

You Can Change – Chapter 8

Chapter 8: What Strategies will Reinforce Your Faith and Repentance?

Read Galatians 5:16-17

Not sowing to the sinful nature means _____ situations that provoke sinful desires and _____ from situations where we feel tempted. This reinforces repentance.

Read I Corinthians 6:18-20

Read Psalm 1:1-4

Sowing to the Spirit is saying _____ to what will strengthen our Spirit-given desires. This is reinforcing faith.

Read 2 Timothy 2:22

7 means of grace that will strengthen our Spirit-given desires:

1. The Bible
2. Prayer
3. Community
4. Worship
5. Service
6. Suffering
7. Hope

Read 2 Corinthians 4:17-18

Questions for Reflection:

What steps can you take to stop your sinful desires from being strengthened?

How can you better strengthen your faith through the means of grace?