

Indulgent Desires

Definition: Letting sin reign in our mortal body so that we obey its evil desires (Romans 6.12). Although born again and indwelt by the Holy Spirit, each of us still has a sinful nature at work in our bodies and minds that frequently causes us to have desires—much stronger than our actual needs—for food, sexual gratification, sleep, and other addictions.

Prayerful Meditation on God’s promises:

- He who believes in me will never be thirsty (John 6.35)
- If you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live (Romans 8.13)

Indulgent Desires

Definition: Letting sin reign in our mortal body so that we obey its evil desires (Romans 6.12). Although born again and indwelt by the Holy Spirit, each of us still has a sinful nature at work in our bodies and minds that frequently causes us to have desires—much stronger than our actual needs—for food, sexual gratification, sleep, and other addictions.

Prayerful Meditation on God’s promises:

- He who believes in me will never be thirsty (John 6.35)
- If you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live (Romans 8.13)

Fighting Ten Specific Attitudes of Unbelief

Keeping ourselves in God’s love (Jude 21)

1. **Identify** the specific state of mind which constitutes an evil heart of unbelief
2. Prayerfully meditate on and claim several **promises** from the “faithful God” (Deuteronomy 7.9) that are directly and explicitly pertinent
3. Consider the **threats** indicating the severity with which God will deal with those who allow unbelief to remain by not taking immediate steps.

Fighting Ten Specific Attitudes of Unbelief

Keeping ourselves in God’s love (Jude 21)

1. **Identify** the specific state of mind which constitutes an evil heart of unbelief
2. Prayerfully meditate on and claim several **promises** from the “faithful God” (Deuteronomy 7.9) that are directly and explicitly pertinent
3. Consider the **threats** indicating the severity with which God will deal with those who allow unbelief to remain by not taking immediate steps.

Self-Adulation

Definition: An evil heart of unbelief takes the form of elation for some triumph we have enjoyed or for some clever, creative, or well-advised thing we think we have done.

Prayerful Meditation on God's promises:

- God opposes the proud but gives grace to the humble (James 4.6)
- Whoever exalts himself will be humbled, and whoever humbles himself will be exalted (Matthew 23.12)
- Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves (Philippians 2.3)
- Though the LORD is on high, he looks upon the lowly, but the proud he knows from afar (Proverbs 11.2)

Self-Adulation

Definition: An evil heart of unbelief takes the form of elation for some triumph we have enjoyed or for some clever, creative, or well-advised thing we think we have done.

Prayerful Meditation on God's promises:

- God opposes the proud but gives grace to the humble (James 4.6)
- Whoever exalts himself will be humbled, and whoever humbles himself will be exalted (Matthew 23.12)
- Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves (Philippians 2.3)
- Though the LORD is on high, he looks upon the lowly, but the proud he knows from afar (Proverbs 11.2)

Listlessness and Despondency

Definition: The Devil tries to destroy our confidence by saying that we are at a dead end and that there is no way out. Also we get that burned-out sense in which we feel that we just cannot carry on our responsibilities

Prayerful Meditation on God's promises:

- You will make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand (Psalm 16.11)
- So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised.... My righteous one will live by faith. And if he shrinks back, I will not be pleased with him. (Hebrews 10.35-38)

Listlessness and Despondency

Definition: The Devil tries to destroy our confidence by saying that we are at a dead end and that there is no way out. Also we get that burned-out sense in which we feel that we just cannot carry on our responsibilities

Prayerful Meditation on God's promises:

- You will make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand (Psalm 16.11)
- So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised.... My righteous one will live by faith. And if he shrinks back, I will not be pleased with him. (Hebrews 10.35-38)

False Guilt

Definition: A worldly sorrow that leads to discouragement and death, which would happen if we accept the poor self-image Satan tries to give us and conclude that we are worthless and that there is thus no use trying to go on.

Prayerful Meditation on God's promises:

- God will not always accuse, nor will he harbor his anger forever (Psalm 103.9)
- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1.9)
- I tell you the truth, all the sins and blasphemies of men will be forgiven then. (Mark 3.28)

False Guilt

Definition: A worldly sorrow that leads to discouragement and death, which would happen if we accept the poor self-image Satan tries to give us and conclude that we are worthless and that there is thus no use trying to go on.

Prayerful Meditation on God's promises:

- God will not always accuse, nor will he harbor his anger forever (Psalm 103.9)
- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1.9)
- I tell you the truth, all the sins and blasphemies of men will be forgiven then. (Mark 3.28)

Anxiety

Definition: Satan tries to get believers to credit some dark scenario that might plausibly follow from problems presently confronting them. The Christian then runs through the bleak scenario again and again.

