

# Inner Renewal

*“So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”*

2 Corinthians 4:16-18

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## SCRIPTURE QUOTATIONS

All quotations from the Bible are derived from the New American Standard Bible

# SECTION 1

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## *Foundation of Inner Renewal*

### **1. Inner Renewal is Built on The Real Gospel - 2 Timothy 3:15**

#### a. Old Testament

The Creation – Genesis 1-2

The Fall and Judgement – Genesis 3

The Law and the Promises – Pentateuch

#### b. New Testament

##### i. The Gospels present Christ in His humility

The Christ reveals the Father

Birth and Life

Death

Resurrection

##### ii. The Acts and Epistles present Christ in His Glory as the Ascended Christ

Mediator - 1 Timothy 2:5

Intercessor - Hebrews 7:25

Advocate - 1 John 2:1-2

### **2. The Scriptures Define the Scope of Inner Renewal - 2 Timothy 3:16-17**

(Romans 12:1-2; 2 Corinthians 4:18; Psalm 19; Psalm 119)

a. All Scripture is inspired by God and the believer is called to live by it.

b. Profitable

o For Teaching

- o For Reproof
  
- o For Correction
  
- o For Training

c. Adequate

d. Equipped

### **3. Dangers that Hinder Inner Renewal**

#### **a. The Psychological Gospel – (I do not intend to make light of or minimize the pain of disappointments and hurts.)**

They might believe that Christianity is the place to find real help and healing, yet some do not seem to find it themselves (2 Tim. 3:7).

They see Christ as a therapist to heal their pain and not as a Saviour who saves them from their sin. The person believes that they need healing more than redemption (Matt. 7:21-23).

The person believes that their deepest needs come out of their experiences (relationship - neglect and rejection. - inner healing ministries) and not their sin that separated them from a Holy God.

Sadly, many who experienced deep pain and who believe a psychological gospel are often demanding, critical, and self-absorbed towards God and others.

They redefine the real problem that the gospel addresses resulting in the worship of the creature rather than the Creator (Romans 1).

They believe that their problems are a whole catalog of unmet needs.

They often view the sin of another against them as a greater problem than their own sin.

Christianity becomes more a pursuit of healing than a pursuit of godliness.

## **b. Six Deadly Gospel Replacements**

### **Formalism:**

Retain control of their life - my time and my agenda (Isa.1).

Are blind to the seriousness of their spiritual condition and their constant need for God's grace to rescue them.

See church as a healthy aspect of a balanced life.

Reduce the gospel to participation in the meetings and ministries of the church (Matt. 23:23-28).

### **Legalism:**

It is not just a reduction of the gospel, it's another gospel altogether. It's on par with Islam, Judaism, and righteousness based religions (Galatians).

It incurs God's judgement.

It ignores the depth of our inability to earn God's favour.

Legalists hold to lists of Do's and Don'ts and judge others who don't follow them, thinking that their own law-keeping gives them a standing before God.

### **Mysticism**

Reduces the gospel to dynamic emotional and spiritual experiences.

Thinks that their experiences give them a standing before God (Colossians).

The danger of such practices often pursues experiences rather than the favour of Christ.

Hard to stay committed to one church that preaches and believes that the Word of God is sufficient (2 Tim. 3:16-17).

They often struggle with discouragement and often wonder whether they are saved when there are little or no dynamic experiences.

### **Activism**

Christian Causes (Abortion, Adult shops, Casinos) define what it means to be a Christian.

Christianity is more a pursuit of what's right than a joyful pursuit of Christ.

It's monastic in nature - it focuses on external evil around them and fails to address the evil inside themselves.

A heartfelt pursuit of Christ is replaced by a zealous fighting of the 'evil' around them.

Their goal is not to celebrate the grace that rescues you from your own sin but a crusade to rescue the church from the ills of the surrounding culture. Christian maturity becomes defined as a willingness to defend right from wrong.

### **Biblicism**

They reduce the gospel to “I must master the Bible and theology.”  
They spend a lot of time and money on mastering the Word, but they do not allow the Word to master them.  
They are theological experts that are unable to live by the grace they can so often define with technical precision.  
Their worship of Christ has been replaced by a drive to master the content of Scripture and systematic theology.  
They are often known for not being like Christ. They often have a reputation of being proud, critical, and intolerant of those who lack their fine-grained understanding of the faith.  
They often critique the sermons of others and express their opinions of those sermons harshly.

### **Social-ism**

They allow fellowship, acceptance, respect, and position in the body of Christ to replace their dependence and communion with Christ.  
The church is only a spiritual club and they are motivated to attend church because of the social activities.  
The gospel is reduced to a network of fulfilling Christian relationships.

## **4. Inner Renewal Happens When I Believe that the Real Gospel Includes Change - Titus 2:11-12 (Put off and Put on principle)**

### **Jesus must be Lord and Saviour**

Philippians 2:12-13, 4:1-14  
Ephesians 4:17-5:5  
Colossians 3:1-17  
1 Peter 1:17-2:3  
Romans 8:28-30  
James 1:2-4  
1 John 2:15-17  
1 Corinthians 6:9-11

# *The Scope of Inner Renewal*

*“Watch over your heart with all diligence, for from it flow the springs of life” Proverbs 4:23*

## **1. Introduction to the Heart**

### **1.1 Defining the Human Heart**

Scripture speaks about the heart as the inner man and the inner man (heart) is the mission control center which determines all our responses and reactions in life.

### **1.2 Activities of the Heart**

Our hearts are never dormant. It's like a volcano, whatever is inside will become visible at some point. The heart thinks (Proverbs 23:7), the heart desires (Psalm 37:4), the heart believes (Luke 24:25), the heart is motivated (Genesis 3:6).

Mark 7:20-21 refers to the fact that our speech reveals the condition of our heart. “He who hates disguises *it* with his lips, But he lays up deceit in his heart” (Proverbs 26:24).

Your emotions reveal your heart's refuge: “Though a host encamp against me, My heart will not fear; Though war arise against me, In *spite of* this I shall be confident” (Psalm 27:3).

The things you wish for, your wants, longings, and cravings, are always seeking to be satisfied.

### **1.3 The hearts activities make us unclean - why is this so?**

Mark 7:20-23.

The wicked are estranged from the womb; These who speak lies go astray from birth (Psalm 58:3).

“Then the Lord saw that the wickedness of man was great on the earth, and that every intent of the thoughts of his heart was only evil continually” (Genesis 6:5).

Which should help us to conclude that the heart cannot be trusted.



“Listen, my son, and be wise, and direct your heart in the way” (Proverbs 23:19).

#### **1.4 Why is understanding the heart so important?**

Because God focuses on our hearts.

“Now, Israel, what does the Lord your God require from you, but to fear the Lord your God, to walk in all His ways and love Him, and to serve the Lord your God with all your heart and with all your soul” (Deuteronomy 10:12). But the Lord said to Samuel, “Do not look at his appearance or at the height of his stature, because I have rejected him; for God *sees* not as man sees, for man looks at the outward appearance, but the Lord looks at the heart” (1 Samuel 16:7).

It’s possible to: THIS PEOPLE HONORS ME WITH THEIR LIPS, BUT THEIR HEART IS FAR AWAY FROM ME (Matthew 15:8).

This exchange of God for other things in the heart is called **Idolatry: which is practiced when we allow someone or something other than God to capture our love, heart, soul, and mind.**

God never intended man to be fulfilled by anyone or anything other than the High King of Heaven. After The Fall, man’s desperate, incapacitated heart left him vulnerable to exchange God, who cannot be seen, for the creation, that which can be seen (Romans 1:18-32).

Quotes by: Blaise Pascal, and St. Augustine.

