

## One Step to freedom-breaking the cycle of sin lesson 6

*\*Breaking the cycle of sin starts with breaking the cycle of temptation:*

*-The Cycle of temptation*

*1.) I AM TEMPTED 2.) TEMPTATION APPEALS TO MY FLESH. 3.) I ENTERTAIN THOUGHTS 4.) I WALK TOWARD SIN 5.) CONSCIENCE WARNS ME 6.) I IGNORE CONSCIENCE 7.) I COMMIT SIN*

**1.) I AM TEMPTED - Who tempts You?**

*\*Ourselves:*

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

**\*God does not tempt anyone!!!**

**James 1:13 (AMP) <sup>13</sup> Let no one say when he is tempted, “I am being tempted by God” for temptation does not originate from God, for God cannot be tempted by what is evil, and He Himself tempts no one.**

**Ephesians 6:12(AMP) <sup>12</sup> For our struggle *with sin/temptation* is not against flesh and blood contending only with physical opponents, but against the rulers, against the powers, against the world forces of this present darkness, against the spiritual forces of wickedness in the heavenly supernatural places.**

*\*Satan the tempter:*

**Matthew 4:1-3(AMP) Then Jesus was led by the Holy Spirit into the wilderness to be tempted by the devil. <sup>2</sup> After Jesus had gone without food for forty days and forty nights, He became hungry. <sup>3</sup> And the tempter satan/devil came and said to Him, “If You are the Son of God, command that these stones become bread.”**

*\*The nature of this world itself, and the things in/of it tempts all mankind:*

**1 John 5:19b (NKJV)<sup>19b</sup> the whole world lies *under the sway, power and influence of the wicked one, satan.***

**Matthew 18:7a (AMP) <sup>7</sup> Woe to the world *judgment is coming*, for such temptations to sin *and* influences to do wrong!**

*\*Worldly people /acquaintances /friends;*

**Proverbs 1:10 (GNT)** <sup>10</sup> **My child, when sinners tempt you, don't give in.**

*\*Those closest to you:*

**Deuteronomy 13:6 (GW)** <sup>6</sup> **Your own brother, son, or daughter, the wife you love, or your best friend may secretly tempt you, saying, "Let's go worship other god's"**

*\*Jesus Christ's warning to those who tempt others;*

**Luke 17:1 (AMP)** **Jesus said to His disciples, Temptations to sin are sure to come, but woe, judgement is coming to him by or through whom the temptations come!**

2.) *TEMPTATION APPEALS TO MY FLESH- what tempts you; the 3 sources of temptation*

**1 John 2:16 (AMP)** (1<sup>st</sup> source)<sup>16</sup> **For all that is in the world; the lust of the flesh; craving for sensual gratification. (2<sup>nd</sup> source) and the lust of the eyes; greedy longings of the mind. (3<sup>rd</sup> source) and the pride of life; assurance in one's own resources or in the stability of earthly things, these do not come from the Father but are from the world itself.**

*1<sup>st</sup> source of temptation) For all that is in the world; the lust of the flesh:*

**Ephesians 2:2 (AMP)**<sup>2</sup> **In which at one time you walked habitually. You were following the course *and* fashion of this world, under the sway of the tendency of this present age, following the prince of the power of the air. You were obedient to and under the control of the demon spirit that still constantly works in the sons of disobedience [the careless, the rebellious, and the unbelieving, who go against the purposes of God].**

*\*How the lust of the flesh operates/conducts itself:*

**Ephesians 2:3 (AMP)** <sup>3</sup> **Among these we as well as you once lived *and* conducted ourselves in the passions of our flesh, our behavior governed by our corrupt and sensual nature, obeying the impulses of the flesh and the thoughts of the mind our cravings dictated by our senses and our dark imaginings. We were then by nature children of God's wrath *and* heirs of His indignation, like the rest of mankind.**

*\*Descriptions of the lust of the flesh*

**Colossians 3:5 (AMP)** <sup>5</sup> So kill , deaden, deprive of power, the evil desire lurking in your members, those animal impulses and all that is earthly in you that is employed in sin: sexual vice, impurity, sensual appetites, unholy desires, and all greed and covetousness, for that is idolatry

*The nature of our flesh:*

**Romans 7:18 (AMP)** <sup>18</sup> For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot perform it, I have the intention and urge to do what is right, but no power to carry it out.

