

ABHOR THE SIN

Not just the consequences and the guilt.

- *Psalm 51:4 — "Against you — you alone — I have sinned and done this evil in your sight. So you are right when you pass sentence; you are blameless when you judge."*

ADORE GOD

Worship him more than you worship the quick fix.

- *Psalm 34:8 — "Taste and see that the Lord is good. How happy is the person who takes refuge in him!"*

ASSURANCE OF GRACE

Rest in Christ's perfect obedience rather than your best efforts.

- *Ephesians 2:4-9 — "But God, who is rich in mercy, because of his great love that he had for us, made us alive with Christ even though we were dead in trespasses. You are saved by grace! He also raised us up with him and seated us with him in the heavens in Christ Jesus, so that in the coming ages he might display the immeasurable riches of his grace through his kindness to us in Christ Jesus. For you are saved by grace through faith, and this is not from yourselves; it is God's gift — not from works, so that no one can boast."*

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AVOID THE TEMPTATION

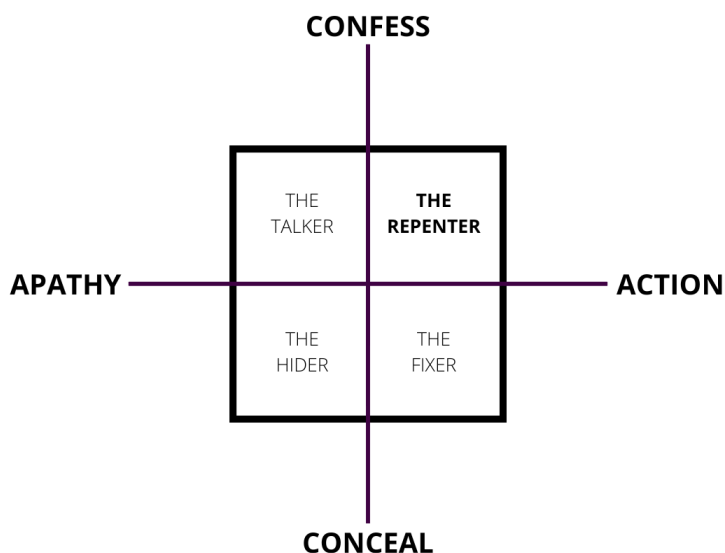
Any other habits or patterns that put you at risk? Set up personal boundaries

- *Romans 13:11-13 — "Besides this, since you know the time, it is already the hour for you to wake up from sleep, because now our salvation is nearer than when we first believed. The night is nearly over, and the day is near; so let us discard the deeds of darkness and put on the armor of light."*

ACCOUNTABILITY TO OTHERS

Maintain an open dialogue with someone who will point you to Christ.

- *Proverbs 27:17 — "Iron sharpens iron, and one person sharpens another."*



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