## **2. Habits: The Heart Develops Behaviours that Develop into Habits.**

### **2.1 Defining Habits**

A habit is “an instinctive, unconscious, automatic and comfortable response to a situation, which fits together into patterns without making a conscious decision about the minute, repetitive acts, in a variety of circumstances.” <sup>[1]</sup>

### **2.2 Biblical Support for Habit Capacity**

**i. Walk – Ephesians 2:1-2**

**ii. Custom or Practices – Romans 7:14-23; 1 Corinthians 8:7; Jeremiah 13:23**

### **iii. Manner of Life – Ephesians 4:22-24; 2 Peter 2:14**

We received a God-given capacity to learn new ways of responding. Just as with his old manner of life, this new way of life can become natural, and it is possible that in the future he could act unconsciously, automatically, and comfortably without making a conscious decision in a variety of circumstances.

## **2.3 The Bible Instructs Us to Repent of Sinful Habits and Put on New Habits**

Seeing the various terms used in Scripture to refer to habits, it becomes clear that there is a call to put off the old, sinful habits and replace them with new, God-honoring habits (Ephesian 4:17-23).

## **2.4 The Believer Has the Resources to Repent of Unbiblical Habits**

- i. Ephesians 3:14-16
- ii. Romans 8:12-13
- iii. 2 Corinthians 9:8
- iv. 2 Corinthians 10:3-5
- v. Exodus 34:6-7
- vi. Philippians 1:6
- vii. 2 Peter 1:3
- viii. 2 Peter 3:16
- ix. 2 Timothy 3:15-17; Romans 15:4

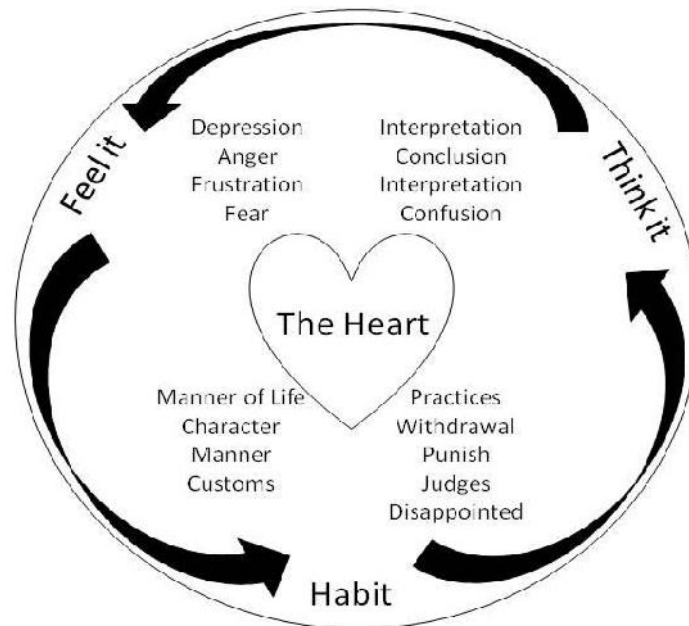
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<sup>[1]</sup> Jay Adams, *A Theology of Christian Counseling: More Than Redemption*, (Grand Rapids, MI: Zondervan, 1979), 161.

## 2.5. We Identify Habit Patterns by Listening to Ourselves



## 2.6. How We Organize our Habit Patterns



### Application

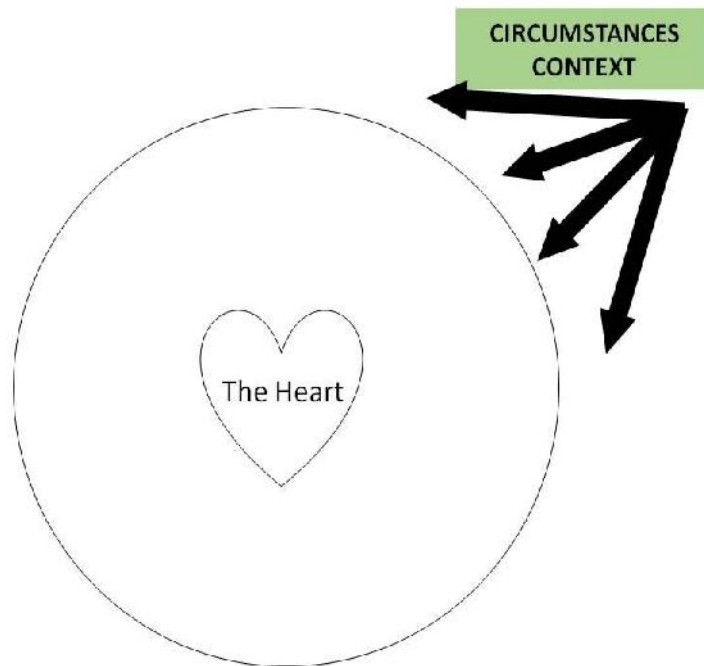
What Does God Say? - What Do I Do? - How Must I Change?

### 3. Circumstances

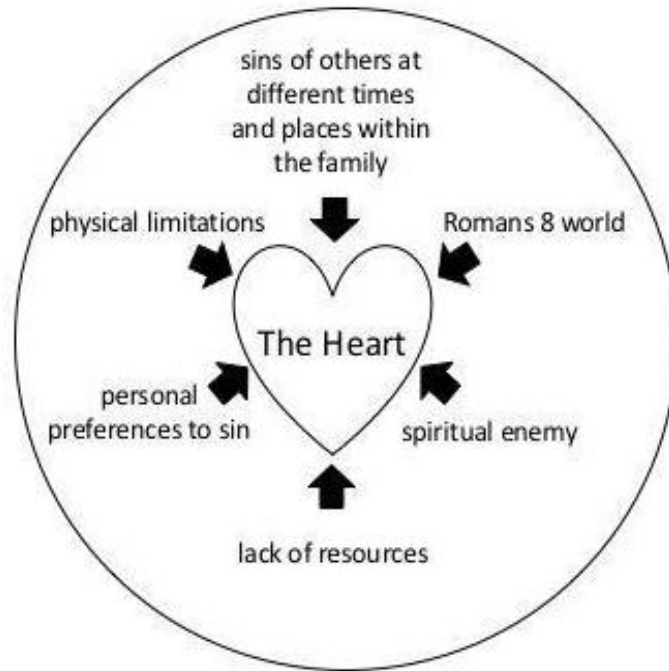
John 16:33

Acts 14:22

Heb. 11:36-38



The heart always responds to circumstances because circumstances always put pressure on the heart (the inner man)



Circumstantial Pressures

Examples:

Abraham - Gen. 12:12

Peter - Mark 14:66-72

Demas - 2 Timothy 4:10

### 3.1 Questions to Determine Pressures Applicable to Me.

1. When do you tend to experience fear, worry, or anxiety (Matthew 6:19-34)?
2. Where have you struggled with disappointment (Proverbs 13:12, 19)?
3. In what situations do you struggle with anger (James 4:1, 2; Proverbs 11:23)?
4. Where do you encounter problems in relationships (James 4:1-10)?

