

# Battling Desires – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

When you first entered the Teen Challenge program, what were some of the things you didn't like about the rules? At what point did you come to the realization that you were beginning to want to do things that were godly? Was it before or after you came to the program? What was one of the biggest differences you saw in your desires while in the program? What are some ways you have noticed your flesh has been fed since you graduated? Write out the answers to these questions and read them to yourself out loud.

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## Day 2

There will be times that you will not want to obey God, but instead will want to begin running after the things of the world. You need to anticipate and prepare for those times. There are things you can do, like coming to this group and talking about things the devil has been tempting you with lately, that will help you to further kill the flesh and walk in spiritual victory.

What are some ways your flesh was "caged" while in the program? What are some things you can do to protect yourself against a flesh that might not be totally under control? Write out some steps you will take to protect yourself in preparation of moments in your life that you will be weak and tempted to give in to the flesh.

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## Day 3

### Memorize

#### **GALATIANS 5:16-17 (NKJV)**

<sup>16</sup> I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

<sup>17</sup> For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

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## Day 4

The flesh is connected all across the different areas of our lives. Our sleep habits, our eating habits, our use of free time, and our time spent in devotions, are all connected. When we improve one area we find it becomes easier in other areas. That is also one reason why we might come to a point where we feel we hit a spiritual plateau. There might be an area in our life we are neglecting to be self-disciplined in that we need to improve to continue growing. You may even notice that cleaning your house brings a renewed vigor and motivation to seek God and study His word.

Each of us is unique and sometimes struggle in different areas in our lives.

What was one of the most difficult fleshly desires for you to let go of?

What steps are you taking to starve the flesh in that area?

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## Day 5

What were some ways that you fed the Spirit while in the Teen Challenge program? What are some ways you can feed your Spirit now? Write out a list of ways you can feed the Spirit and write out a schedule of when you can do them, and what you want your spiritual life to look like in three years. Make sure to take time to reflect on what God has been teaching you.