

WARM UP QUESTION: Have you ever been tempted to eat something you shouldn't? What were the consequences of giving in to that desire?

READ: Romans 5:17

FOCUS: Holiness is God's gift but it was lost when humanity disobeyed. Holiness was restored when Jesus obeyed.

OBSERVE:

When God created us, He made us to be holy like Him. Adam and Eve altered that design, when they rebelled against God. God gave them an instruction and they were aware of the consequences of disobeying Him. Still, Satan tempted them to disobey. Eve pondered this temptation allowing herself to be convinced. Then she and her husband did the wrong thing and the consequences followed. Sound familiar? We all go through this kind of situation regularly knowing what is right, getting tempted to do the wrong thing, contemplating the sin and finally giving in to the temptation to sin. Thanks be to God that there is a way to overcome this pattern. Jesus made it possible when He came and conquered sin and death on the cross. Adam disobeyed but Jesus obeyed. When temptations come we do not have to play out the same scenario we can resist, we can flee temptation, we can overcome temptation because Jesus has made a way.

REFLECT:

- Do you see yourself continually repeating the cycle of temptation, contemplation and giving in to sin? Are you frustrated about your inability to resist? How can you practically choose to rely on Christ in those moments?
- Ask God for hope and for insight into what the enemy may be trying to do. It could be something generationally in your family line or a situation or environment that is hindering your progress, consider how you can take those things to Him in prayer.

TAKING ACTION:

- Choose specific times to read and meditate on God's word in order to be equipped to overcome this week. Be prepared for when temptation comes you may need to resist the enemy, flee from the temptation, speak God's word in the situation, and find someone to keep you accountable.
- Consider joining our Freedom Discipleship Class this spring to build or rebuild your foundations for victorious living.

PRAY:

Lord, we are grateful that You did all that is required to redeem us and make us Holy. We ask that You give us a deeper understanding of Your Word. Deliver us from temptation and help us to hide Your words in our hearts so when temptation comes we will not sin against You in Jesus' name we pray, Amen.