5. What are the situations of life that you find particularly difficult (1 Corinthians 10:13, 14)?
6. What things do you find yourself seeking to avoid?
7. Where have you experienced regular problems in your relationship to the Lord?
8. In what situations do you tend to doubt the truths of Scripture?
9. What is a good relationship? What do you expect of others?
10. In what type of situations do you struggle with bitterness?
11. Where have you struggled with regret, being tempted to say, "If only...?"
12. What experiences from the past do you have a hard time letting go of?
13. Where do you tend to struggle with envy? What do you find yourself wanting that others have and you don't?
14. Whose opinion really matters to you?<sup>[1]</sup>

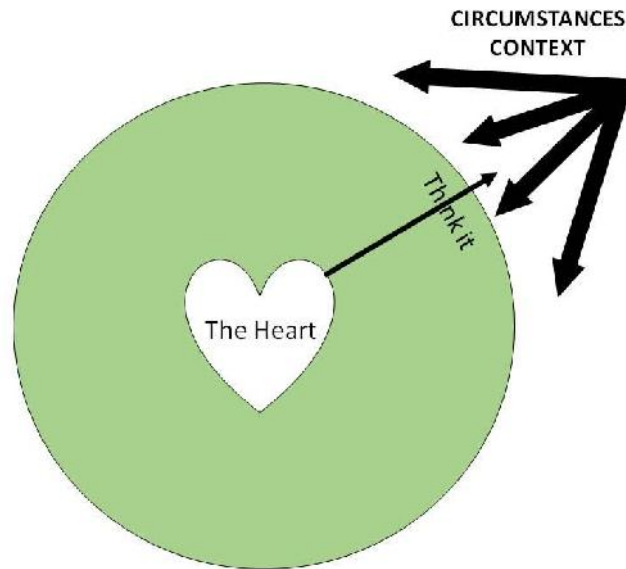
### **Application**

What Does God Say? - What Do I Do? - How Must I Change?

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[1] Taken from the Journal for Biblical Counselling

## 4. Thinking

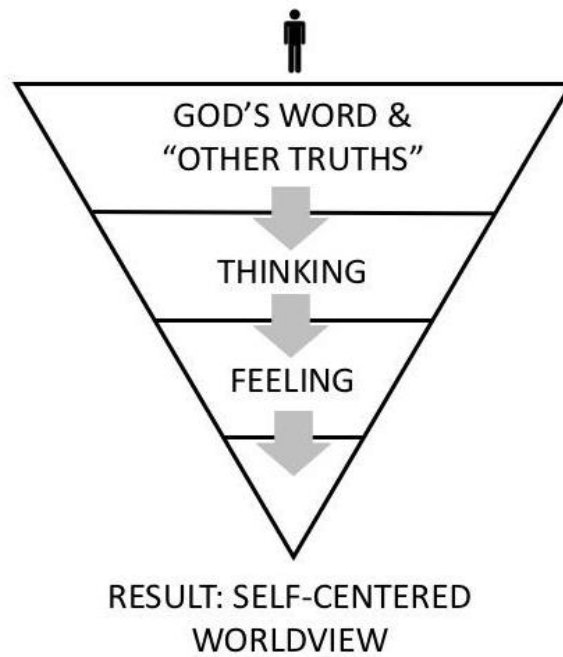


The heart engages with circumstances through thinking

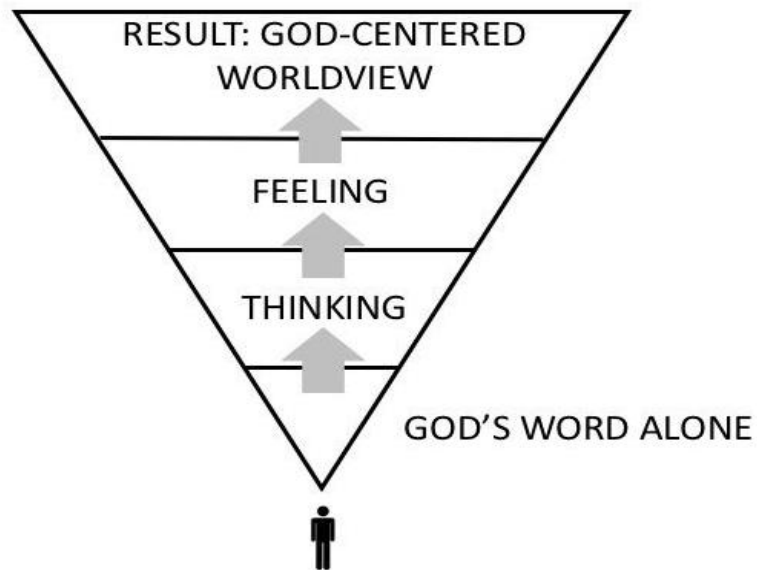
### 4.1. Four Approaches to God's Word

- a. Liberal  
Scripture has no authority.
- b. Revisionist  
Reinterpret the text to accommodate my sin.
- c. Neo-Traditionalist  
Behaviour is wrong but I may retain sinful desires, associates, companions and community.
- d. Traditionalist  
I sees that the behavior, desires, associates, companions, and community are sinful.

#### 4.2. A personal subjective goal in thinking (Wide Lens)



#### 4.3. A God-centred objective goal in thinking (Narrow Lens)



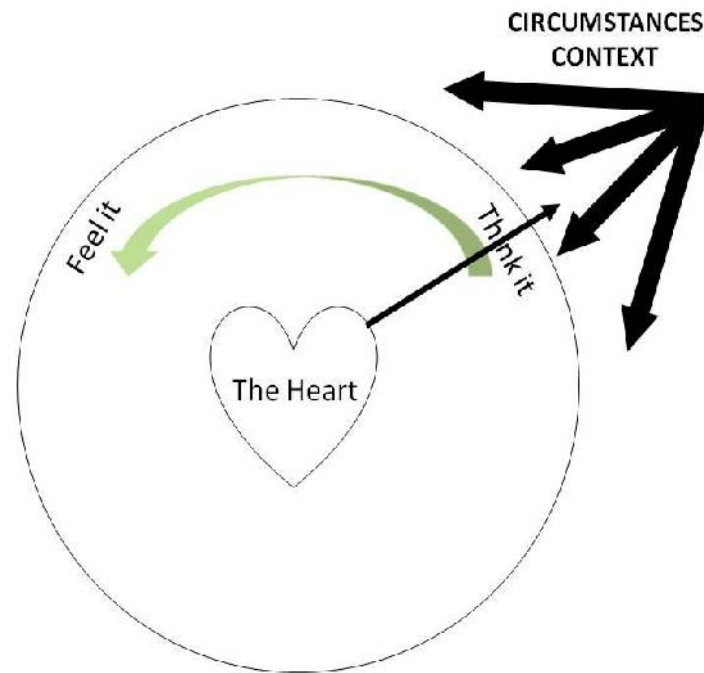
### Application

How did Jesus observe, interpret, and conclude?

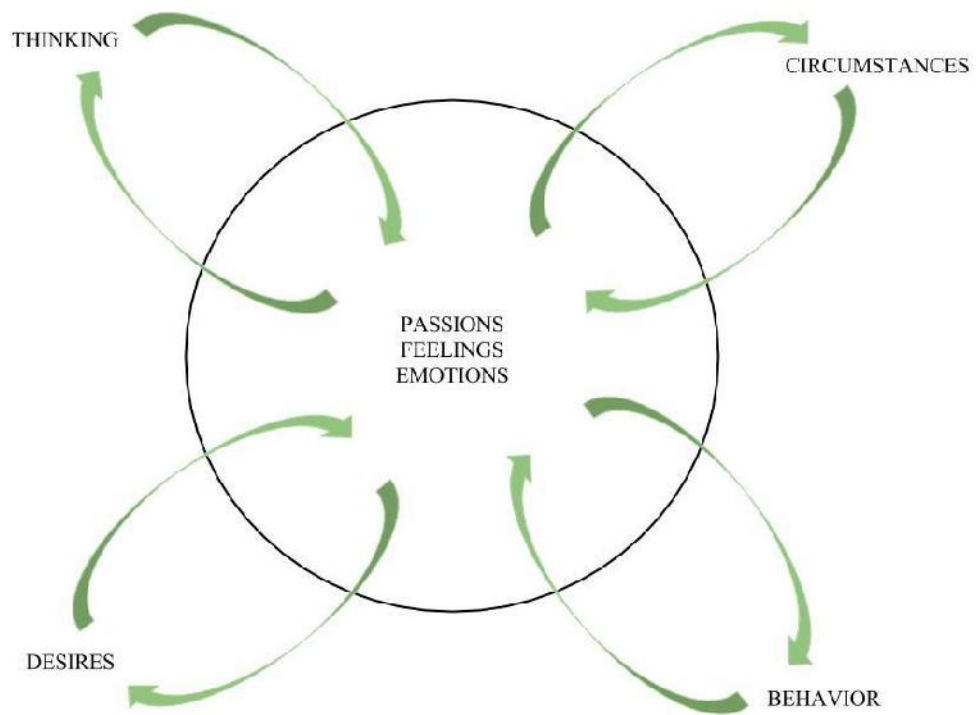
What controls my observation, interpretation, and conclusions? How must I change?



