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Lesson 6

Date: _____

When you hear the word Temptation what do you think?

- _____
- _____
- _____
- _____
- _____

When I hear the word temptation I think of:

- Being tempted to cheat on a diet
- run a red light
- tell a small lie
- even being tempted to cheat while in a relationship,
- put someone down
- to fall back into an addiction

The definitions of Temptation are:

1. To try to get (someone) to do wrong, especially by a promise of reward.
2. To be inviting or attractive to.

I want to tell you a story to show another way of thinking about temptations: I went to the ER to visit a young man whom we have known for many years. He made a touchdown and the other team was told by their coach to take him out... take him out they did. He now is out for the season with a fractured shoulder. There are many temptations that can come out of this; Temptation of revenge, temptation of trying to play before being completely healed, and the temptation of becoming so angry that you quit doing what you love just because you have to take a break from playing the game.

1) Getting even, what does that really accomplish? You might feel good for a moment but in the end who really gets hurt. You do... because who gets caught getting "even". You do... then the consequences could be what?

Thoughts: _____

2) Temptation to play before being completely healed: The consequence could be long lasting as to never having a High School career, College career or even NFL career in football because the bone never was allowed to properly heal so therefore became weaker.

Thoughts: _____



3) Temptation of becoming so angry you quit doing what you love just because you have to take a break. This can cause long term effects of an attitude of indifference. A mad at the world attitude which in turn takes you to the “why me, why did this happen to me”? And instead being grateful you are alive and only have to heal, you get spiteful and angry against the world and never see the true reason of the “having to take a break from playing on the field”.

Thoughts: _____

His coach came in and said something profound: “he has so much heart”.

What if he now took this time to step up and hone in on his real leadership abilities?

Thoughts: _____

What if he has a talent to be a motivator for others who may never have a football career? What if because this young man took the time to notice a teammate and speak words of encouragement over him, this teammate became the next Bill Gates or Donald Trump? Or what about the kid on the team that no one ever wanted to be with or talk to and this young man took the time to show him a play or two and this was just the confidence this other teammate needed to hone in on his given talents and goes on to become the next John Elway or Joe Namath?

Thoughts: _____

What are you going to do with the “temptation in your life today”? Are you going to let the temptation and action on such temptation become the death of you? Or are you going to say “NO to the temptation of reaction and say ok what would be a better outcome? The choice is ultimately yours. Make a wise one.

Thoughts: _____

So back to what do you think of when you hear the word temptation; we usually think of the first definition immediately but what about taking the second definition to *be inviting or attractive to* and make it positive?



Let's think of it this way: Are you tempted to stay where you are? Are you listening to the voices of your past that say: "you will never amount to anything?" "You can't do anything right?"

Why not starting today, start being "tempted" to do something positive about your situation and circumstances?

Unfortunately we let the temptation of mediocrity keep us in a place of complacency.

Define the following 2 words:

Mediocrity= _____

Complacency= _____

Mediocrity comes from the word mediocre and that is defined as being second rate. So mediocrity is the state of being second rate.

Complacency, a feeling of contentment or self-satisfaction, especially when coupled with an unawareness of danger, trouble, or controversy.

So now that you have the definitions let's answer the question: Why do we let the temptation of mediocrity keep us in a place of complacency? _____

*Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.
Colossians 3:23-24 (ESV)*

What are 3 possible beliefs or thoughts that you hold about yourself that may be limiting you from reaching your new way of life that you want? (Remember this was part of your homework in lesson)

1. _____

2. _____

3. _____

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called Ephesian 4:1 (ESV)



When Rob, use to manage a Pizza Shop, he hired one of our clients. She would cry all the way to work every day. She knew that when she walked in the door of the restaurant that she was going to be EXPECTED to perform the duties required of her employment at a higher standard than she had ever been expected to do before. He did not care that she use to use drugs or that she had been incarcerated. What he cared about was: Could she do the job that was required of her and would she do it to the best of her ability and strive to move beyond her ability at this given time? She did not quit.

What choices do you have? _____

What choices do you still need to make? _____

Why do you let people have so much power over you?

Do you have the right people that will hold you accountable or are there some friends that need to go because they do not hold you to a higher standard and their excuse is: Well, I don't think they really can become _____, so we will just play it safe and not even try. If that person is still directing your life, I suggest you replace them with someone who sees your potential even when you don't.

