

## My \_\_\_\_\_ need \_\_\_\_\_ and protection.

*Above all else, guard your affections.*

*For they influence everything else in your life. Proverbs 4:23 (TLB)*

*Temptation comes from our own desires, which entice us and drag us away. <sup>15</sup> These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. James 1:14-15 (NLT)*

*Let us examine and probe our ways,*

*And let us return to the LORD. Lamentations 3:40 (NASB)*

## • My \_\_\_\_\_ desires.

*For you have been bought with a price: therefore glorify God in your body  
I Corinthians 6:20 (NASB) See also: Romans 12:1*

## • My \_\_\_\_\_ needs.

*Guard your heart above all else, for it determines the course of your life.  
Proverbs 4:23 (NLT)*

Am I **H**urting? Am I **E**xhausted? Am I **A**ngry?  
Am I **R**esentful? Am I **T**ense?

## • My \_\_\_\_\_ health.

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:29-32 (NIV)*

## • My \_\_\_\_\_ passion.

*Search me, God, and know my heart; test me and know my anxious thoughts. <sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24 (NIV)*

“Every Christian will become at last what his desires have made him.  
We are all the sum total of our hungers.” A. W. Tozer

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### Principle 1

**R**ealize I'm not God. I admit I am powerless to control my tendency to do wrong things and my life is unmanageable.

### Principle 2

**E**arnestly believe that God exists, that I matter to him, and that he has the power to help me recover.

### Principle 3

**C**onsciously choose to commit all my life and will to Christ care and control.

### Principle 4

**O**penly examine and confess my faults to myself, to God, and to someone I trust.

### Principle 5

**V**oluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.

### Principle 6

**E**valuate all my relationships. Offer forgiveness to those have who hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others.

### Principle 7

**R**eserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

*Blessed is the one who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,*

*<sup>2</sup> but whose delight is in the law of the LORD,  
and who meditates on his law day and night. Psalm 1: 1-2 (NIV)*

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. <sup>25</sup> The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. <sup>26</sup> But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. <sup>27</sup> The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Matthew 7:24-27 (NIV)

So we must listen very carefully to the truth we have heard,  
or we may drift away from it. Hebrews 2:1 (NLT)

### Maintaining Momentum

When momentum is positive	When momentum is negative
I rise to the challenge	I revert to complacency.
I am inspired by my convictions	I am indecisive and confused.
I am driven by commitment	I dawdle in compromise.
I live up to my calling in Christ	I lapse into the crises mode.
Challenge	Complacency
Conviction	Confusion
Commitment	Compromise
Call	Crises

The \_\_\_\_\_ I listen to,  
will determine the \_\_\_\_\_ I make.

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, <sup>2</sup> but whose delight is in the law of the LORD, and who meditates on his law day and night.

Psalm 1: 1-2 (NIV)

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8 (NIV)

I seek you with all my heart; do not let me stray from your commands.  
<sup>11</sup> I have hidden your word in my heart that I might not sin against you.  
<sup>12</sup> Praise be to you, LORD; teach me your decrees. Psalm 119:10-12 (NIV)

Do not be deceived: “Bad company corrupts good morals.”

Romans 15:33 (NASB)

I will be careful to live a blameless life—when will you come to help me? I will lead a life of integrity in my own home. <sup>3</sup> I will refuse to look at anything vile and vulgar. I hate all who deal crookedly; I will have nothing to do with them. <sup>4</sup> I will reject perverse ideas and stay away from every evil. <sup>5</sup> I will not tolerate people who slander their neighbors. I will not endure conceit and pride. <sup>6</sup> I will search for faithful people to be my companions. Only those who are above reproach will be allowed to serve me. <sup>7</sup> I will not allow deceivers to serve in my house, and liars will not stay in my presence. <sup>8</sup> My daily task will be to ferret out the wicked and free the city of the LORD from their grip.

Psalm 101:2-8 (NLT)

Remain \_\_\_\_\_ or I will \_\_\_\_\_.

So, if you think you are standing firm, be careful that you don’t fall!

I Corinthians 10:12 (NIV)

Pride goes before destruction,  
And a haughty spirit before stumbling. Proverbs 16:18 (NASB)

And he gives grace generously. As the Scriptures say, “God opposes the proud but gives grace to the humble.” <sup>7</sup> So humble yourselves before God. Resist the devil, and he will flee from you. <sup>8</sup> Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. James 4:6-8 (NLT)

- Principle 1 – Admit my need.
- Principle 2 – Humble myself and cry out to God.
- Principle 3 – Submit to Christ’s care and control.
- Principle 4 – Pursue the things of God.
- Principle 5 – Live for the glory of God.
- Principle 6 – Reflect God’s heart in my relationships.
- Principle 7 – Set God as the main influencer in my life.

That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. <sup>4</sup>Not so the wicked! They are like chaff that the wind blows away. <sup>5</sup>Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. <sup>6</sup>For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.

Psalm 1:1-8 (NIV)