

Dealing With Triggers – Daily Exercises

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

Day 1

Triggers are things that spark thoughts and memories, feelings and desires that cause temptations to sin to arise in our hearts.

List at least 5 things that you can identify as triggers in your life.

Day 2

What are some things you can do to help reduce the frequency of these triggers in your life? Write them out.

Day 3

Memorize

1 PETER 5:8 (NIV)

Be self-controlled and **alert**. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Day 4

There is often a point long before the actual sin where a trigger is flipped in our hearts that we respond to in a way that opens up the possibility of sin in our lives. Not necessarily a point of decision to sin, but a point of lowering our resistance to it and allowing the idea to remain unchecked in our minds. Describe a time when you had been clean for a while and then experienced this before you sinned. Write it out and read it out loud to yourself.

Day 5

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!

Answer these questions:

Have you ever found yourself sinning and didn't understand what happened?

There are times when we have sinned so many times, that it has become part of our lifestyle, and there is no more resistance in our hearts to it. That is a very dangerous place to be and often we have to suffer a pretty severe catastrophe to come to our senses.

One example of the devil's schemes is when the devil steps back and lets you feel like you are done with temptation, and pride begins to creep into your heart. Then he brings temptations in your heart. Now you feel like you are more mature, and are expected to be someone that others are looking up to, and so you don't share your struggles with anyone. Temptations will grow into sinful actions unless they are exposed by telling others and separating yourself from them. Left in secret, they bring you to the point of sin.

Are you aware of the schemes the devil uses against you?

What are some schemes you have identified that the devil has used against you?

Write them out.

Begin writing out temptation experiences that you have to better identify the schemes of the enemy. Write out the strategies God wants you to use to overcome these triggers and temptations.