*\*What are some examples of the things we lust over in our flesh?*

*\*Effects of fleshly lust;*

**James 4:1-2a (NKJV)** Where do wars and fights come from among you? Do they not come from your fleshly lustful desires for pleasure that war in your members?  
<sup>2</sup> You lust and do not have. You murder and covet and cannot obtain. You fight and war.

**Romans 8:8 (AMP)** <sup>8</sup> So then those who are living the life of the flesh catering to the appetites and impulses of their carnal fleshly sinful nature cannot please or satisfy God, or be acceptable to Him.

**Romans 7:5 (NKJV)** <sup>5</sup> For when we were/are in the flesh, the sinful *lustful* passions which were aroused by the law were at work in our members to bear fruit to death.

*\*Death is the final result of continuing to live in/by the lust of the flesh:*

**James 1:15 (AMP)** <sup>15</sup> Then when the illicit desire has conceived, it gives birth to sin; and when sin has run its course, it gives birth to death.

*\*How Jesus Christ came against the temptation of the lust of the flesh:*

**Matthew 4:3-4 (NKJV)** <sup>3</sup> Now when the tempter/satan came to Jesus, he said, “If You are the Son of God, command that these stones become bread.” <sup>4</sup> But Jesus answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

*\*2<sup>nd</sup> source of temptation) the lust of the eyes:*

*The nature of our eyes:*

**Ecclesiastes 1:8a (GNT)** <sup>8</sup> Everything leads to weariness; a weariness too great for words. Our eyes can never see enough to be satisfied.

*\*Our eye`s are shortsighted to see past what is physically before us:*

**1 Samuel 16:7 (AMP)** <sup>7</sup> But the Lord said to Samuel, Look not on his appearance or at the height of his stature, for I have rejected him. For the Lord sees not as man sees; **for man looks on the outward appearance, but the Lord looks on the heart.**

*God`s instruction to look ahead past the temptation of sin before you seeing the consequences of that sin:*

**Proverbs 22:3 (AMP)** <sup>3</sup> A prudent *and* far-sighted *person* sees the evil *and* consequences of sin and hides himself from it, But the naive continue on and are punished by suffering the consequences of sin.

*\*Our eyes see other people`s sins but are blind to our own sins:*

**Matthew 7:3-4 (AMP)** <sup>3</sup> Why do you look at the insignificant speck that is in your brother`s eye, but do not notice *or* acknowledge the log that is in your own eye? <sup>4</sup> Or how can you say to your brother, ‘Let me get the speck out of your eye,’ when there is a log in your own eye?

*\*We have a natural tendency to do what we think is right in our own eyes:*

**Proverbs 21:2 (NKJV)** <sup>2</sup> Every way of a man *is* right in his own eyes, But the LORD weighs the hearts.

*\*Even when God personally/visibly lead the Israelites in the wilderness the people still did whatever looked right in their own eyes:*

**Deuteronomy 12:8 (AMP)** <sup>8</sup> You shall not do according to all we do here in the camp of The Lord this day, every man doing whatever looks right in his own eyes *The peoples near sightedness continued.*

**Judges 17:6 (NKJV)** In those days *there was* no king in Israel; everyone did *what was* right in his own eyes.

*\* keep in the sight of your remembrance; the consequences of doing what you thought was right in your own eyes:*

**Numbers 15:39 (AMP)** <sup>39</sup> And it shall be to you a fringe *or* tassel that you may look upon and remember all the commandments of the Lord and do them, **that you may not look to *and* follow after the desires of your own heart and your own eyes, after which you used to follow *and* play the harlot spiritually, and physically**

*God`s Warning of the end result of doing what seems right in our own eyes:*

**Ecclesiastes 11:9 (AMPC)** Rejoice *now* O young man, in your adolescence, and let your heart cheer you in the days of your full-grown youth. And walk in the ways

