

Food for Thought

For the week of August 10, 2014

(Questions and Scriptures for further personal study)

1. None of us want to be known as the person who's blowing it and needs to "Knock It Off"! Realizing that we are giving in to temptation can be quite humbling and frightening to admit. What hope and incentive do the following verses give us to take the needed steps to "Knock It Off," no matter how far off track we are?

Proverbs 18:12

Isaiah 57:15

Hebrews 4:14-16

Ezekiel 36:24-30

2. Continuing to walk in obedience can be challenging because each of us has a sin nature that encourages us to do things "our way" and not "God's way." We also have an enemy (the devil) who is called the "tempter" whose ultimate goal is to get us to disobey God (see Genesis 3). In the following verses, what do you see that can help us consistently win this battle?

1 Corinthians 10:12-13

1 John 1:8-2:2

3. Part of "Knocking It Off" may mean you need to involve someone else and admit a wrong, ask for forgiveness or set up some type of accountability or safeguards to move in a positive direction. How do the following verses reference the possible need of involving others to help you make progress?

Proverbs 28:13

James 5:16

Hebrews 10:24-25

To prevent ourselves from giving in to our sinful desires, we need to set up safeguards and develop strategies. Can you think of any safeguards or strategies you have seen others use at work, at home, or in their personal or social life to help them avoid temptation?

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1. None of us want to be known as the person who's blowing it and needs to "Knock It Off"! Realizing that we are giving in to temptation can be quite humbling and frightening to admit. What hope and incentive do the following verses give us to take the needed steps to "Knock It Off," no matter how far off track we are?

Proverbs 18:12

12 Before a downfall the heart is haughty, but humility comes before honor. [NIV]

Isaiah 57:15

15 For this is what the high and exalted One says—
he who lives forever, whose name is holy:
"I live in a high and holy place,
but also with the one who is contrite and lowly in spirit,
to revive the spirit of the lowly
and to revive the heart of the contrite. [NIV]"

Hebrews 4:14-16

Jesus the Great High Priest

14 Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. [NIV]

Ezekiel 36:24-30

24 "For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land. 25 I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. 26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. 27 And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. 28 Then you will live in the land I gave your ancestors; you will be my people, and I will be your God. 29 I will save you from all your uncleanness. I will call for the grain and make it plentiful and will not bring famine upon you. 30 I will increase the fruit of the trees and the crops of the field, so that you will no longer suffer disgrace among the nations because of famine. [NIV]"

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1 Corinthians 10:12-13

12 So, if you think you are standing firm, be careful that you don't fall! 13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. [NIV]

1 John 1:8-2:2

8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 10 If we claim we have not sinned, we make him out to be a liar and his word is not in us.

2-1 My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. 2 He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. [NIV]

3. Part of “Knocking It Off” may mean you need to involve someone else and admit a wrong, ask for forgiveness or set up some type of accountability or safeguards to move in a positive direction. How do the following verses reference the possible need of involving others to help you make progress?

Proverbs 28:13

13 Whoever conceals their sins does not prosper,
but the one who confesses and renounces them finds mercy. [NIV]

James 5:16

16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. [NIV]

Hebrews 10:24-25

24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. [NIV]

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