the eyes
- eyes have hunger
- we use term “feast your eyes upon”
- “our eyes are bigger than our stomach” (at a buffet)
- covetous
- ie/ Achan (Josh 7:21) - defeat Ai – told not to take spoils of victory, but did

#### C. Pride Of Life (6c)

*6c and that the tree was to be **desired** to make one **wise**,*

- 1 Jn 2:16 “pride of life” = *he alazoneia tou biou*
  - only found elsewhere in James 4:16 – “boast in your arrogance”
  - NASB – “the boastful pride of life”
  - ego, pride, boastfulness
  - look at your degrees, job, positions, titles, car, house, stereo system, name brand clothes and shoes
- ie/ **Matthew 4** - Jesus tempted with lust of flesh (bread), lust of eyes (kingdoms of world), pride of life (cast self down with angels catching)
- ie/ **Genesis 3:6**
  - lust of flesh - good food
  - lust of eyes - pleasant to eyes
  - pride of life - make one like God



- **David & Bathsheba – 2 Samuel 11:1-5**

- 1. Pride of Life: We're Vulnerable To Temptation When We Stop Thinking We're Not In Spiritual Warfare (1)**

*<sup>1</sup>It happened in the spring of the year, at the time when kings go out to battle, that David sent Joab and his servants with him, and all Israel; and they destroyed the people of Ammon and besieged Rabbah. But David remained at Jerusalem.*

- ***We are vulnerable when we focus on sexual conquest over spiritual conquest.***
- **We are more prone to sin in times of comfort than in times of conflict.**
  - David was now around 50 years old. He was now a veteran ruler of around 20 years. The job was easier, now that he didn't have to go onto the battle field.
  - "David was in bed, not in battle....Our greatest battles don't usually come when we're working hard; they come when we have some leisure, when we've got time on our hands, when we're bored.... He belonged in the battle; instead, he was in the bedroom. He pushed the bedspread back, stretched himself, yawned a couple of times, sighed, looked around the room. He certainly didn't need any more sleep. He was not suffering the exhaustion of a busy, productive man; he was tired from not being tired." (Chuck Swindoll, *David*, p. 184)
  - We are more prone to temptation in times of comfort than in conflict. When we're busy planning youth group meetings, preparing for Bible study, focusing on dealing with family needs – we are limited in time and opportunities to get into sin. When our **ministry stops**, or when we just **finished a big project at work** and it's now a down time, or after finishing finals – we become more prone to sin.
- We become prone to acts of sexual sin when we allow a mindset of sexual sin.
  - Remember that David has accumulated several wives at this point. Michal, Abigail, Ahinoam had been married to David for a long time. He added 4 more when he became king at Hebron. He added more wives and concubines when the kingdom united (2 Sam 5:13).
  - David, having as many wives as he desired, had a mindset of having as many women as he wanted. Being a faithful monogamist was not his mindset. David set himself up for this fall.
  - Men have mindsets fixed on visual arousal – scantily clad women in magazines, internet sites and bill boards. Women, who become sexually aroused emotionally, may have a mindset of sexual sin through soap operas, gossip sessions or magazine articles.

## 2. Lust of the Eyes: Our Eyes Turn Our Motives From God To Self-Satisfaction (2)

<sup>2</sup>Then it happened one evening that David arose from his bed and walked on the roof of the king's house. And from the roof he saw a woman bathing, and the woman was very beautiful to behold.

- In the Middle East, it would be so hot in the afternoons that they would take a siesta. Work stops, and seeking shade begins. David finishes a nap, walks out on the veranda and spots a beautiful woman. She is called "very beautiful." The Scriptures don't often use superlatives like "very", so when it does in this case for "beautiful" – you better believe she was drop, dead gorgeous.
- ***It is not a sin to be tempted – it is a sin to act on our lust.***
- Erwin Lutzer: "Temptation is not a sin; it is a call to battle."
- John Churton Collins : "We are no more responsible for the evil thoughts that pass through our minds than a scarecrow for the birds which fly over the seedplot he has to guard. The sole responsibility in each case is to prevent them from settling."

