

New Hearts

OUTREACH

TAMPA BAY

In Partnership with the Tampa Underground Network

"Glorifying God by Connecting the
Sexually & Relationally Challenged
to *Jesus Christ*"

Temptation: Victim or Victor?

Changes YOU Can Make!

"Flee sexual immorality" 1 Corinthians 6:8

Practical Tools To Effectively Deal With Sexual Temptation

I. Expect Sexual Temptation

"No temptation has overtaken you except such as is common to man..." 2 Corinthians 10:13

II. Identify Your Triggers

- A. Emotional needs and temptation: HALT! When you are hungry, angry, lonely or tired- WATCH OUT! Bringing unmet emotional needs to Jesus and the cross is critical.
- C. Fetishes and Partialisms: focus areas of temptation.
- D. Envy: Desiring physical and personality attributes of others- cannibalism.

III. Develop Preventative Strategies - Take control of Your Environment!

- A. Emotionally Dependent Relationships- GET RID OF THEM!!
- B. Televisions and Computers- GET RID OF THEM! The biggest enemy of recovery and discipleship is T.V. - GET RID OF IT!
- C. Momentos, Records, Tapes & CD'S, Letters, Paperwork, etc- GET RID OF THEM!
- D. Provocative clothing, etc.- GET RID OF IT! We have a dress code at meetings.

IV. Seek Accountability

"Confess your sins one to another, and pray for one another that you may be healed." James 5:16
"... but exhort one another daily while it is called 'today', lest any of you be hardened through the deceitfulness of sin." Hebrews 3: 12-13

V. Expect Spiritual Warfare

- A. Stop impure thoughts immediately!! Stop impure thoughts immediately!!
"For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal abut mighty in God for the pulling down of strongholds, casting down arguments and every high thing that exalts itself against the knowledge of Go, bringing every thought captive to the obedience of Christ, and being ready to punish all disobedience when our obedience is fulfilled." 2 Corinthians 10:3-6

VI. Helpful Tips

- A. Watch Christian videos, listen to Christian radio & music, read Christian magazines & books.
Remember: GARBAGE IN- GARBAGE OUT!

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Heart Changes God Through The Holy Spirit Makes

"For in that He Himself has suffered being tempted, He is able to aid those who are tempted."
Hebrews 2:18

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." 2 Corinthians 10:13

The Power Of Brokenness in Healing

"The sacrifices of God are a broken spirit, a broken and contrite heart, O God, you will not despise."
Psalm 51:17

"And lest I should be exalted above measure by the abundance of the revelation, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. Concerning this thing I pleaded with the Lord three times that it might be taken from me. And he said to me, My grace is sufficient for you, for My strength is made perfect in weakness. Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore, I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong." 2 Corinthians 12: 7-10

"For we do not have a High priest who cannot sympathize with our weaknesses, but was in all ways tempted as we are, yet without sin. Let us therefore, come boldly to the throne of grace, that we may obtain mercy and grace to help in time of need." Hebrews 4:15

"Blessed is the man who endures temptation: for when he has been proved, he will receive the crown of life which the Lord has promised to those who love Him." James 1 : 12