**Toxic Emotions** (Series Graphic)

**Anger**

1. Just **let it go**.
2. Focus your anger on the **right things**.
3. Affirm lots of **truth** first.
4. Take the **offense** and the **offender** to the Lord.

**Jealousy**

1. Jealousy makes normally reasonable people do **harmful** things.
2. Jealousy **destroys** your life from within.

3. Jealousy is a form of **idolatry**.

**Temptation**

(Proverbs 4:14-15)

“Do not set foot on the path of the wicked or walk in the way of evildoers. **Avoid it**, do not travel on it; **turn from it** and go on your way.”

(James 1:13-15)

“When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil **desire** and enticed. Then, after **desire** has **conceived**, it gives birth to **sin**; and sin, when fully grown, gives birth to **death**.”

**Overcoming Temptation:**

1. Know the **Word.**

(Matthew 4:4)

“Jesus answered, “**It is written**…”

*Center for Bible Engagement Research:*

*“A lack of scriptural engagement produces several consequences. Disengagement from God’s word has left American believers ignorant of basic Bible facts and truths, vulnerable to false teachings, and, in many cases, spiritually immature. As our research has demonstrated, those who read the Bible at least four times a week are less likely to engage in behaviors such as gambling, pornography, getting drunk, and sex outside marriage. …*

*In sum, these analyses confirm what CBE’s initial research with Christ followers revealed: a powerful relationship between engaging scripture at least four times a week and moral behavior.”*

**Overcoming Temptation:**

1. Know the **Word.**
2. **Run** away!

(Proverbs 4:14-15)

“Do not set foot on the path of the wicked or walk in the way of evildoers. **Avoid it**, do not travel on it; **turn from it** and go on your way.”

(James 4:7)

“Submit yourselves, then, to God. **Resist the devil**, and he will flee from you.”

**Overcoming Temptation:**

1. Know the **Word.**
2. **Run** away!
3. **Pray.**

(Luke 22:40)

“…**Pray** that you will not fall into **temptation**.”

**Overcoming Temptation:**

1. Know the **Word.**
2. **Run** away!
3. **Pray.**
4. Make **changes**.

(Matthew 5:27-30)

“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his **heart**. If your right eye causes you to stumble, **gouge it out and throw it away**. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, **cut it off and throw it away**. It is better for you to lose one part of your body than your whole body to go into hell.”

**Overcoming Temptation:**

1. Know the **Word.**
2. **Run** away!
3. **Pray.**
4. Make **changes**.
5. Strengthen your **thoughts**.

(Romans 12:2)

“Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God’s will is…”

(Philippians 4:8)

“…whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**.”

**Overcoming Temptation:**

1. Know the **Word.**
2. **Run** away!
3. **Pray.**
4. Make **changes**.
5. Strengthen your **thoughts**.
6. **Accountability**.

(James 5:16)

“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.”

**Overcoming Temptation:**

1. Know the **Word.**
2. **Run** away!
3. **Pray.**
4. Make **changes**.
5. Strengthen your **thoughts**.
6. **Accountability**.
7. Be **disciplined.**

(Proverbs 5:22-23)

“The evil deeds of the wicked ensnare them; the cords of their sins hold them fast. **For lack of discipline they will die**, led astray by their own great folly.”

**Overcoming Temptation:**

1. Know the **Word.**
2. **Run** away!
3. **Pray.**
4. Make **changes**.
5. Strengthen your **thoughts**.
6. **Accountability**.
7. Be **disciplined.**
8. With **God’s** help.

(1 Corinthians 10:13)

“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**.”