

Dealing With Triggers - Lesson

Lesson Summary: Learn to identify things that trigger temptations in your life and take steps to deal with them and minimize their power over you.

JAMES 1:14 (NIV)

But each one is tempted when, by his own evil desire, he is dragged away and enticed.

2 CORINTHIANS 2:11 (MESSAGE)

We don't want to unwittingly give Satan an opening for yet more mischief—we're not oblivious to his sly ways!

1. Understand and identify your triggers

What is a trigger?

Anything that triggers something in you that makes you want to medicate yourself with stimulus like drugs or sex.

- ◆ seen
- ◆ heard
- ◆ smelled
- ◆ felt
- Discouragement
- Someone letting you down
- When you feel God has let you down
- Something that excites you or gets your mind running the wrong direction

2. Minimize your triggers by guarding yourself against them (eliminate them from your home and daily routine)

LEAD US NOT INTO TEMPTATION

How can you minimize the triggers in your daily routine or home?

- ◆ Become aware of what triggers thoughts that start you going down that road to desiring drugs, or sex, etc.
- ◆ Eliminate anything you can from your home that is a trigger for sinful thoughts.
- ◆ These are like fiery darts that the devil throws at us and they burn in our minds
- ◆ Avoid people and places that cause them. Learn how to deal with conflict in a healthy way.

3. How to respond when a trigger goes off in your life

How do you fight off the enemy's attacks?

Memorize scripture and grow in Christ – it fills your mind.

We need to prepare for these temptations before they come.

When the attack comes:

- ◆ State the names of family members that would be hurt if you went back to this sinful act.
- ◆ Quote good verses.
- ◆ Every morning read a list of reasons why you don't want to go back.