

# Resisting Bad Desires and Emotions

## Premise:

In order to be a person who leads your heart (beliefs, desires, intentions, emotions) you have to develop the habit of resisting bad desires and emotions.

## What Happens if You Don't Try to Resist Them

- You're much less likely to change them
- You're going to make bad decisions

## Resisting Effectively

### Desires

- Make a list of reasons it's not worth doing
  - Lists have power because they have an effect that builds up
- Use the Scriptures (Matthew 4:1-11)
- Avoid the opportunity to give in (Proverbs 5:1-13)

### Emotions (ones that aren't in touch with reality)

- Make a list of reasons why you shouldn't trust them
  - And use Scripture where relevant
  - Using these arguments usually won't make the feelings just go away, but sometimes it can make it a little bit easier to resist them (resist letting them influence your decisions)
- Make a list of consequences that might come if you allow these feelings to control your decisions
- Resolve in your mind to not let them influence your choices

## Heart Change Takes Time

- Since it takes time, there are 3 things you are going to need:
  - Understanding that it is going to take time
  - Commitment to working on it consistently
  - Commitment to resisting it in the meantime until it is changed

## Conclusion

- We have to develop the habit of resisting bad desires and emotions.
  - If we don't make attempts to resist them, they will probably get worse
  - If we don't make attempts to resist them, we will make bad decisions

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**1 Corinthians 10:13:** No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.