**of your heart and in the sight of your eyes, but know that for all these things God will bring you into judgment.**

*\*The effect of our eyes on the whole body:*

**Matthew 6:22-23(AMP)** <sup>22</sup> “The eye is the lamp of the body; so if your eye is clear [spiritually perceptive], your whole body will be full of light [benefiting from God’s precepts]. <sup>23</sup> But if your eye is bad [spiritually blind], your whole body will be full of darkness [devoid of God’s precepts]. So if the [very] light inside you [your inner self, your heart, your conscience] is darkness, how great *and* terrible is that darkness!

*\*Where to look for help in time of temptation:*

**Hebrews 12:2 (AMP)** <sup>2</sup> looking away from all that will distract us and focusing our eyes on Jesus, who is the Author and Perfecter/finisher of faith, who for the joy of accomplishing the goal set before Him endured the cross, disregarding the shame, and sat down at the right hand of the throne of God.

*\*Look to how Jesus Christ came against the lust of the eyes:*

**Matthew 4:8-10 (NKJV)** <sup>8</sup> Again, the devil took Jesus up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. <sup>9</sup> And he said to Him, “All these things I will give You if You will fall down and worship me.” <sup>10</sup> Then Jesus said to him, “Away with you, Satan! For it is written, ‘You shall worship the LORD your God, and Him only you shall serve.’

*\*Practical application/instruction for our eyes:*

**Psalms 141:8 (AMP)** <sup>8</sup> For my eyes are toward You, O GOD, the Lord; In You I take refuge; do not pour out my life *nor* leave me defenseless.

**Psalms 25:15 (AMP)** <sup>15</sup> My eyes are continually toward the LORD, For He will bring my feet out of the net.

**Proverbs 4:25 (AMP)**<sup>25</sup> Let your eyes look directly ahead toward the path of good morals And let your gaze/eyes be fixed straight in front of you toward the path of integrity.

**2 Corinthians 4:18 (AMP)** <sup>18</sup> So we look not at the things which are seen, but at the things which are unseen; for the things which are visible are temporal and fleeting, but the things which are invisible are everlasting/eternal/imperishable.

*\*Looking into and keeping our eyes on God’s word:*

**Psalm 19:8 (AMP)** <sup>8</sup> The precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure *and* bright, enlightening the eyes.

**James 1:25 (AMP)** <sup>25</sup> But he who looks carefully into the perfect law/God`s Word, the *law* of liberty, and faithfully abides by it, not having become a careless listener who forgets but an active doer who obeys, he will be blessed *and* favored by God in what he does in his life of obedience.

*\*Safeguards to put in place for our eyes:*

**Matthew 5:29-30(AMP)** <sup>29</sup> If your right eye makes you stumble *and* leads you to sin, tear it out and throw it away [that is, remove yourself from the source of temptation]; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell.

**Psalm 101:3 (AMP)** <sup>3</sup> I will set no base *or* wicked thing before my eyes. I hate the work of them who turn aside [from the right path]; it shall not grasp hold of me.

**Job 31:1(AMP)** “I have made a covenant/agreement with my eyes; How then could I gaze [lustfully] at a virgin?”

*Prayer for our eyes:*

**Psalm 119:37(AMP)** <sup>37</sup> Turn my eyes away from vanity [all those worldly, meaningless things that distract, let Your (God`s) priorities be mine, And restore me/*my eyes in/back to Your ways*.

**Psalm 119:18 (AMP)** <sup>18</sup> Open my eyes to spiritual truth so that I may behold Wonderful things from Your law/Word.

**Psalm 13:3(AMP)** <sup>3</sup> Consider and answer me, O Lord my God; lighten the eyes of my faith to behold Your face in the darkness, lest I sleep the sleep of death.