People that still need to go because they make too many excuses for me:

- _____
- _____
- _____

People that you need to let go of because you make too many excuses for:

- _____
- _____
- _____

If you have yielded to the temptations/choices what consequences do you see happening?

Now let's change that question to: **What** consequences or outcomes do you want to happen?



These 2 previous questions are the difference between “letting life happen” and “making life happen”.

There once was a Central Asian Tribe called the Tar-Tar’s. It was said that before they went into battle they would speak over their opponent these words no matter how strong or how weak they were, “May you stay in one place forever”. Basically what they were saying is that we want you to “stop learning, stop growing and fail to improve”. They went on to explain that a group or individual that fails to continue to learn is slowly learning to fail.

As we probably were never told those exact words growing up, we were probably told other words. What were some words that were spoken over you either as you were growing up or even as a teen or young adult?

- _____
- _____
- _____
- _____

And if you say “well I had a pretty good childhood were you encouraged to reach for your dreams or to play life safe. Get a job, punch a clock and never live for your passion?”

I was taught to play it safe. My mom, I love her dearly but, she never took chances to live. Even as I am writing this lesson my husband had a conversation with her and asked her, “You are retired now, what’s on your bucket list?” Her answer to my husband was “should I have a bucket list?” Do you have a bucket list (a list of things you want to achieve or attempt before you either reach a certain age or die)? _____ And if you do, what is on that list (if you don’t have one, then let’s make one)?

- _____
- _____
- _____
- _____

There once was a man who took his donkey to the Kentucky Derby and wanted to enter him in the big race. The committee asked the man “you do understand that there is no way your donkey will win. This race is for THROUGHBREDS”. The man responded with “yes, I know I just wanted him to be able to associate with the finest of horses, hoping that maybe something would rub off on him.



So you see you may never become the THROUGHbred of the Kentucky Derby... but you can learn things from being around them. So are there some THROUGHbreds that you need to get on your "board of directors"?

- _____
- _____
- _____

What are you afraid of?

- _____
- _____
- _____

I have always been afraid of snakes. I hate snakes so much that when I was in College there was a page on Phobias and it had a picture of snakes on it. My husband had to cover the page so I could finish reading. That night while we were sleeping I was dreaming that there were snakes at the bottom of a pit... I threw my legs up, which in turn hit my husband in the chest... out of pure reaction to being hit in the middle of the night he started pushing my knees down. I was still in the dream and he was pushing my feet into the pit of snakes, I started screaming and crying. Why do I have such a fear of snakes, I don't know why, but my children love them. They like them so much that we use to have a baby red tail boa as a pet. I cannot lie... it was not a sad day in my book when it passed away.

I also used to be afraid of success. I thought that I was not good enough to be successful. Why did I think that way? Are you afraid of success? _____

Growing up my dad was always trying to build something. He has had many companies some successful, some not so much. But one thing he did not do was QUIT. Today by the worlds standards he is a success. So why did it take me so long to see that I too had what it took to be successful?

What do you think it takes to be successful?

- _____
- _____
- _____

Fear the Lord and judge with integrity, for the Lord our God does not tolerate perverted justice, partiality, or the taking of bribes." 2 Chronicles 19:7 (NLT)



How about words like drive, determination and integrity. How about this one Self esteem.... I believe it took me a long time to see that because of how I was raised. My step dad did what he needed to get by and if he was running late or just did not feel like going in he would call someone to “clock” him in. My step dad and my mom “punched a clock” but never took the initiative to do anything else. It was the same thing every day, it was “safe”. There was no risk in going to work for someone and being told what to do and when to do it. Now don’t get me wrong there is nothing wrong with that, but complaining and not doing anything to change your circumstance, that’s where the problem lies. I was raised whether intentional or not, that people with money and things were bad people. Therefore in my teenage brain: Success equals BAD news.

Everything goes back to how you grew up. Based on how you grew up answer these questions: Where did your value in life come? Was it in things? Was it in people? Was it in _____ (add whatever you valued).

Let’s look at what was valued in the form of a genogram. So write down the names of those who influenced you while you were growing up and write down words of what was valued? Some examples: money (no matter how it was earned) friends, work, playtime, food, clothes, cars, family, love no matter what it looked like (abuse whether physical, emotional, verbal or sexual).