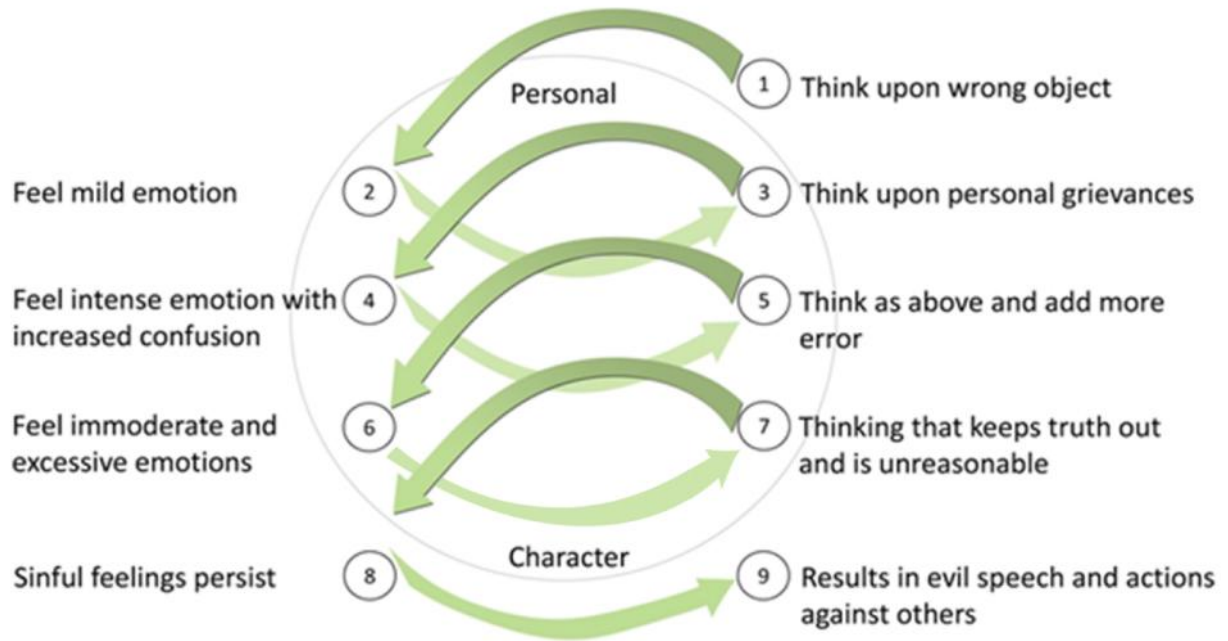
## 5. Feelings



The pathway to our feeling is through our thinking



Feelings affect all aspects of the inner and outer man



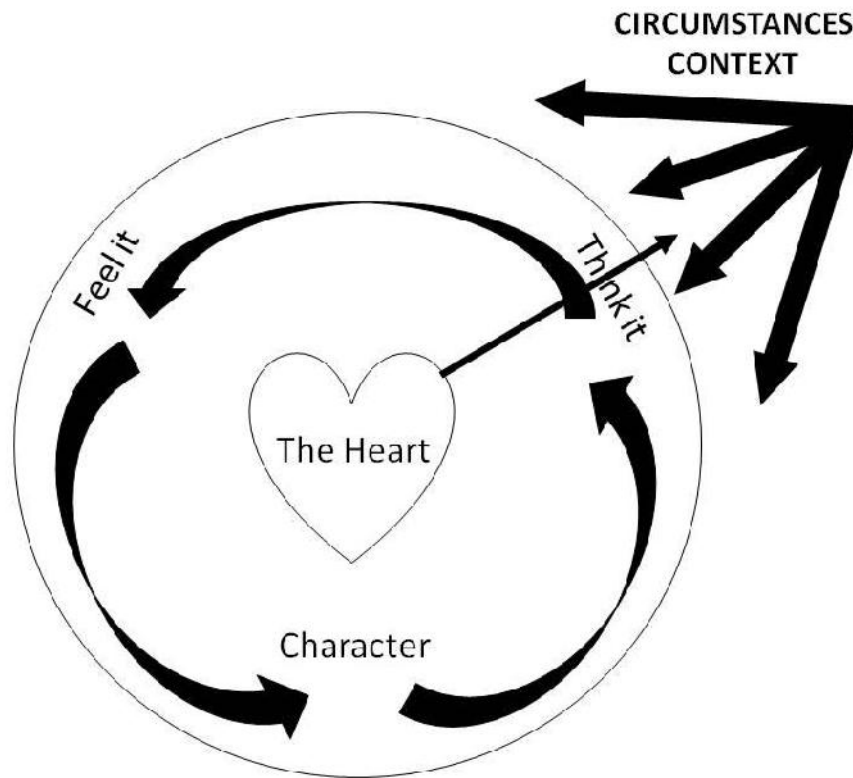
The spiral into sinful emotions<sup>1</sup>

### 5.1. Repentance from Sinful Emotions Starts When:

- i. Focus on God rather than personal objects.
- ii. Think of others and God biblically.
- iii. Grieve biblically over sin (Godly sorrow vs. Worldly sorrow)
- iv. Believe God's Word.
- v. Pursue obedience to God by:
  1. having bringing God pleasure as the goal
  2. longing for the eternal
  3. thinking biblically about people and circumstances
  4. praying without ceasing
  5. being cautious when good feelings come (not the goal)
  6. obeying God even when there are no highs and lows

<sup>1</sup> "Directions for the Government of the Passions" in A Christian Directory, vol. 5 of The Practical Works of Richard Baxter.

## 6. Character



Habit Cycle

### 6.1. A General Understanding of Character

Character is a disposition that is the predominant or prevailing tendency of a person's responses, thinking, feeling, and behaviour which is by nature “an instinctive, unconscious, automatic and comfortable response to a situation, which fits together into patterns without making a conscious decision about the minute, repetitive acts, in a variety of circumstances.”<sup>2</sup>

### 6.2. Specific Understanding of Character

Snapshots in life

Video of life

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<sup>2</sup> Jay Adams, *A Theology of Christian Counseling: More Than Redemption*, (Grand Rapids, MI: Zondervan, 1979), 161.

### **6.3. The Process Towards Inner Digression (Ungodly Character)**

Conceived in sin (Psalm 51:5)

Drift starts at birth (Psalm 58:3)

Ignore and reject God's imperatives and make them suggestions (John 14:23)

Respond to hardships in an unChristlike manner

Adopt sinful patterns from previous generations. A Godview will be communicated to us by parents and culture (Deut. 6:7-9) not the cause!

