

"Winning the Battle Over Temptation, Pt 3"  
James 1:13-16  
March 16, 2014

*Barriers to Overcoming Temptation:*

Barrier #1: Consequences

Barrier #2: Accountability

Barrier #3: Recognizing Trigger Points

A trigger point is that moment in time when a temptation is more likely to be stimulated in your mind.

Barrier #4: A physiological understanding of yourself

*Four trigger points that led to David's temptation and sin:*

1. David was not where he was supposed to be.
2. David was more vulnerable at night time. (v.2a)
3. David was restless and bored. (restlessness and boredom) (v.2b)
4. David was alone. (loneliness) (v.2)

Barrier #4: A physiological understanding of yourself

When did the physiological change occur with David?  
When he saw Bathsheba bathing.

What should David have done when he saw Bathsheba bathing?  
Look away...Run...Get off the roof..

*The process of David's sin and Achan's sin:*

1. I saw
2. I coveted
3. I took
4. I hid

GUARD YOUR HEART!!!!!!!!!!!!!!!!!!!!!!!!!!!!