### a. **Temptation's Internal Tactic:** To Draw Away By Arousing Uncontrolled Desires

#### **Solution: Tame the flame.**

**James 1:14** "But each one is tempted when he is drawn away by his own desires and enticed."

- "drawn away" = imagery of animals being lured to traps
- "desire" = lust (*epithumia* = over desire, beyond a normal desire)
- If you have a flame for sexual passions, don't fan the flame of sexual desires through feeding (eye gate), flirting (heart gate) and feeling (sensuous gate)

#### 1. Looking around arouses the eye gate (Job 31:1)

**Job 31:1** "I have made a covenant with my eyes; Why then should I look upon a young woman?"

ie/ Ditty: "Be careful little eyes what you see"

#### 2. Flirting around arouses the heart gate (1 Thess 4:6)

- Charles Spurgeon: "Learn to 'NO'; it will be of more use to you than to be able to read Latin."

**1 Thessalonians 4:6** "That no one should take advantage of and defraud his brother in this matter"

- Flirting takes advantage of a person you do not have sincere intentions towards. Defrauding arouses a passion that can not be righteously fulfilled.

3. Feeling around arouses the sensuous gate (1 Cor 7:1)

**1 Corinthians 7:1** "It is not good for a man to touch a woman"

- "Touch" is in a sensual/sexual reference
- Context: outside of marriage (v. 2 – reason for marriage)

b. **Temptation's External Tactic:** To Draw Away By Attracting With A Dangerous Lure

**Solution: Look for the hook.**

- "enticed" = like bait on a hook enticing a fish
- In the Middle East, the afternoons were so hot, that work would stop, and siesta under the shade begins. After David finished a nap, he walks out on the veranda and spots a "very beautiful" woman. The Scriptures don't often use superlatives like "very", so when it does in this case for "beautiful" – you better believe she was drop dead gorgeous.

Was Bathsheba shamefully immodest by bathing in the courtyard? Though outdoor bathing was not too common, it was acceptable in this culture and climate. The courtyard can't be seen from the street. Yet, if you're in your backyard – you know that your neighbors with 2 stories can see over your fence, so she could have been more cognizant and discreet.

### 3. Lust Of The Flesh: The Flesh Cries Out Over Knowledge Of The Truth (3)

<sup>3</sup>So David sent and inquired about the woman. And someone said, "Is this not Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?"

- David had time to ask questions and act on information. He probably knew who this woman was. Uriah was one of his elite 30 military men. This close intimacy with his elite soldiers would have probably brought him to the acquaintance of Bathsheba. He knew she was married. David had to come to a point where he said "It doesn't matter"

a. **Each act of sin requires one to ignore the Person of God**

- Dietrich Bonhoeffer, *Creation and Fall and Temptation*: "In our members there is a slumbering inclination towards desire which is both sudden and fierce. With irresistible power, desire seizes mastery over the flesh. All at once a secret, smoldering fire is kindled. The flesh burns and is in flames....At this moment God is quite unreal to us, he loses all reality, and only desire for the creature is real....Satan does not here fill us with hatred of God, but with forgetfulness of God. The lust thus aroused envelops the mind and will of man in deepest darkness. [And] the powers of clear discrimination and of decision are taken from us." (pp. 116-117)

**b. Each act of sin requires one to ignore the Word of God**

- David knew the Ten Commandments – “Thou shalt not commit adultery” (Ex 20:14)
- David knew Leviticus 20:10 – adultery is punishable by death

**c. Each act of sexual sin requires one to ignore the individual, spiritual and familial significance of the one sinned against.**

- Every woman you lust upon is some man’s daughters. Would you want that for your daughter?
- David is given clear confirmation from his servant that the woman he is lusting after is the wife of Uriah the Hittite
  - normal reference of individuals relates them to their father, grandfather, etc. in the lineage (“daughter of Eliam”)
  - Eliam is one of his close friends
  - Bathsheba is also the granddaughter of Ahithophel – another of David’s friends and counselor
  - but here, the servant adds “the wife of Uriah”
- David is about to betray two of his close friends (her father and grandfather) as well as one of his faithful soldiers (Uriah)