A genogram diagram consisting of seven green rectangular boxes with a thin blue border. The boxes are arranged in three rows: the top row has four boxes, the middle row has two boxes, and the bottom row has one box. Each box contains a horizontal white line for writing. A faint grey watermark of a large number '180' is visible in the background behind the boxes.



So based on those characteristics what was valued? _____

Was there anything that was feared? _____

As I am writing this I am realizing even more that “fear” actually makes people stay more as a victim. The feeling of being powerless as a victim actually, I think hinders the growth of common sense. While living in the midst of dysfunction you are in survival mode. You just are trying to smooth things over to get to the next day. It has been funny over the past month; I have been focusing on my Grandmother more and more and what I considered an untimely death. My Grandmother was my all and all and my rescuer and she was taken from us at age 55 (the reason I say this, is because everyone else lasts until late 80’s and into their 90’s). My mom even told me not too long ago “if your Grandmother had been alive, she would never had stood for any of this and things would have turned out differently”. While I am not excusing my mother for not doing more to remove us from the abuse, I now realize why she always goes back to the same answer “I did the best with what I had”. Now that I am a grandmother I find myself using the same excuse. “I did the best with what I had”. Well today I also see it for what it is... an excuse to stay paralyzed in fear to change.

When you hear the word fear what do you think?

- _____
- _____
- _____

When I hear the word fear I think of panic and anxiety. I feel tightness in my chest that in turn starts the phrases of my childhood lingering in my thoughts. What are the phrases that are coming to mind for you?

- _____
- _____
- _____

A few of mine are: You’ll be just like your mother. You’ll never amount to anything. So go back to what I told you about the way I grew up... for the longest time I did end up just like me mom. I was the victim and never thought I had the right or ability even though I did graduate in the top of my class with honors and college credit... to make something good for myself, especially when I did get pregnant out of wedlock and married at such a young age. So the thoughts now turned into actions...

I was going to be just like my mom and be one who lets life just happen.

So my question what is it going to take for you to not let life just happen to you anymore? But instead be the one that makes life happen.

If you expect the worse you will get the worse. If you expect the best, then even when negative circumstances come your way, your positive attitude will not let yourself stay down. You **will** make the best of it.



A good attitude makes it possible for you to be successful...**but** you have to believe it. There was an experiment that was once conducted with a group of monkeys. It went something like this:

Four monkeys were placed in a room that had a tall pole in the center of it. Suspended at the top was a bunch of bananas. One of the hungry monkeys started climbing the pole to grab a banana; he was doused with cold water. Squealing he scampered down the pole and abandoned his attempt to feed himself. Each monkey made the similar attempt, and each one was drenched with cold water. They finally gave up. As the researchers removed one of the monkeys and added a new one. As the new monkey began to climb the pole the other 3 grabbed him and pulled him down. After trying to climb the pole several times and being dragged down by the others, he finally gave up.

As researchers replaced the original monkeys, one by one, each time a new monkey was brought in; he would be dragged down by the others before he could reach the bananas.

Now the room was filled with monkeys who had never received a dousing of cold water, yet none of them would climb the pole.

Unfortunately people who have gotten use to failure, can be a lot like those monkeys. We make the same mistakes again and again, yet we are never quite sure why.

What does this story say to you? _____

Before we end this lesson we are going to transition into goals and making sure that your goals. But we are not going to talk about just *any* goal, we are going to talk about a BHAG. Can you figure out what *BHAG* stands for? _____

BHAG stands for **B**ig **H**airy **A**udacious **G**oal.

Do you remember discussing Jim Collins's book *Good to Great*? We talked about getting the right people on your "bus". Well, today we are going to talk about another concept from his book – the BHAG. What is **your** BHAG? _____

What is the most important thing about your goal? _____

The number one thing is: "You must believe that you can accomplish your goal(s)." You may laugh and say, "Right", but you can have all the goals in the world, but if you do not see yourself worthy of *attaining* those goals then you and your goal will self-destruct.



Have you ever heard the word Sabotage? Well not believing you can attain your goals you will self-sabotage.

Self-sabotage: To destroy yourself right before you attain a good thing, primarily because you do not think yourself worthy of having that good thing (whatever that is).

If you say you don't do this let's look at a couple of examples:

1. Have you ever been in a relationship that was going great, but because you thought it was too good to be true you intentionally ruined it? This can happen in friend relationships and/or boyfriend/girlfriend relationships. _____

2. What about careers (or just "a job" as some people refer to their employment)? Did you do something you thought you might get into trouble or maybe fired for so you just never showed back up?