Develop our own sin profile and persist in it (Romans 1:30)

### **6.4. The Process Towards Inner Renewal (Godly Character)**

Remember change is a process not an event

Exegete our life and the Scriptures (1 Timothy 4:16)

Admit our sin and confess our sin (1 John 1:7-9)

Respond to hardships in a Christlike manner

Be hearers and doers of the word (James 1:22)

Be prepared for Satan's attacks (James 4)

Be prepared for our flesh's attacks (1 John 2:15-17)

Repentance is done in reliance upon the Spirit (Romans 8:12-13)

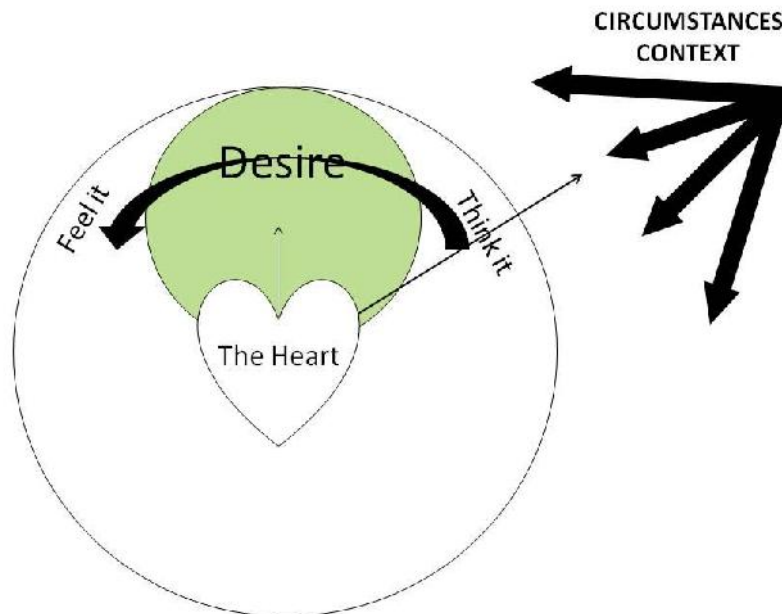
Focus on Christ more than our battle with sin (Hebrews 12:1-2)

- Repent from the heart (Romans 6:17)

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## *The Root of Inner Renewal*

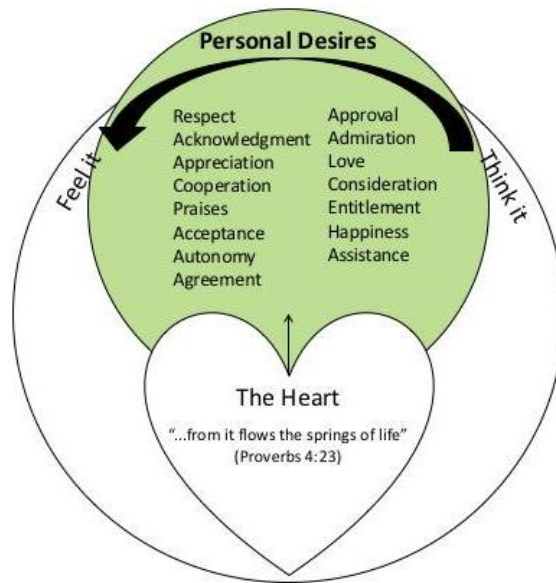
### 7. Desires



#### 7.1. What Is a Desire?

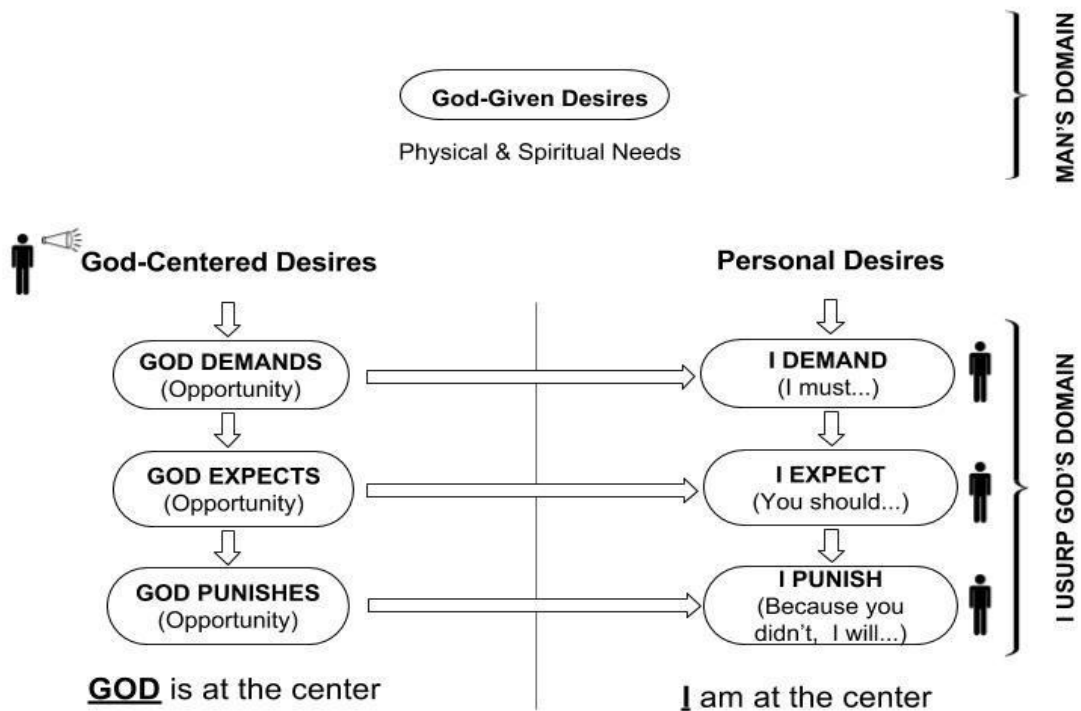
A desire is a God-given ability to have a longing, yearning, and aspiration in the heart after an object that is treasured or valued by a person.

## 7.2. Desires Are Personal



Examples of personal desires

## 7.3. God-Centred Desires and Man-Centred Desires Contrasted



#### **7.4 Stages of Sinful Personal Desires - I Usurp God's Domain**

- i. Stage One: Personal Desires - (I want)
- ii. Stage Two: I Demand - (I must have)
- iii. Stage Three: I Expect - (You should)
- iv. Stage Four: I was Disappointed - (You didn't)
- v. Stage Five: I will Judge - (Using my lawbook)
- vi. Stage Six: I will Punish - (Because you didn't, I will)

#### **7.5 Godward Desires are Characterised by: "I refrain from usurping God's domain."**

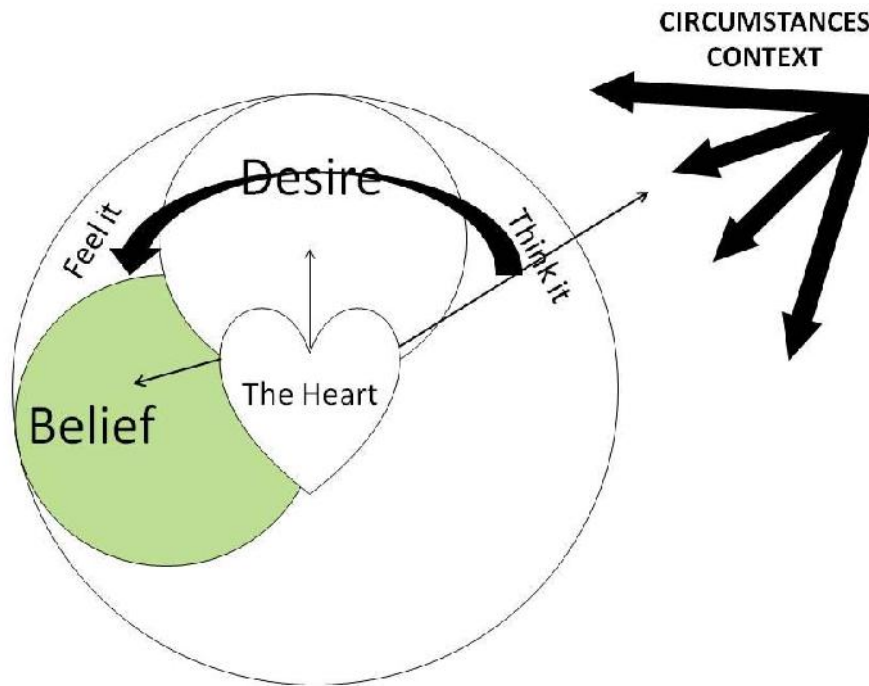
- i. Stage One: God is my greatest need
- ii. Stage Two: God desires and I will bring Him pleasure
- iii. Stage Three: God demands and I will obey
- iv. Stage Four: God expects and I will humble myself
- v. Stage Five: God judges and I will live carefully
- vi. Stage Six: God punishes and I deserve it



