



Shelly's diary

May 4 Dan is so considerate. Yesterday, as I was walking out of church, he held the door open for me and told me how nice I looked. I can't remember the last time Richard told me I looked pretty.

May 15 Richard and I hired Dan to remodel our basement. It will be great having a man around the house who can fix things. I find myself looking forward to his visits.



Shelly's diary

May 20 Dan is having problems with his daughter. I offered some advice, and he was so grateful he gave me a hug. It felt good to be appreciated. I often replay that moment in my mind.

June 1 Dan and I are going to lunch today to finalise details on the basement. I have tried on ten different outfits and put on extra perfume. I keep telling myself it's no big deal, it's just business...



Shelly's diary

June 2 Yesterday during lunch, the cheesecake took me by surprise. Offering him a bite of mine seemed harmless, but the moment he tasted it, our eyes locked... Neither of us said anything, but we both knew something was different. We had crossed some unseen line and can never go back to just being friends.



Shelly's diary

June 4 I'm jittery and jumpy. Each time the phone rings, I hope it's Dan. When a car drives by, I look out the window to see if it's he. I'm filled with longing, and it is not for my husband. Help God! I know this is wrong, but I don't want it to stop.



Temptation

James 1:14&15 (NIV)

Each one is **tempted** when, by his own evil desire, he is dragged away and enticed. Then, after **desire has conceived**, it **gives birth to sin**; and sin, when it is full-grown **gives birth to death**.



Temptation

Level	Soil name	Sink factor	Sin factor
1	Temptation	Up to your ankles	No sin
2	Contemplation	Up to your waist	Stuck in sin
3	Activation	Over your head	Death



Temptation

- Temptation is not sin.
- Temptation comes to us through our thoughts.



Contemplation

- We sin by giving ourselves permission to dwell on wrong thoughts and rationalise wrong choices.
- **Ephesians 3:5 (NIV)** “But among you there must not be even a hint of sexual immorality...”



Activation

- We act upon our thoughts in direct disobedience to God’s commandments
- This stage leads to death and shame



How do we deal with temptation?

1. Flee

1 Corinthians 6:18 (NKJV)

Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.



How do we deal with temptation?

2. Tell a friend

1 John 1:7 (NKJV)

But if we walk in the light as He is in the light, we have fellowship with one another and the blood of Jesus Christ His Son cleanses us from all sin.



How do we deal with temptation?

3. Set Boundaries

Matthew 5:29&30 (NKJV)

If your right eye causes you to sin, pluck it out and cast it from you... And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.



How do we deal with temptation?

"I believe that Fifty Shades of Grey and the normalization of erotica that's resulting from it will have the same impact on the Church as the advent of Internet pornography and men using it 20 years ago."

Dannah Gresh - best-selling author and co-founder of Pure Freedom



How do we deal with temptation?

4. Redirect your passion

- Redirect your passion to the Lord
- If you are married, redirect your passion to your spouse.



Dealing with guilt and shame

Getting rid of the old:

- Be honest with God.
- Tell Him you were wrong and are grieved over your sin.

Step under the water:

- Accept His forgiveness.
- Forgive yourself.



Dealing with guilt and shame

Receiving the new:

- Receive new clothes from the Lord.
- Receive a new mind, a hunger for holiness and purity, a hunger for His presence.

