

## Friday:

Read Psalm 103 & Ephesians 5:19. List all the reasons to praise God found in Psalm 103.

How does music help you refuel? How does the Bible help you?

How could you use daily music and scripture reading to help you overcome the destructive patterns you're struggling with?

*Thank God today for music. Thank Him for giving you the opportunity to read and learn the Bible. Pray that you'll be disciplined in what you feed your mind on a daily basis. Pray that you'll have daily victories over your destructive patterns.*

## Saturday:

*Read Ephesians 5:20. Write down at least 15 things that God has given you. Spend time in prayer thanking God for each one of those things. Pray that you will see His daily gifts to you and that you will be content with what He has provided for you.*

# Prayer Updates

## HOSPITALIZED & SURGERIES this past week...

Bobbette Moore – surgery recovery, improving & could be going home in a week or so  
Elaine Bonn – (Brian Bonn's mother) had surgery 7/9 for knee replacement. Numerous health problems, needs prayer for complete rehabilitation, encouragement and increased mobility  
Francis "Suzanne" Heisey – some improvement & feeling better, strong woman of faith  
Hayden Witt (infant, parents Phil & Kiersa, grandparents Sterling & Cheri) – continue to pray as he will be at Stanford for a couple of weeks  
Irvin Smith – condition is the same – please remember his wife Karen & family in your prayers  
Judy Helmle – in the hospital for testing  
Natalie Lewis – 18 yrs old, jaw surgery 7/11, pray for a quick recovery  
Sandy Cameron – foot surgery 7/11  
Sarah Kritikos – had a grand mal seizure as a result of a fall, pick up a "Prayer Update" at the Info Desk for more details on how you can help the family. Call 465-3368  
Sharla Bollum – treatment for staph infection  
Verjene Kalashian – surgery 7/12  
William Henry - hospitalized, on life support

**Recent hospitalizations/surgeries:** Aleeta Zapata, Lloyd Nelson, Robert Miller, Trudi Jackson

## We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups – call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center. **You can also subscribe to our online Prayer Update by visiting our web site at [www.tlc.org/profiles](http://www.tlc.org/profiles) and signing up.**

## Joy & Blessing

Carrie & Patrick Steele were blessed with the arrival of Jack David.  
Proud grandparents are Dave & Pam Hicks.

# Part 3: Escaping My Self-Defeating Patterns

*Ephesians 5:3-20*  
July 14 & 15, 2007 • René Schlaepfer

# IT CAME FROM WITHIN!

"Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God." *Ephesians 5:1,2*

## Common Self-Destructive Patterns

### 1. Abusing \_\_\_\_\_

"But among you there must not be even a hint of sexual immorality, or of any kind of impurity..."  
*Ephesians 5:3a*

### 2. Abusing \_\_\_\_\_

"...or of greed, because these are improper for God's holy people." *Ephesians 5:3b*

"greed": Greek pleonexia, "the \_\_\_\_\_ for \_\_\_\_\_"

### 3. Abusing \_\_\_\_\_

"Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving." *Ephesians 5:4*

Negative \_\_\_\_\_ lead to negative \_\_\_\_\_  
which lead to negative \_\_\_\_\_

With my words I am writing the \_\_\_\_\_ for my \_\_\_\_\_

### 4. Abusing \_\_\_\_\_

"Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."  
*Ephesians 5:18*

The big idea: Don't \_\_\_\_\_ passions; \_\_\_\_\_ passions

## How do I replace my destructive passions?

### 1. Remember \_\_\_\_\_

"For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord."  
*Ephesians 5:8-10*

### 2. Reduce \_\_\_\_\_

"Have nothing to do with the fruitless deeds of darkness, but rather expose them. For it is shameful even to mention what the disobedient do in secret." *Ephesians 5:11-12*

"Don't be fooled by those who try to excuse these sins, for the terrible wrath of God is upon all who do them. Don't even associate with such people." *Ephesians 5:6,7 (LB)*

### 3. Reveal \_\_\_\_\_

“...but rather expose them... everything exposed by the light becomes visible, for it is light that makes everything visible. This is why it is said: “Wake up, O sleeper, rise from the dead, and Christ will shine on you.” *Ephesians 5:13-14*

“Don’t be fooled by those who try to excuse these sins, for the terrible wrath of God is upon all who do them. Don’t even associate with such people.” *Ephesians 5:6,7 (LB)*

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### 4. Redeem \_\_\_\_\_

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.” *Ephesians 4:15-16*

### 5. Refuel \_\_\_\_\_

“Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord...” *Ephesians 5:19*

### 6. Rejoice \_\_\_\_\_ !

“...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” *Ephesians 5:20*

Find joy in what I \_\_\_\_\_, not what I \_\_\_\_\_

## Daily Meditations

### Monday

Read Ephesians 5:3-4, 18. What self-destructive pattern(s) do you struggle with? What is one thing that you learned last weekend that can help you overcome that pattern?

Read Ephesians 5:8-10. How does these verses characterize believers? What do you remember about life in the “dark”?

In what do you struggle with remembering who you are in Christ? How does that impact your attitude and actions?

What will you do this week to help your remember who you are in Christ?

*Thank God today for all that He has done for you. Thank Him for the love and grace He lavishes on you. Talk to Him about your self-destructive patterns – come clean with Him. Ask Him to remind you often of who you really are in Him. Pray that your attitude and actions will reflect that truth*

continued 

### Tuesday:

Read Proverbs 13:20 & Ephesians 5:6-7, 11-12. When’s the last time you caught yourself picking up a friend’s style of speaking?

When are you most tempted to “go with the flow” even if you know the “flow” is wrong?

How can paying attention to who you associate with help you get tackle destructive patterns?

What is one thing you can do this week to be a positive influence in your friend’s lives?

*Thank God today for His concern for your relationship. Talk to Him about the areas of your life where you feel susceptible to the wrong influences. Ask God to give you the courage to choose to do what’s right. Ask Him for wisdom in your relationships. Pray that you will be a positive influence on your friends.*

### Wednesday:

Read John 3:19-21 & Ephesians 5:13-14. When we know our choices are wrong it is amazing the lengths we’ll go in order to hide them.

Think about your recent life. What choice have you tried to hide under the cover of darkness?

How does honesty impact you? How does it impact your relationships?

What step will you take today towards honesty?

*Thank God today that He knows everything about you and loves you more than anyone ever will. Talk to Him about the things you’re trying to hide. Ask Him for the courage to step towards honesty today. Pray that your life will be characterized by light.*

### Thursday:

Read Ecclesiastes 3:1-14 & Ephesians 4:15-16. What do these verses say about time?

When are you most tempted to waste time?

What is the connection between watching your time and overcoming destructive patterns?

What can you do this week to be sure you’re ready to “make the most of every opportunity”?

*Thank God today that He has given you the daily trust of time. Talk to Him about the temptations you face to waste your time. Pray that you’ll grow in your choices and reap the rewards of making the most of the opportunities that He gives you.*



*“For you were once darkness, but now you are light in the Lord. Live as children of light.”  
Ephesians 5:8*

over  