*\*Looking and seeing God in Congregational worship with the church family:*

**Psalm 63:2(AMP)** <sup>2</sup> So I have looked upon You in the sanctuary to see Your power and Your glory.

*\*Keeping our eyes always looking for the glorious appearing of our Lord and Savior Jesus Christ:*

**Titus 2:13 (KJV)** Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ;

**Revelation 1:7 (AMP)** <sup>7</sup> BEHOLD, HE IS COMING WITH THE CLOUDS, and every eye will see Him, even those who pierced Him; and all the tribes (nations) of the earth

will mourn over Him realizing their sin and guilt, and anticipating the coming wrath. So it is to be. Amen.

*\*3<sup>rd</sup> source of temptation; the pride of life:*

*The origin of the pride of life:*

**1 John 2:16 (NKJV) <sup>16</sup> For all that *is* in the world; the lust of the flesh, the lust of the eyes, and the pride of life, is not of the Father but is of the world.**

*\*Where pride comes from in man:*

**Mark 7:21-23 (NKJV) <sup>21</sup> For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, <sup>22</sup> thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. <sup>23</sup> All these evil things come from within and defile a man.”**

*\*Pride in the heart of man is sin:*

**Proverbs 21:4 (NKJV) <sup>4</sup> A haughty look, a proud heart, *And* the plowing of the wicked are sin.**

*\*And we know that sin separates us from God:*

**Isaiah 59:2 (NKJV) <sup>2</sup> your iniquities/sins have separated you from your God; And your sins have hidden *His* face from you, So that He will not hear.**

*\*The effects of a man`s/woman`s prideful heart:*

**Proverbs 29:23(AMP) <sup>23</sup> A man`s/woman`s pride and sense of self-importance will bring them down, But he/she who has a humble spirit will obtain honor.**

*\*God has named the prideful person:*

**Proverbs 21:24 (NKJV) <sup>24</sup> A proud *and* haughty *man/woman*; “Scoffer” *is* his/her name; He/she acts with arrogant pride.**

*\*What we can expect from prideful behavior:*

**Proverbs 16:18 (AMP) <sup>18</sup> Pride goes before *and leads to* destruction, And a haughty spirit before a fall.**

**Proverbs 11:2 (AMP) <sup>2</sup> When pride comes boiling up with an arrogant attitude of self-importance, then come dishonor and shame, But with the humble there is wisdom *and* soundness of mind.**

**Proverbs 13:10 (AMP) <sup>10</sup> Through pride and presumption come nothing but strife, But skillful and godly wisdom is with those who welcome well-advised counsel.**

*\*When we are prideful we are taking on the attributes of the wicked:*

**Psalm 10:4 (NIV) In his pride the wicked man does not seek God; in all his thoughts there is no room for God.**

**Psalm 73:6 (EXP) <sup>6</sup> The wicked wear pride like a necklace and put on violence as their clothing.**

*\*False sense of security of pride:*

**Obadiah 3 (AMP) <sup>3</sup> The pride of your heart has deceived you, you dweller in the refuges of the rock; Petra, Edom's capital, whose habitation is high, who says in his heart, Who can bring me down to the ground?**

**Proverbs 16:5 (NKJV) <sup>5</sup> Everyone proud in heart is an abomination to the LORD; Though they join forces, none will go unpunished.**

*\*The end result of pride-judgement:*

**Isaiah 2:11-12 (AMP) <sup>11</sup> The proud looks of man shall be brought low, and the haughtiness of men shall be humbled; and the Lord alone shall be exalted in that day. <sup>12</sup> For there shall be a day of the Lord of hosts against all who are proud and haughty and against all who are lifted up and they shall be brought low**

*\*Some biblical examples of the pride of life:*

*-The pride of Power and position; Satan*

**Isaiah 14:13-14 (AMP) <sup>13</sup> And you said in your heart, I will ascend to heaven; I will exalt my throne above the stars of God; I will sit upon the mount of assembly in the uttermost north. <sup>14</sup> I will ascend above the heights of the clouds; I will make myself like the Most High.**

*\*Satan brought low in his pride*

**Revelation 12:9 (AMP) <sup>9</sup> And the great dragon was thrown down, the age-old serpent who is called the devil and Satan, he who continually deceives and seduces the entire inhabited world; he was thrown down to the earth, and his angels were thrown down with him.**

