



## Get a Grip 5 Fundamentals for a Better Life

PART 2

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

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

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### Fundamental #2 for a Better Life

**You have to choose prudence**  
**in the place of**  
**indulgence.**



"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

- **Prudent** choices are made on the **authority of Scripture**

Temptation is real, regular and relentless, but **God** can and will **deliver** those who **look to Him**.

### Biblical Principle: **Rule or Be Ruled**

<sup>7</sup>Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. <sup>8</sup>For 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:** **You will go deeper in**  
**bondage when you ignore God**  
**and fail to heed His warning.**

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### Delusion \_\_\_\_\_

**Accomodation** **Obsession**

**Condemnation** **Repetition**

God intends for sex without shame,  
satisfaction without bondage.

### 1 Thessalonians 4:1-5, 7-8

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Sanctification = Growth Toward  
Holiness

"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

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> Deception makes us all vulnerable.  
> Truth makes us all secure.

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

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• Prudent choices require  
dependency on the Holy Spirit

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

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### Galatians 5:1, 16-25— "crucified"

#### Joseph:

> Looked Around  
> Looked Within  
> Looked Abroad  
> Looked Up

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