

appnotes

DAY 1

READ PSALM 51:1-19

No sin is greater than God's grace to forgive. No sinner is beyond God's power to restore. Have you ever been caught in an addictive habit with your world crumbling down around you? King David, who wrote many of the Psalms, was there, immersed in lies, sexual sin, and murder. Instead of running from it, David confessed it. Through that moment of incredible brokenness before God, David was healed. No one is ever too far gone or too deep into their sin that God cannot pull them out and change them, revive them, and make them useful for His kingdom. God called David a man after his own heart. That fills me with hope. David made so many horrible mistakes yet God still used him. God can still use any of us despite our past when we're willing to come to Him, repent, and be restored.

DAY 2

READ 1 CORINTHIANS 6:12-20

Any pyromaniacs out there? Fire is useful, powerful, and beautiful. Wonderful memories are made around campfires in the summer. But fires have also wreaked tremendous destruction through cities and forests. Fire can give warmth and light or can cause great destruction. Sexual intimacy is like that. Throughout the Bible, God is clear on His design and even delight in sex. Just like a fire is best under control, sex is best within God's boundaries. As the Apostle Paul points out in today's passage, God made you for intimacy with your spouse. Everything else ends up burning you in the end. Besides, we are new people now with God living inside of us. We can choose the better way to live. It's a win-win: God gets the glory, and we enjoy His best.

DAY 3

READ GENESIS 39:1-20

What are the temptations you face every day? Laziness, gossip, or selfishness? To lash out in anger? To compromise sexually? Joseph was tempted by a married woman who wanted to sleep with him... every day. He resisted. She persisted. He fled. How do you respond to the sins that lure you? Do you flirt with the sin or flee from it? To be tempted is not to sin. Everyone is tempted (1 Cor. 10:13). Sin is when we succumb to it. The first line of fighting temptation is to flee. So turn off the computer and just get up. Leave the conversation. Walk away and take a breath before responding. What do you need to do to flee the temptations in your life?

DAY READ JAMES 1:13-18

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A couple on their wedding day isn't usually planning for divorce. We don't ever hope to destroy our lives with alcohol, anger, or too much time at work and not enough with our families. But we can ruin our lives one bad choice at a time. One temptation can turn into one sin that can turn into a lifetime of bad decisions that destroys our lives. We don't ever plan for that. Sin has a predictable pattern: temptation, capitulation, and painful consequences. But so does winning at life. Sin promises satisfaction it can never deliver. God promises so much more and can deliver. Overcoming temptation is a matter of who you believe can deliver the goods. Next time, go with God!

DAY READ PROVERBS 7:6-27

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What delicious food do you find hard to resist? Is it the mix of salty and sweet? A dessert or dip? Some temptations feel that way. If we get too close, we feel like we cannot resist. King Solomon, the wisest man to ever live, recognized the intense pull of sexual sin. He taught his son to be aware of sexual pitfalls and the consequences of falling into them. The picture in Proverbs 7 is that of a young man who first chose to walk down the prostitute's street right toward her house. He was just looking for trouble. Are you wandering anywhere you shouldn't? Where are your choices taking you? Are they leading you into temptation or taking you away from it?

AppNotes are available on our Facebook page, Monday-Friday.

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