

Diamonds

“Facing the Familiar Foe of Temptation”

How Do I Gain the Upper Hand in My Battles with Temptation?

1. Feed *my mind*.

- **Col. 3:1-4:** “*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ²Set your minds on things above, not on earthly things. ³For you died, and your life is now hidden with Christ in God. ⁴When Christ, who is your life, appears, then you also will appear with him in glory.*”

2. Starve my appetite for *twisted love* & *perverted passion*.

- **Col. 3:5-9:** “*Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶Because of these, the wrath of God is coming. ⁷You used to walk in these ways, in the life you once lived. ⁸But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹Do not lie to each other, since you have taken off your old self with its practices...*”

3. Clean up good with new *relational* & *attitudinal* threads.

- **Col. 3:10-15:** “*...and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. ¹²Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴And over all these virtues put on love, which binds them all together in perfect unity. ¹⁵Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*”