



Get a Grip 5 Fundamentals for a Better Life

PART 2

Fundamental #1
You have to choose resilience
in the place of resistance.

Fundamental #2 for a Better Life



"In our members there is a slumbering inclination towards desire which is both sudden and fierce. With irresistible power desire seizes mastery over the flesh. All at once a secret, smoldering fire is kindled. The flesh burns and is in flames. It makes no difference whether it is sexual desire, or ambition, or vanity or desire for revenge, or love of fame and power, or greed for money, or, finally, that strange desire for the beauty of the world, of nature. Joy of God is in course of being extinguished in us and we seek all our joy in the creature. At this moment God is quite unreal to us, he loses all reality, and only desire for the creature is real; the only reality is the devil. Satan does not here fill us with hatred of God, but with forgetfulness of God... the lust thus aroused envelops the mind and will of man in deepest darkness. The powers of clear discrimination and of decision are taken from us... It is here that everything within me rises up against the Word of God."

—Dietrich Bonhoeffer

- _____ choices are made on the

Temptation is real, regular and relentless, but _____
can and will _____ those who

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. —1 Corinthians 10:13 ESV

Notes _____

Biblical Principle: _____

⁷Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. ⁸For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. —Galatians 6:7-8 ESV

Warning: _____

Notes _____

D _____

A _____ O _____

C _____ R _____

God intends for _____,
_____.

1 Thessalonians 4:1-5, 7-8

Notes _____

Sanctification = _____

“No matter how they start, addictions eventually center in distress and in self-defeating choices of an agent to relieve the distress (unmet need leads to wrong choice). In fact, trying to relieve the distress with the same thing that caused it is typically the mechanism that closes the trap on the addict—a trap that might be baited with anything from whiskey to wool.” —Cornelius Platinga

Notes _____

> _____ makes us all vulnerable.
> _____ makes us all secure.

Notes _____

Flee from sexual immorality...
—1 Corinthians 6:18 ESV

Notes _____

• _____ choices require

God’s expectation (1 Thessalonians 4:7-8) of us is based upon His promise to us: Rely and Find Freedom

Notes _____

Galatians 5:1, 16-25— “crucified”

Joseph:

> Looked _____
> Looked _____
> Looked _____
> Looked _____

... ⁹Our Father in heaven, hallowed be your name.
¹⁰Your kingdom come, your will be done, on earth as it is in heaven. ¹¹Give us this day our daily bread, ¹²and forgive us our debts, as we also have forgiven our debtors. ¹³And lead us not into temptation, but deliver us from evil. —Matthew 6:9-13 ESV