

Breaking Free
Fireproof Your Relationships: Sermon Four
1 Corinthians 10:11-13

Anything that latches onto you or your partner and sucks the life out of your marriage should be considered a parasite.

Typical parasites come in the form of addictions like gambling, drugs, or pornography. They promise pleasure but grow like a disease and consume more and more of your thoughts, time and money. They steal away your loyalty and your heart from those you love.

No temptation has seized you except what is common to man. And god is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

1 Corinthians 10:13

THREE FACTS ABOUT TEMPTATION:

1. Every temptation you face has been faced by _____.
2. You have never been tempted by something you did not have the power to _____.
3. God provides a way _____ of every temptation.

According to 1 John 2:16 there are three kinds of temptation:

Everything in the world—the cravings of sinful man, the lust of his eyes, and the boasting of what he has and does—comes not from the father but from the world. – 1 John 2:16

THERE ARE ONLY THREE KINDS OF TEMPTATION:

1. The _____ of our _____
2. The _____ of our _____
3. The _____ of our _____

HOW TO BREAK FREE FROM TEMPTATIONS:

1. _____ that the lord will keep you from temptation.
Lead us not into temptation, but deliver us from evil. – Matthew 5:13

2. **Make a _____ with yourself.**
“I made a covenant with my eyes not to look lustfully at a girl.” – Job 31:1

3. **Look for a way _____.**
And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. – 1 Corinthians 10:13

4. _____ **your thoughts.**
We take every thought captive to the will of Christ. – 2 Corinthians 10:5

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. – Philippians 4:8

The mind controlled by the spirit is life and peace. – Romans 8:6

5. _____ **yourself.**
“Flee the evil desires of youth and pursue righteousness, faith, love and peace.” – 2 Timothy 2:22

6. _____ **when you fall down.**
If we say that we have not sinned, we make Him a liar, and His word is not in us – 1 John 1:10

7. **Ask _____, resolve to do better, and start again.**
If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteous – 1 John 1:9

LOVE/DARE CHALLENGE:

Is there a parasite from which you need to break free? On your message notes, circle whichever steps you want to begin practicing this week.