<b>Conclusion: How To Respond To Temptation</b>
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**1. Run From Temptation**

**2 Timothy 2:22** Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

**2. Remove The Provisions Of The Flesh**

**Romans 13:14** But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

**3. Recoil From People Of Bad Influence**

**1 Corinthians 15:33** Do not be deceived: “Evil company corrupts good habits.”

**Proverbs 14:7** Go from the presence of a foolish man, When you do not perceive in him the lips of knowledge.

**Proverbs 22:24-25** <sup>24</sup>Make no friendship with an angry man, And with a furious man do not go, <sup>25</sup>Lest you learn his ways And set a snare for your soul.

**4. Register The Fact That Satan Will Constantly Attack With Temptation**

**1 Peter 5:8** Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

**5. Resist The Devil's Tactics**

**1 Peter 5:9** Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

**James 4:7-8** <sup>7</sup> Therefore submit to God. Resist the devil and he will flee from you. <sup>8</sup> Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

**6. Respond With Prayer To Avoid Temptation**

**Matthew 6:13** And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

**7. Reinforce With The Armor Of God**

**Ephesians 6:13-18** <sup>13</sup> Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. <sup>14</sup> Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, <sup>15</sup> and having shod your feet with the preparation of the gospel of peace; <sup>16</sup> above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. <sup>17</sup> And take the helmet of salvation, and the sword of the Spirit, which is the word of God; <sup>18</sup> praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints

<b>Attack</b>	<b>Aim</b>	<b>Armor</b>	<b>Assist</b>
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<b><i>Dilution</i></b>	Church	Christ the Head	

**Ephesians 6:13-18** (*The Message*)

So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no afternoon athletic contest that we'll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels. Be prepared. You're up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet. Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You'll need them throughout your life. God's Word is an

indispensable weapon. In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out. And don't forget to pray for me.

## 8. Replace Your Thoughts

**Philippians 4:8** Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

## 9. Replace Your Actions

**Matthew 5:43-44** <sup>43</sup>You have heard that it was said, 'You shall love your neighbor and hate your enemy.' <sup>44</sup>But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you

- Put Off: Hating our enemies
- Put On: Loving enemies, blessing the cursers, doing good to the haters and praying (4:1 put on/put off ratio)

**Ephesians 4:25** Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another.

- Put Off: Lying
- Put On: Speaking truth

**Ephesians 4:26-27, 31** <sup>26</sup>"Be angry, and do not sin": do not let the sun go down on your wrath, <sup>27</sup>nor give place to the devil.... <sup>31</sup>Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

- Put Off: Bitterness, wrath, anger, clamor, evil speaking
- Put On: Sinless anger, immediate dealing with problems

**Ephesians 4:28** Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need.

- Put Off: Stealing
- Put On: Labor, do good with your hands, help those in needs

**Ephesians 4:29-30** Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

- Put Off: Bad mouthing
- Put On: Edifying words that impart grace

### Other Put Off & Put On Scriptures:

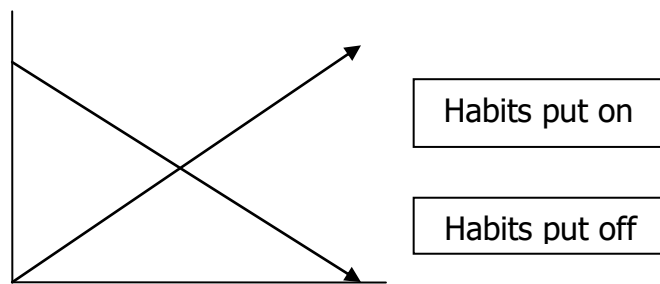
**3 John 11** Beloved, do not imitate what is evil, but what is good. He who does good is of God, but he who does evil has not seen God.

**Hebrews 10:25** Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

**Matthew 16:24** Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

**1 Thessalonians 1:9** For they themselves declare concerning us what manner of entry we had to you, and how you turned to God from idols to serve the living and true God,

### Habituation



Period of counseling sessions (charts from Adams, *Christian Counselor Manual*, p. 189)