## **7.6 Repentance from Personal-Centred Desires – James 4:7-10**

- i. Submit – 4:7a
  
- ii. Resist – 4:7b
  
- iii. Draw near to God – 4:8
  
- iv. Cleanse your hands you sinners – 4:8
  
- v. Purify your hearts you double-minded – 4:8
  
- vi. Humble yourself before the Lord – 4:10

## 8. Beliefs



Beliefs of the heart

### 8.1. What Is a Belief or Faith?

Belief relates to promises and faith relates to an object

### 8.2. Every Sinful Desire Has a Belief Attached to It

- i. "I Deserve Better"
  1. Treatment from my family
  2. Self-entitlement that is opposed to God
  3. It's telling God I can't do His will (Matt. 16:24-25)
  4. It's anti-gospel (Heb. 12:2, Matt. 26:52-54)
  5. It's anti-Christ (Phil. 2:5)
  6. It's anti-Word
- ii. "Others Exist to Make Me Feel Better" (pleasures) complete the following
  1. "I seek family that would \_\_\_\_\_"
  2. "I like people who \_\_\_\_\_"

3. "I will be happy when \_\_\_\_\_"
4. "I will be kind when \_\_\_\_\_"
5. Such thinking misses gospel opportunities. Jesus came to serve others and give His life as a ransom for many

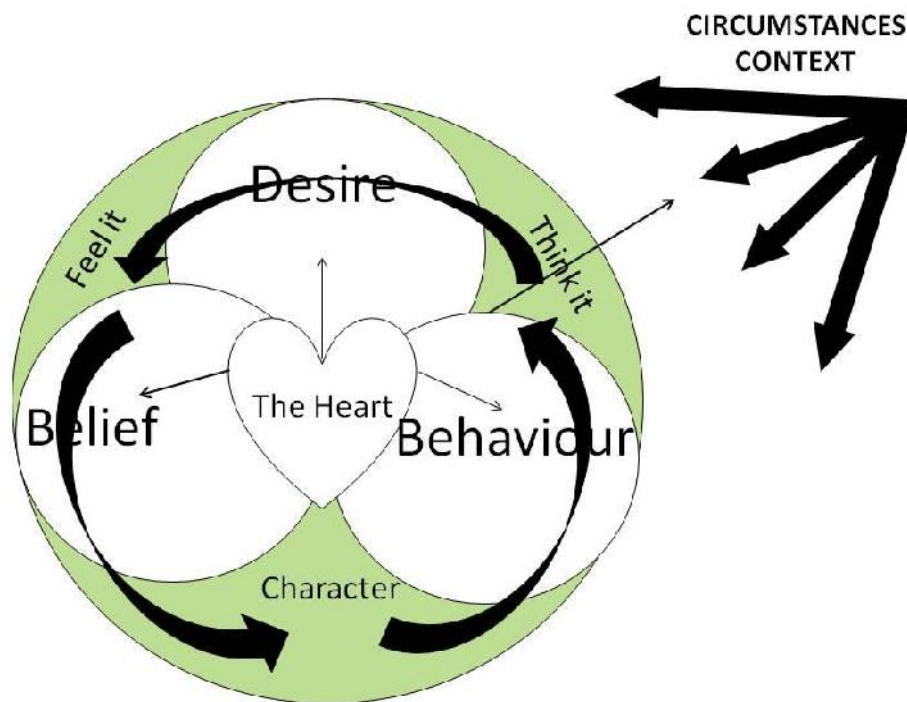
iii. Victim Mentality

1. They are not thankful because of their circumstances
2. They hardly experience any gospel joy
3. They blame their upbringing
4. They blame the past
5. God is not sovereign for them
6. God is not wise
7. God is not loving