*\*Satan brought even lower in his pride*

**Isaiah 14:15 (AMP) <sup>15</sup> Yet you (satan) shall be brought down to Sheol /Hades, to the innermost recesses of the pit (the region of the dead).**



*\*Satan brought to the lowest possible place:*

**Revelation 20:10 (AMP)** <sup>10</sup> And the devil who had deceived them was hurled into the lake of fire and burning brimstone (sulfur), where the beast (Antichrist) and false prophet are also; and they will be tormented day and night, forever and ever

*\*If you continue in your pride and don't accept Jesus as your Lord and Savior...*

**Revelation 20:15 (AMP)**<sup>15</sup> And if anyone's name was not found written in the Book of Life, he was hurled into the lake of fire.

*Take heed to God's Word on pride:*

**Matt 23:12 (AMP)** Whoever exalts himself with haughtiness and empty pride shall be humbled and brought low.

*\*The pride of wisdom/knowledge:*

**Genesis 3:6 (AMP)** <sup>6</sup> And when the woman/eve saw that the tree was good and pleasant for food and that it was delightful to look at, and a tree to be desired in order to make one wise, she took of its fruit and ate; and she gave some also to her husband, and he ate.

*The result of eve's pride:*

**Genesis 3:16 (AMP)** <sup>16</sup> To the woman God said, "I will greatly multiply Your pain in childbirth; In pain you will give birth to children; Yet your desire *and* longing will be for your husband, And he will rule [with authority] over you *and* be responsible for you."

*\*Selah; reflection:*

**Proverbs 14:1(AMP)** The wise woman builds her house on a foundation of godly precepts, and her household thrives, But the foolish one who lacks spiritual insight tears it down with her own hands by ignoring godly principles.

*\*The pride of wealth-King Nebuchadnezzar:*

**Daniel 4:28-30 (NKJV)** <sup>28</sup> All this *the fulfillment of his vision* came upon King Nebuchadnezzar. <sup>29</sup> At the end of the twelve months he was walking about the royal palace of Babylon. <sup>30</sup> The king spoke, saying, "Is not this great Babylon, that I have built for a royal dwelling by my mighty power and for the honor of my majesty?"

*\*Nebuchadnezzar pride of wealth brought low:*

**Daniel 4:31-32(NKJV)**<sup>31</sup> While the word *was still* in the king's mouth, a voice fell from heaven: "King Nebuchadnezzar, to you it is spoken: the kingdom has departed from you! <sup>32</sup> And they shall drive you from men, and your dwelling *shall be* with the

beasts of the field. They shall make you eat grass like oxen; and seven times shall pass over you, until you know that the Most High rules in the kingdom of men, and gives it to whomever He chooses.”

*Example of false security in the pride of wealth:*

**Proverbs 18:11(AMP)<sup>11</sup> The rich man’s wealth is his strong city, And like a high wall of protection/security in his own imagination and conceit/pride.**

*\*God’s perspective on the pride of wealth:*

**Proverbs 23:5 (AMP)<sup>5</sup> When you set your eyes on wealth, it is suddenly gone. For *wealth* certainly makes itself wings Like an eagle that flies to the heavens.**

**Proverbs 11:4 (AMP)<sup>4</sup> Riches will not provide security *and cannot save you* in the day of wrath *and judgment*, But righteousness *being born again in Jesus Christ* rescues from death.**

*\*How Jesus Christ came against the temptation of the pride of life:*

**Matthew 4:5-7 (NKJV)<sup>5</sup> Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, <sup>6</sup> and said to Him, “If You are the Son of God, throw Yourself down. For it is written: ‘He shall give His angels charge over you,’ and, ‘In *their* hands they shall bear you up, Lest you dash your foot against a stone.’ ”<sup>7</sup> Jesus said to him, “It is written again, ‘You shall not tempt the LORD your God.’ ”**

3.) *I ENTERTAIN THOUGHTS:*

*\*God tells us that as human beings our thoughts are evil at their core:*

**Genesis 6:5 (AMP)<sup>5</sup> The Lord saw that the wickedness of man was great in the earth, and that every imagination and intention of all human thinking was only evil continually.**

