

How People Change

7 strategies to aid in the pursuit of growth

Equip Class – Session 4 – January 31, 2024

Watch for Temptation While Redeeming Your Time

I. Introduction

“The heart will precipitate us to sin before we are aware. A subtle heart needs a watchful eye. Watch your thoughts, your affections. The heart has a thousand doors to run out from. Oh, keep close watch on your souls! Stand continually on your watch towers” (Thomas Watson, *A Godly Man’s Picture* pg. 207).

Helpful sermons on James 1:13-18 on You Tube.

1. Sinclair Ferguson – Dealing with Temptation

2. Alistair Begg – When Tempted

II. Watch for Temptation

A. What is a temptation? “A temptation is an enticement to sin and evil” (Alistair Begg).

B. James 1:13-18.

C. Temptation Cycle – 6 words to guide you.

1. Attraction (v. 14 – his own desire)

2. Deception (v. 14 – lured; v. 16 - sin deceives)

- Lured – “This Greek word was used to describe wild game being drawn into traps. Just as animals can be drawn to their death by attractive baits, temptation promises people something good that is actually harmful” (John MacArthur, *The MacArthur Study Bible* pg. 1877).

3. Pre-occupation (v. 14 – enticed)

- Enticed – “A fishing term that means to capture or catch with bait” (John MacArthur, *The MacArthur Study Bible* pg. 1877).

4. Conception (v. 15 – desire has conceived).

- 1 Samuel 11:1-4 and David’s sin with Bathsheba:

- Temptation cycle for David thus far.

1. Attraction – “the woman was very beautiful” (v. 2).

2. Deception – David believed the lie that he can get away with this (v. 3 he is clearly told this is someone else’s wife).

3. Pre-occupation – David was obviously thinking about the woman so he “sent and inquired about the woman” (v. 3).

4. Conception – “David took her . . . he lay with her” (v. 4).

5. Subjection (v. 15 - gives birth to sin; in other words - enslaved, consumed, addicted).

6. Desperation - (v. 15 - sin when it is fully grown brings forth death)

- Psalm 32:1-4; Psalm 51:12 – he had lost his joy.

III. Temptation Cycle – response.

- Walk through the Temptation Cycle with Scripture.

IV. Redeem the Time

A. Ephesians 5:15-16.

B. Two words:

1. Thankful.

- Psalm 118:24.

2. Intentional.

- “What are our golden hours for but to attend to our souls? Time misspent is not time lived but time lost. Time is a precious commodity” (Thomas Watson, *A Godly Man’s Picture* pg. 207).

3. What are some simple instructions for us to redeem our time?

- a. Life with God (Philippians 3:8a).
- b. Life with Others (Colossians 3:12-14)
- c. Rest and Relax (Exodus 20: 8-11; Jesus was sleeping in a boat, retreating from crowds, attending weddings, visiting people's homes, etc.).

V. Conclusion

VI. Discussion Questions

- A. What did you find most helpful or most challenging from this talk?
- B. What is your reaction to the 6 words used to describe the Temptation cycle (Attraction, Deception, Pre-occupation, Conception, Subjection, and Desperation)? Which part of the cycle do you struggle in the most?
- C. When thinking about redeeming the time, in what way would you like to grow in the use of your time in 2024?

D. Take a few minutes to review your temptation cycle and fill in any additional parts of the cycle that were missing.

E. If you are willing, share parts of your temptation cycle so others can help you fill in Scripture to meditate on in response to your temptation cycle. *If your cycle is not something you can share with the group help others fill in Scripture or spend time alone adding Scripture to your own temptation cycle.*

F. If you still have time – discuss the first four weeks of the class and how what you have been learning has impacted you thus far.

6) Desperation

- God couldn't possibly love me.
- How can He love me after I did this again.
- I can't tell anyone – fear of rejection.
- How can I read my Bible or worship God?
- I'll struggle with this the rest of my life.
- I'll always be alone; who will want to be with me now?

5) Subjection

- Block someone but then reach out anyway.
- Deleting an app but reloading it.
- I fall into the same thing over and over again.
- It's happened time and time again for years.

4) Conception

- Re-enact porn in real life.
- I want the thrill.
- It's exciting.
- I want the adrenaline rush.
- Why not? Give it a go.

1) Attraction

- I am lonely and I want the release.
- I want the release.

2) Deception

- It won't go past masturbation.
- I haven't sinned in a while – I'm good . . . therefore I stop praying.
- The release will help me relieve stress.
- Nobody will know.

3) Pre-occupation

- Sexual tension is being built up.
- Visualizing the heat of the moment.
- Craving sex – the release.

6) Desperation

1) Attraction

5) Subjection

2) Deception

4) Conception

3) Pre-occupation