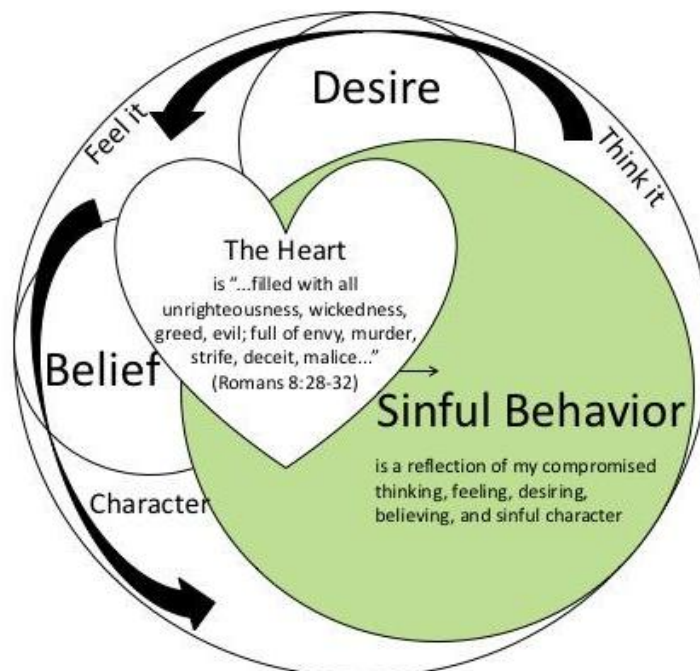
iv. Perishing Mentality

1. They listen to themselves instead of speaking truth to themselves

## 9. Behaviour

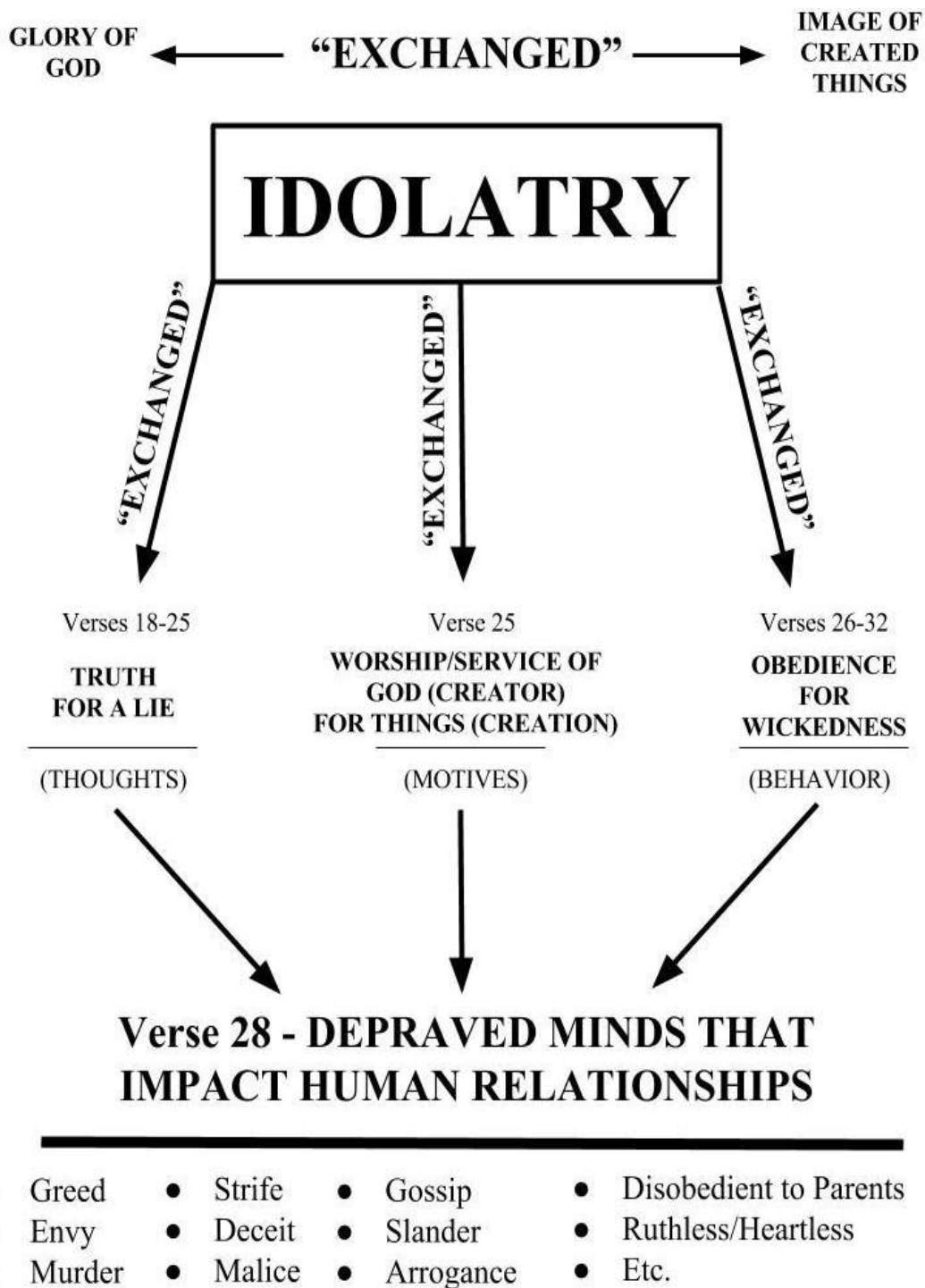


Behaviour is the end result of all heart activities



## 10. Essentials for Repentance to Take Place in the Heart

### 10.1. Idolatry



The exchange of idolatry



# APPENDIX 1: CONFESSION – 11 STEPS

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**Proverbs 24:16** “For a righteous man falls seven times, and rises again, but the wicked stumble in *time of calamity*.”

1. Call unbiblical desires, beliefs, thoughts, feelings and actions what God does – sin
2. Take full responsibility for the sin.
3. Confess the sin, both to God and to any others who were hurt.
4. Ask God for help in not doing it again.
5. Remind yourself of what Christ has done and is doing for you.
6. Reflect on the resources available to believers in Christ.
7. Meditate on God’s promises of forgiveness and deliverance from the power of sin.
8. Accurately evaluate the changes that have already occurred and the progress that has been made.
9. Learn from failure by briefly examining what you did that you should not have done and what you did not do that you should have done.
10. Make restitution where necessary.
11. Purpose to put the past behind you in a biblical way and to resume your efforts to change in a godly manner. Phil. 3:10-14; Ps. 103:12; Isa. 43:25, 44:22; Mic. 7:19; 1 John 1:9; Prov. 28:13; Eph. 1:7

# APPENDIX 2: RECOVERY PLAN ONE

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After each episode answer the following questions...

The goal of this assignment is to help you learn:

- What contexts make sin easy
- What thinking precedes your decision to sin
- What actions you take to sin in private
- What you desire
- What you believe that desire will give you
- What your “go to” sin looks like

<p><b>WHAT TRIGGERED THE EPISODE? – CIRCUMSTANCES</b></p> <p>What are you getting that you don't want?</p> <p>What are you not getting that you do want?</p>	
<p><b>WHAT DID YOU THINK?</b></p> <p>Life will be ok if _____</p> <p>I'm happy if _____</p> <p>I'm happy when _____</p> <p>Grumbling Unthankful Covet</p>	



<p><b>HOW DID YOU SET YOURSELF UP FOR SIN?</b></p> <p>Hide Isolate Results Procrastinate</p>	
<p><b>WHAT DID YOU DESIRE?</b></p> <p>Illegitimate comfort Unbiblical satisfaction Sinful release</p>	
<p><b>WHAT DID YOU BELIEVE FULFILLING THAT DESIRE WOULD GIVE YOU? – IDOLATRY</b></p>	

<b>WHAT DID YOU DO?</b>	
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Write down 5 things you have learned and how you will apply them.

1. What did you learn?
2. How will you apply it?
3. Share it with your accountability partner and wife

SAMPLE COUNSELLING FORMS was developed by Pastor Sybrand de Swardt.  
Permission to copy granted.

# APPENDIX 3: RECOVERY PLAN TWO

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To help people implement biblical truth into daily life, biblical counsellors/disciplers should help the counsellee/disciple to **develop a “what to do if failure occurs” plan.**

Proverbs 24:16; *“For a righteous man falls seven times, and rises again, But the wicked stumble in time of calamity.”*

1 John 2:1 *“My little children, I am writing these things to you so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous.”*

- A. First, explain the difference between a lapse and relapse - Peter and David versus Demas and the person described in 2 Peter 2:20-22.
- B. Then help him to develop a Recovery Plan, which might go something like this: If I fail, I will:
  1. Immediately put biblical repentance into action; I will call what I have done what God does--sin; confess my sin to God, take full responsibility for my sin; reflect on the awfulness of sin; be concerned about my heart sins as well as behavioural sins; turn to Christ – (reflect on 1 John 1:9); ask God for forgiveness and help and remind myself of God’s promise of forgiveness – (Ephesians 1:7).
  2. I will briefly examine and identify what I did that I shouldn’t have done and what I didn’t do that I should have done.
  3. I will acknowledge my sin to the person or persons to whom I have made myself accountable.
  4. I will purpose to forget the past (Philippians 3:12-14).
  5. If there is someone to whom I must make restitution, I will make whatever restitution is fitting and possible.
  6. I will review my “what to do when I’m tempted” plan and recommit myself to putting it into practice the next time I’m tempted.

# APPENDIX 4: UNDERSTANDING TEMPTATION

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## **The temptation into sin can be outlined in a Six Step Process<sup>3</sup>**

I can identify six steps that lead us from temptation to acting out our sin:

1. ***Stimulus.*** This is the temptation triggered by something visual or by something that simply comes to mind.
2. ***Excitement.*** The heart starts to beat faster, feelings throughout the body are intensified, often—but not always.
3. ***The Invitation.***<sup>4</sup> We decide to invite the temptation in to enjoy its company.
4. ***Fantasy.*** We retain and enjoy the images.
5. ***Struggles.*** We see where we are, and a part of us cries out that this is not where we want to be.
6. ***Act of sin.***

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<sup>3</sup>Alan P. Medinger - *Is masturbation always a sin?* *The Journal of Biblical Counseling* • Volume 15 • Number 1 • Fall 1996

<sup>4</sup>Step 3 is the critical point. This is also the point at which we are most likely to be deceived, or to deceive ourselves. With our underlying belief that masturbation is the “real” sin, we tell ourselves that a little bit of lust won’t hurt much so long as we don’t masturbate. This is where we are most open to the voices that tell us, “You deserve some pleasure, some relaxation.” In reality we have opened a door that is going to become increasingly difficult to close.

# APPENDIX 5: TEMPTATION PLAN - 11 STEPS

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## TEMPTATION PLAN - 11 STEPS

1. Recognize and acknowledge in the earliest stages of temptation that you are being tempted.

- a. Circumstances

2. Quickly ask God for His help to resist.

**Ps. 50:15** “Call upon Me in the day of trouble; I shall rescue you, and you will honor Me.”

**Ps. 34:4-6** “I sought the Lord, and He answered me, and delivered me from all my fears. They looked to Him and were radiant, and their faces will never be ashamed. This poor man cried, and the Lord heard him and saved him out of all his troubles.”

