



**Did God really
say that?**

Genesis 3

3 Now the serpent was craftier than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?”

The bible also says

John 10:10

¹⁰ The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.

1 John 1:8-9

⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.



Sin Triggers

The World

The Flesh

The devil

The World

Romans 12:2

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—his good, pleasing and perfect will.

The flesh

It feels good to me so it must be right addictions, of all sorts which contradict the teaching in the bible, but which feel good to me.

The devil

Genesis 4:7 But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

satan says:

You are stupid

You are worthless.

You are ugly.

You are not doing enough.

You are better than everyone else.

Strategies for fighting the battle

- 1. Develop a plan to read some of the bible everyday (Bible in a year, Lectio 365)**
- 2. Pray about everything**
Find your happy praying space (walking, in your car, whatever works for you)
- 3. Let people you can trust in.**
- 4. Join a small group.**
- 5. Come to church regularly.**
- 6. Be careful what you read and watch on TV (horror films etc)**
- 7. Help others, identify with people the bible says God/Jesus identified with (Isaiah 53)**

The Armor of God Galatians 5 :10

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of **truth buckled around your waist, with the breastplate of **righteousness** in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of **peace**. ¹⁶ In addition to all this, take up the shield of **faith**, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of **salvation** and the sword of the Spirit, which is the **word of God**.**