Prayerful Meditation on God's promises:

- Cast all your anxiety on him, for everything that concerns you concerns him (1 Peter 5.7)
- Therefore I tell you, do not worry.... But strive first for the kingdom of God and his righteousness, and these things will be given to you as well (Matthew 6.25, 33)
- If you do not stand firm in your faith, you will not stand at all (Isaiah 7.9)

Anxiety

Definition: Satan tries to get believers to credit some dark scenario that might plausibly follow from problems presently confronting them. The Christian then runs through the bleak scenario again and again.

Prayerful Meditation on God's promises:

- Cast all your anxiety on him, for everything that concerns you concerns him (1 Peter 5.7)
- Therefore I tell you, do not worry.... But strive first for the kingdom of God and his righteousness, and these things will be given to you as well (Matthew 6.25, 33)
- If you do not stand firm in your faith, you will not stand at all (Isaiah 7.9)

Impatience

Definition: Feeling that we should be getting on faster with some project and that we are not well advised simply to let God work for and through us in his own time and way as we wait for him.

Prayerful Meditation on God's promises:

- Give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonor the name of my God (Proverbs 30.7-8)
- I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength (Philippians 4.11-13)

Impatience

Definition: Feeling that we should be getting on faster with some project and that we are not well advised simply to let God work for and through us in his own time and way as we wait for him.

Prayerful Meditation on God's promises:

- Give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonor the name of my God (Proverbs 30.7-8)
- I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength (Philippians 4.11-13)

Jealousy and Envy

Definition: When we see another person succeed in getting some desirable thing that we wish we could have.

Prayerful Meditation on God's promises:

- Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever (Psalm 73.25-26)
- Do not fret when men succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil. For evil men will be cut of, but those who hope in the Lord will inherit the land (Psalm 37.7-8)

Jealousy and Envy

Definition: When we see another person succeed in getting some desirable thing that we wish we could have.

Prayerful Meditation on God's promises:

- Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever (Psalm 73.25-26)
- Do not fret when men succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil. For evil men will be cut of, but those who hope in the Lord will inherit the land (Psalm 37.7-8)

Regret

Definition: When hindsight shows us that we should have zigged rather than zagged in making some decision in the past, Satan loves to tell us the lie that we have thus irretrievably lost a very substantial portion of future happiness.

Prayerful Meditation on God's promises:

- Obey the Lord by doing what I tell you. Then it will go well with you, and your life will be spared. (Jeremiah 38.20)
- And we know that in all things God works for the good of those who love him (Romans 8.28)
- In all these things, we are more than conquerors through him who loved us (Romans 8.37)

Regret

Definition: When hindsight shows us that we should have zigged rather than zagged in making some decision in the past, Satan loves to tell us the lie that we have thus irretrievably lost a very substantial portion of future happiness.

Prayerful Meditation on God's promises:

- Obey the Lord by doing what I tell you. Then it will go well with you, and your life will be spared. (Jeremiah 38.20)
- And we know that in all things God works for the good of those who love him (Romans 8.28)
- In all these things, we are more than conquerors through him who loved us (Romans 8.37)

Covetousness

Definition: When we are dissatisfied with what we possess or with our station and circumstances in life.

Prayerful Meditation on God's promises:

- Give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonor the name of my God (Proverbs 30.7-8)
- I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength (Philippians 4.11-13)

Covetousness

Definition: When we are dissatisfied with what we possess or with our station and circumstances in life.

Prayerful Meditation on God's promises:

- Give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonor the name of my God (Proverbs 30.7-8)
- I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength (Philippians 4.11-13)

Bitterness

Definition: When a person harbors a grudge or an unforgiving spirit against another for a wrong done to one.

Prayerful Meditation on God's promises:

- I will repay (Romans 12.19)
- Do not be overcome by evil, but overcome evil with good (Romans 12.21)
- Forgive us our debts, as we also have forgiven our debtors (Matthew 6.12)
- In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. Then Jesus said, "This is how my Father will treat each of you unless you forgive your brother from your heart" (Matthew 18.32-35)

Bitterness

Definition: When a person harbors a grudge or an unforgiving spirit against another for a wrong done to one.

Prayerful Meditation on God's promises:

- I will repay (Romans 12.19)
- Do not be overcome by evil, but overcome evil with good (Romans 12.21)
- Forgive us our debts, as we also have forgiven our debtors (Matthew 6.12)
- In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. Then Jesus said, "This is how my Father will treat each of you unless you forgive your brother from your heart" (Matthew 18.32-35)