**Is. 40:31** “Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.”

- a. Mention your behavioural sins to God. Anger, disputing (see Galatians 5:19-21).

3. If possible, remove yourself immediately from the source of temptation.

- a. Don't be alone with anything that might cause you to stumble.

4. Identify the unbiblical desire that would be served by yielding to the temptation (make your list).

**1 John 2:15-17** “Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and also its lusts; but the one who does the will of God lives forever.”

- a. Mention to Him your desire (greediness, covetousness).
  - b. Mention to Him what you believe fulfilling those desires will do for you (idolatry).
  - c. Quote and meditate on appropriate Scripture.
5. Remind yourself of God's presence, power, and promises.

**Gen. 39:8-9** "But he refused and said to his master's wife, 'Behold, with me here, my master does not concern himself with anything in the house, and he has put all that he owns in my charge. There is no one greater in this house than I, and he has withheld nothing from me except you, because you are his wife. How then could I do this great evil and sin against God?'"

**Deut. 31:6** "Be strong and courageous, do not be afraid or tremble at them, for the Lord your God is the one who goes with you. He will not fail you or forsake you."

**Ps. 55:22** "Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken."

**Isa. 41:10** "'Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.'"

**2 Cor. 9:8** "And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed"

**Eph. 3:20, 21** "Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen."

**1 Cor. 10:13** “No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.”

**Jude 24-25** “Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority, before all time and now and forever. Amen.”

**2 Pet. 1:3-4** “seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.”

6. Reflect on the purpose of Christ’s death.

**Gal. 1:4** “who gave Himself for our sins so that He might rescue us from this present evil age, according to the will of our God and Father”

**1 Peter 2:24** “and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.”

**Titus 2:11-14** “For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus, who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.”

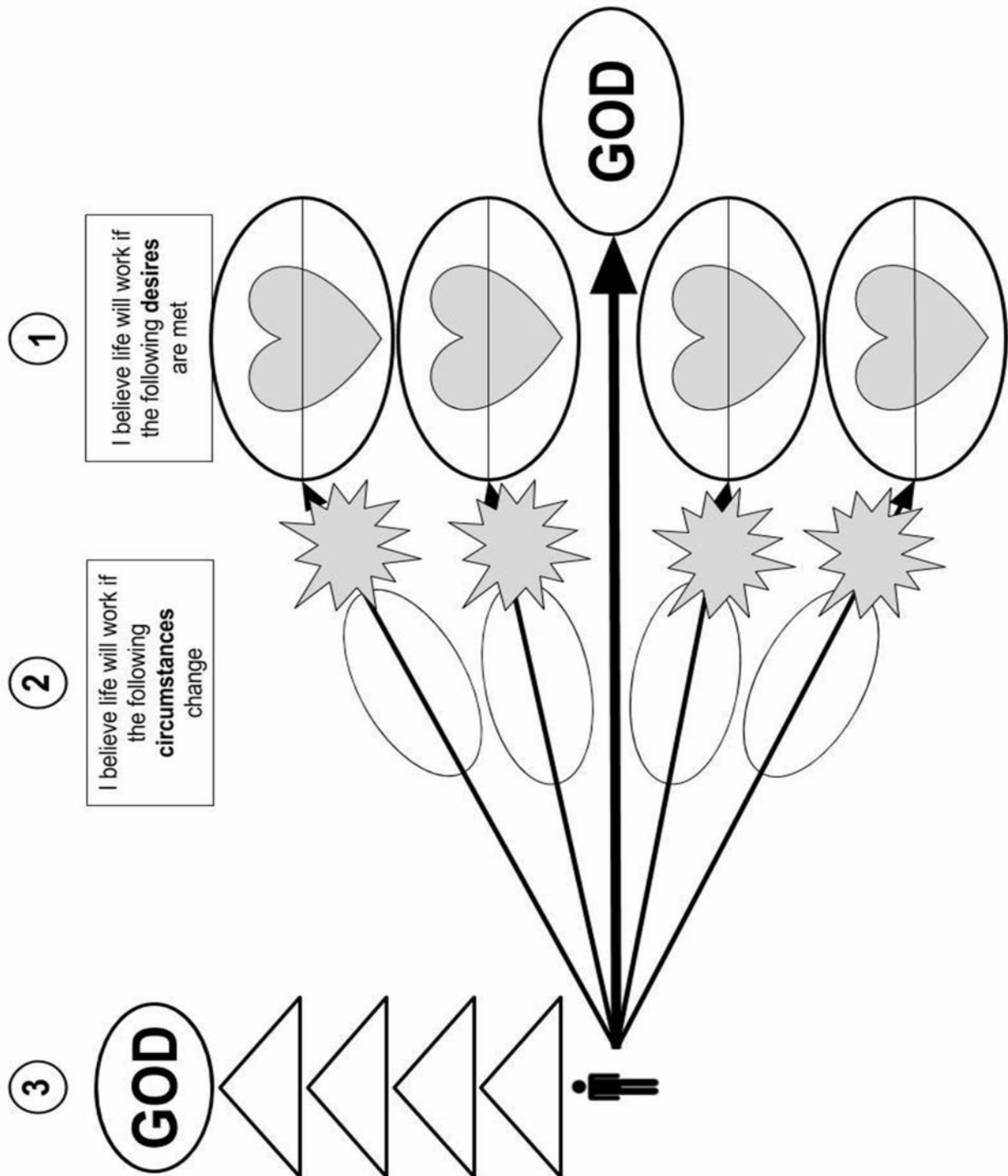
**2 Cor. 5:14-15** “For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.”

**a. Salvation**

7. Mentally and verbally make a commitment to do the godly thing.
  - a. I will obey God by .....
  - b. I will obey God by .....
  - c. When that happens I will.....
8. Get busy with a mind-engaging, godly activity.
9. Call a godly friend and ask for help.
  - a. Call your accountability partner, confess to your wife – and pray together.
  - b. Read
  - c. Pray
  - d. Listen to sermons at: <http://lynnwoodbaptistchurch.co.za/blog/>
10. Repeat key aspects of the temptation plan until the power of the temptation is reduced.



# APPENDIX 6: DESIRE WORKSHEET



# APPENDIX 7: BIBLE STUDY PLAN

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Answer the following questions with each day's reading portion.

1. What does this passage say about God?
2. What does it say about the message of the gospel?
3. What is one thing from this passage for which you can thank God?
4. Is there a sin to avoid?
5. Is there a command to obey?
6. What is a specific teaching that can be understood from this passage?
7. What did this passage say about putting off sin or putting on righteousness?
8. How will you apply what you have learned from this passage in your life today?
9. From this passage what is one thing you should ask God to help you with?
10. Write down a specific application you will make in your life today as a result of your reading.

# APPENDIX 8: COMMITMENT TO CHANGE COVENANT

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Ephesians 4:17-22

Colossians 3:1-17

Date: \_\_\_\_\_

It is hereby agreed that \_\_\_\_\_ will assist  
\_\_\_\_\_ to change when he/she exhibits the behaviours listed below  
by calling them to his/her attention in a non-attacking manner.

\_\_\_\_\_ can only reply “Thank you for telling me” when the  
monitor fulfills the terms of the contract, and he/she cannot explain, defend, or justify his/her  
behaviour. The monitor is to call it to his/her attention whenever he/she defends or justifies  
him/herself. \_\_\_\_\_ agrees to cease these behaviours when they are  
called to his/her attention.

\_\_\_\_\_ further desires to develop the behaviours listed below.

The monitor agrees to positively reinforce these behaviours by words and acts of appreciation  
when they see them.

\_\_\_\_\_ - (signed)

\_\_\_\_\_ - (signed)