

# Bloomfield Presbyterian Church

17<sup>th</sup> May, 2020



## Romans 7:15

I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Dealing with temptation – it's a common problem – common to all Christians, to all people.

In my own life, some temptations that I wrestle with are:

1. The solution to the problem (not a quick fix)

a. Re-educate your mind

Eph.4:23

Phil.4:7

Col.3:2

1 Peter 1:13, 4:7, 5:8

b. Two tips

It takes hard work

Go for easy wins, then improve

Some examples or successful re-educating my mind are:

c. The role of the Law (v.13)

Devotional time

Work to your strengths... and weaknesses

Develop a rhythm

Do enjoyable things

In my own life I need to re-educate my thinking about...

Who can help me to do this?

2. Control your body (Rom.6:12)

a. Repeated theme in the New Testament

1 Cor.9:27

James 3:2

2 Cor.4:11 (Note the positive aspect in this)

Some examples of new tastes or habits I have developed are

b. The development of habits: three examples

How you use your laptop/tablet/phone – never in bed, charger in another room

Greed – eating vegetables – learn to cook.

Generosity – set aside what you will give by direct debit for lots of things. Build storehouse into your weekly shop.

Here are a few habits I would like to develop

Who can help me with this?

3. Final points

a. Avoiding temptation is better than fighting it

b. Failure is not final

c. Some things will be a lifelong struggle

d. Struggling with one thing helps develop other spiritual muscles

e. Don't struggle alone. as a group of friends or family; with pastoral help; with software

<http://keeppure.co.uk/software/> ; <https://alternativeto.net/software/covenant-eyes/?license=free>

f. V.25a is still true!

As a response to this study, what plans can I put in place?

Who can help me?

A few good (although not easy) books are:

James K A Smith, *You are What You Love*

Tim Gorringer, *The education of Desire*

Wendy Farley, *The Wounding and Healing of Desire*

David Mathis, *Habits of Grace*

An interesting website:

<http://make-or-break-habits.com/breaking-bad-habits-developing-good-habits-christian-perspective/>