

Play the Tape out - Lesson

Lesson summary: Think about the consequences, not just the emotion of the moment, before you face strong temptation. Think about the path sin will lead you down.

Look into the future to determine if your current actions will take you to where you want to go, or somewhere you don't want to go. When fighting temptation, instead of trying to not think about something sinful and pleasurable, just think past it. Think "Okay, if I do that, it will feel good, and then what will be the consequences?"

ISAIAH 1:19-20 (NIV)

¹⁹"If you are willing and obedient,
you will eat the best from the land;
²⁰but if you resist and rebel,
you will be devoured by the sword."
For the mouth of the LORD has spoken.

- Admit the good things you get from giving in to a temptation, why you do it, there has to be some reason.
- Play in your mind what the eventual outcome of that behavior will be before you do it.
- The devil tries to keep us from looking to the future, or the consequences of our behavior.
- There are good consequences and bad consequences.

What are examples of actions and their corresponding bad consequences?

What are examples of actions and their corresponding good consequences?

Facing Future Consequences of Sin

1. Think about the areas you are being tempted in or struggling with in your life.
2. What will happen to you if you pursue those desires?
3. Where would you will be in 5 years?
4. What will your feelings be?
5. Will you have accomplished what you wanted to do?
6. Will it have been worth it?

Facing Future Consequences of Righteousness

1. Where do you **want** to be in 5 years and what do you need to be doing now to get there?
2. Will it be worth it?
3. How will you feel?
4. What are you willing to give up to get there?