*\*God tells us that as human beings our thoughts are vain at their core:*

**Psalms 94:11(KJV)<sup>11</sup> The LORD knoweth the thoughts of man, that they are vanity.**

*\*God shows us that as human beings our thoughts are rebellious at their core:*

**Isaiah 65:2 (NKJV)<sup>2</sup> I have stretched out My hands all day long to a rebellious people, Who walk in a way that is not good, According to their own thoughts;**

*\*How to come against the tempting entertaining thoughts to sin:*

*\*Think of the consequences!*

**Romans 6:21(EXB)** what was the result of *or what* benefit/fruit did you reap from doing those things *you used to do* that now make you ashamed? For Those things only bring an end result of death

*\*Change your old way of thinking:*

**Ephesians 4:22-24 (CEB)** <sup>22</sup> **change** the former way of life that was part of the person you once were, corrupted by deceitful desires. <sup>23</sup> **Instead, renew the thinking in your mind by the Spirit** <sup>24</sup> and clothe yourself with the new person created according to God's image in justice and true holiness.

*\*Set your mind to operate in the new heavenly thinking instead of earthly thinking:*

**Colossians 3:2 (AMP)** **Set your mind** and keep **focused habitually** on the things above the heavenly *eternal* things, not on things that are on the earth which have only *temporal* value.

*-Example of Heavenly eternal thinking;*

**Philippians 4:8 (AMP)** <sup>8</sup> Finally, believers, whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God's word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, **think continually on these things**, center your mind on them, and implant them in your heart.

*- Example of Worldly thinking Example;*

**Matthew 16:23 (ESV)** <sup>23</sup> But Jesus turned and said to Peter, "Get behind me, Satan! You are a hindrance to me. **For you are not setting your mind on the things of God, but on the things of man.**"

*\*Practical application: Ready... prepare your mind*

**1 Peter 1:13 (AMP)** <sup>13</sup> So **prepare your minds** for action, **be completely sober** in spirit, steadfast, **self-disciplined**, spiritually and morally alert, fix your hope completely on the grace of God that is coming to you when Jesus Christ is revealed.

*\*Get set....Set your mind to operate in the new heavenly thinking*

**Colossians 3:2 (AMP) Set your mind and keep focused habitually on the things above the heavenly *eternal* things, not on things that are on the earth which have only *temporal* value.**

*\*GO.... put into action:*

**2 Corinthians 10:4-5 (AMP) <sup>4</sup> For the weapons of our warfare are not physical weapons of flesh and blood, but they are mighty before God for the overthrow *and* destruction of strongholds, <sup>5</sup> *We are* destroying sophisticated arguments and every exalted *and* proud thing that sets itself up against the true knowledge of God, and we are taking every thought *and* purpose captive to the obedience of Christ.**

*\*Continue daily as a habit:*

**Philippians 4:8-9 (AMP) <sup>8</sup> Finally, believers, whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God's word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]. <sup>9</sup> The things which you have learned and received and heard and seen in me, practice these things [in daily life], and the God [who is the source] of peace *and* well-being will be with you.**

*\*The result of a mindset focused/stayed on God and Jesus Christ:*

**Isaiah 26:3 (NKJV) <sup>3</sup> You will keep *him* in perfect peace, *Whose* mind is stayed on *You*, Because he trusts in *You*.**

4.) *I WALK TOWARD SIN;*

*\*Stop! think before you walk toward sin!*

**Proverbs 4:26-27 (AMP) Consider well/*think about* *and* watch carefully the path of your feet, And all your ways will be steadfast *and* sure.<sup>27</sup> Do not turn away to the right nor to the left where evil/*sin* may lurk; Turn your foot from the path of evil/*sin*.**

*\*Don't even think about walking towards sin!*

**Proverbs 4:14-15 (NLT) <sup>14</sup> Don't do as the wicked do, and don't follow the path of evildoers. <sup>15</sup> Don't even think about it; don't go that way. Turn away and keep moving.**

**Proverbs 16:17 (AMP) <sup>17</sup> The highway of the upright turns aside from evil; he who guards his way preserves his life.**

*\*Pray and ask God to help you walk and stay on the path of righteousness*

**Jeremiah 6:16 (AMP)**<sup>16</sup> Thus says the Lord: Stand by the roads and look; and ask/pray for the Ancient/eternal paths (*road to redemption*), where the good, old way is; then walk in it, and you will find rest for your souls.

