

## Do not turn back

Acts 3:19-20 “Therefore repent and turn back so that your sins may be wiped out, so that times of refreshing may come from the presence of the Lord, and so that he may send the Messiah appointed for you—that is, Jesus.”

Genesis 19:26 - But Lot's wife looked back longingly and was turned into a pillar of salt.

Luke 17:32-33 - Remember Lot's wife! Whoever tries to keep his life will lose it, but whoever loses his life will preserve it

It should be obvious, but sin leads to nothing but temporary pleasure and eventual death either in the spiritual or physical. Whether it's oppression or hardship, the consequences will happen eventually.

In order to combat the temptations of backsliding or mental attacks, we have to take the following actions when the temptations happen.

### Hate sin entirely

- When you define something that is ungodly as sin and hate the act, It becomes easier to reject the temptation that tries to entice you.
- Of course, depending on the sin you can find examples of it in the Word and see the consequences the person in the passage faced for participating in the same sin.

### Make more time for God

- You can't just turn away from the sin after receiving deliverance from it. You must replace the action and time wasted on it with actions focused on God.
- Worship, the prayers\videos on the site, challenges even focused time in reading the Word is a better use of your time and will strengthen your spirit instead of the flesh.

### Don't justify sin

- Don't make excuses for the sin but define it as it is, actions against God.
- It's a simple mindset shift, but once you do it and stay in the spirit, your mind will be able to reject temptation and lying thoughts from the enemy when they come.

In the above verses, it's alleged Lot's wife turned back to look at the city because she *identified with the sinful acts* of the city instead of showing respect for God's provision of salvation. God gave Lot and his family a way out from death(with the additional command to not *gaze\stare longingly* at the city or stop in the Jordan valley), but the decision was still on each of them to leave the city and not look back.

## What to Do When You Stumble

- Run to God: Don't hide; run to God in repentance, as His love is greater than shame.
- Confess & Resolve: Confess to God and resolve never to repeat the specific mistake.
- Seek Knowledge: Understand God's empowering grace to live righteously.
- Seek deliverance: the sin may be part of a stronghold that needs to be torn down and the area filled with the Holy Spirit.
- Delete\throw away things that may trigger temptation: This is more for lust and new age\occult sin. Ask the Holy Spirit for discernment regarding items in your home\computer\phone not in alignment with God and remove them.

God will always give us a way out of sin (1 Corinthians 10:13), but it's still our responsibility to not put ourselves in situations where temptation may be in order to not transgress. He still gives us grace, but we must not take it for granted.