*-What was the road to redemption in the old covenant?*

*-Who is the road to redemption in the new covenant?*

*\*Look to God`s word to light the way/path of your footsteps:*

**Psalms 119:105 (NKJV)**<sup>105</sup> Your word is a lamp to my feet And a light to my path.

**Psalms 119:133 (AMP)**<sup>133</sup> Establish my footsteps in The Way of Your Word; Do not let any human weakness have power over me causing me to be separated from You, *straying from The Way of Your Word*.

*\*(Be)cause and effect:*

**Proverbs 10:9(AMPC)** *(Be)cause* He who walks uprightly *in The Way (effect)* walks securely, but *(Be)cause* he who takes a crooked way/path *(effect)* shall be found out *and punished*.

5.) CONSCIENCE WARNS ME;

*\*Where was the knowledge of right(good) and wrong(evil) birthed, and man`s conscience awakened?*

**Genesis 3:6-7 (NKJV)**<sup>6</sup> So when the woman saw that the tree of the knowledge of good and evil *was* good for food, that it *was* pleasant to the eyes, and a tree desirable to make *one* wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. <sup>7</sup> Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings.

*\*All mankind inherited from Adam and Eve; the knowledge of right (good) and wrong (evil), the sinful nature and the death sentence thereby decreed by God:*

**Romans 5:12(AMP)**<sup>12</sup> Therefore, just as sin came into the world through one man, and death through sin, so death spread to all people no one being able to stop it or escape its power, because they all sinned.

*\*Our conscience proves we know right from wrong and that God`s law is inherently written in man`s heart:*

**Romans 2:15(NLT)** They (*unbelievers*) demonstrate that God`s law is written in their hearts, for their own conscience and thoughts either accuse them or tell them they are doing right.

6.) *I IGNORE CONSCIENCE:*

*\*Result of ignoring your conscience:*

**1 Timothy 1:19(NLT)** <sup>19</sup> **Cling to your faith in Christ, and keep your conscience clear. For some people have deliberately violated their consciences; as a result, their faith has been shipwrecked.**

**1 Timothy 4:1-2(NKJV)** Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, <sup>2</sup> speaking lies in hypocrisy, having their own conscience seared with a hot iron,

*\*Ignoring our conscience makes us impure and puts us in the same category as the defiled, corrupt and unbelieving: eph 4:17-19*

**Titus 1:15 (AMP)** <sup>15</sup> *To the pure in heart and conscience the born again believer purified by the blood of Jesus Christ all things are pure, but to the defiled *and* corrupt and unbelieving nothing is pure; their very minds and consciences are defiled *and* polluted. Negative effect/result on others when you ignore your conscience/conviction towards their conscience/convictions:*

**1 Corinthians 8:12 (AMP)** <sup>12</sup> **And when you sin against your brethren in this way, wounding *and* damaging their weak conscience, you sin against Christ.**

*\*Positive effect/result on others when operating in good conscience:*

**1 pet 3:16 (AMP)** <sup>16</sup> **And see to it that your conscience is entirely clear unimpaired, so that, when you are falsely accused as evildoers, those who threaten you abusively *and* revile your right behavior in Christ may come to be ashamed of slandering your good lives.**

*\*How to keep our conscience clean:*

**Hebrews 9:14 (NKJV)** <sup>14</sup> **how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?**

**Hebrews 10:19-22(NKJV)** <sup>19</sup> **Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, <sup>20</sup> by a new and living way which He consecrated for us, through the veil, that is, His flesh, <sup>21</sup> and *having* a High Priest over the house of God, <sup>22</sup> let us draw near with a true heart in full assurance of faith, having our**

hearts sprinkled *by the blood of Jesus Christ* from an evil conscience and our bodies washed with pure *water of The Word*.

*\*Practical application; the work out for a good conscience:*

**Acts 24:16 (AMP)** <sup>16</sup> Therefore I always exercise *and* discipline myself mortifying my body, deadening my carnal affections, bodily appetites, and worldly desires, endeavoring in all respects to have a clear unshaken, blameless conscience, void of offense toward God and toward men.

*The test of a good conscience:*

**2 Corinthians 1:12 (NKJV)** <sup>12</sup> For our rejoicing is this: the testimony of our conscience that we conducted ourselves in the world in simplicity and godly sincerity, not with fleshly wisdom but by the grace of God, and more abundantly toward you.

**2 Corinthians 4:2 (NKJV)** <sup>2</sup> But we have renounced the hidden things of shame, not walking in craftiness nor handling the word of God deceitfully, but by manifestation of the truth commending ourselves to every man's conscience in the sight of God.

7.) *I COMMIT SIN:*

*\*If we don't stop the cycle of temptation, the cycle of sin starts:*

**James 1:14-15 (AMP)** <sup>14</sup> But each one is tempted when he is dragged away, enticed *and* baited to commit sin by his own worldly desire, lust, and passion. <sup>15</sup> Then when the illicit desire has conceived, it gives birth to sin; and when sin has run its course, it gives birth to death.

*\*The correct attitude/perspective towards temptation:*

**James 1:2-4 (AMP)** <sup>2</sup> Consider it joyful, my brethren, whenever you are enveloped in *or* encounter trials of any sort *or* fall into various temptations. <sup>3</sup> Be assured *and* understand that the trial *and* proving of your faith bring out endurance *and* steadfastness *and* patience. <sup>4</sup> But let endurance and steadfastness *and* patience have full play *and* do a thorough work, so that you may be [people] perfectly and fully developed, lacking in nothing.

*\*Warning not to be tempted to think your incapable or above falling into another man`s/woman`s sin:*

**Galatians 6:1(NLT)** Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. **And be careful not to fall into the same temptation yourself.**

**1 Corinthians 10:12-13a (AMP)** <sup>12</sup> Therefore let the one who thinks he stands firm immune to temptation, being overconfident and self-righteous, take care that he does not fall into sin and condemnation. <sup>13a</sup> **No temptation regardless of its source has overtaken *or* enticed you that is not common to human experience nor is any temptation unusual or beyond human resistance.**

*\*Take the way of escape God provides in the temptation:*

**1 Corinthians 10:13b (AMP)** but God is faithful to His word, He is compassionate and trustworthy, and He will not let you be tempted beyond your ability to resist, but along with the temptation He has in the past and is now and will always provide the way out as well, so that you will be able to endure it without yielding, and will overcome temptation with joy.

*\*Look to Jesus Christ for help in time of temptation:*

**Hebrews 2:18 (AMP)** <sup>18</sup> Because Jesus Christ Himself in His flesh/humanity has suffered in being tempted, He is able to help *and* provide immediate assistance to those who are being tempted *and* exposed to suffering.

**Titus 2:11-12 (NKJV)** <sup>11</sup> For the grace of God that brings salvation has appeared to all men (Jesus Christ), <sup>12</sup> teaching us (by Jesus Christ example) that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age.

*\*pray against temptation:*

**Matthew 26:41 (AMP)** <sup>41</sup> Keep *actively* watching and praying that you may not come into temptation; the spirit is willing, but the body is weak.”

**Matthew 6:13 (AMP)** <sup>13</sup> And lead (bring) us not into temptation, but deliver us from the evil one. *For Yours is the kingdom and the power and the glory forever. Amen.*

*\*The reward for overcoming temptation:*



**James 1:12 (AMP) <sup>12</sup> Blessed is the man who is patient under trial *and* stands up under temptation, for when he has stood the test *and* been approved, he will receive the victor's crown of life which God has promised to those who love Him.**