3. Or maybe you have another example that you would like to use? _____

Let's look at how not to get discouraged or distracted as we pursue our goals. The symptom of discouragement is a loss of spirit or hope. Are you in this state consistently? _____ if you said yes, why? _____

Do you not see yourself as God does? Remember what He said in *Jeremiah 29:11* and *Psalms 103:12-14a*?

If you forgot or don't have access to a Bible it says:

Jeremiah 29:11

I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for. (The Message Paraphrase)



Psalms 103:12-14a (NLT)
*He has removed our sins as far from us
as the east is from the west. The LORD is like a father to his children,
tender and compassionate to those who fear him. For he knows how weak we are...*

For the longest time I would say I had goals, but I'd keep them in my head. I thought I would be a failure if I verbalized or wrote down my goals and did not meet the deadline. I did not know that goals can change as you make progress on them.

You may start to work on a goal and realize it will either take longer than you thought or you may realize the goal you set is leading you in the wrong direction.

ADAPT YOUR GOAL!

- Don't give up just because you can't finish it by the deadline you'd originally set.
- Nor should you continue pursuing a goal that you've realized is wrong for you.
- Look at the positive not the negative when you must change a goal or change a deadline.
- Stay focused on your goal.

If you are having a hard time focusing on **your goal**, make sure it's **your goal** and **not someone else's goal for you**.

It has taken me a very long time to be able to write down my goals. As I was writing this I found an old book from high school, you know the memories book, well the only page that was savable (it had gotten wet in a flood but I did not realize it until it was too late), was the goals page.

My goals in 1984 were as follows:

- Go to College
- Be a Nurse
- Get married
- Have 2 kids

As of today:

- I did go to college
- I did NOT become a nurse (I could not stand the sight of blood, and I hate having my blood drawn).
- I did get married in 1985, and am still married the same man.
- I have 3 kids instead of 2.

You see, I did have goals. I did write them down. But, I then stuck them in a book in a box that was ruined by water. I forgot about my goals. I got to college, fell in love and started a family.



There is nothing wrong with the choices I made. I love my life. I want to make sure that you are ok with who you are and with the choices you have made. If you are trying to impress someone with the goal to become a nurse, yet the thought of blood makes you sick, then you'll inevitably give up on that goal.

Homework for this week will be in a little different format.

Remember that the goals you choose for your life are IMPORTANT. So CHOOSE WISELY.

Below is a format to assess your goals. Following this format is another tool for you to use to actually start writing down your goals.

1. The Goal

- What is your goal? _____
- What is the time frame for the goal? _____

2. Is the Goal realistic or a dream? _____

Some ambitions are fun to have but realistically they are a just a dream.
Example: you want to dance in a professional video, but you have 2 left feet and when you dance even your 2 year old granddaughter says "sit, sit" and points to the couch.

3. Tools (and I am not talking about a hammer, wrench or a saw, that is unless we are starting a construction company)

- Do I have the right attitude? _____
- Do I have the right people on the bus? _____
Do I need other people on the bus with me? _____
Who are they? _____

- Do I have (whatever question you come up with)? _____

4. If _____ is needed do I have what is required? _____

Also go back to lesson 1 when you did the Spiritual Gift survey as you are answering these questions

For example, if you have a goal of starting a church and your lowest total is faith, leadership, exhortation, and/or evangelism, you might consider NOT starting a church. But if you score high on leadership and administration then don't sell yourself short on just going to a job, punching a clock and thinking you have nothing to offer.



Here are a few more questions to ask yourself about your goals.

- Do I need to go to school to develop my talent? _____
- Do I need to go to school to gain more skills or update my skills? _____

- Do I need to go to school to gain more knowledge or to update my knowledge? _____
- Do I have the experience needed or do I need to gain more experience? _____

- If I need more experience how can I do that? _____

5. Do I have any physical or mental barriers? _____

- If you do have physical or mental barriers can they be overcome? _____

6. Now for the big question do you have the time required to be successful in the outcome of this goal? _____

7. Follow through:

- Do I have what it's going to take to complete this goal to the best of my ability? _____
- Will I be satisfied to reach this goal because it is MY goal? _____
- Will I want to do everything in my power to complete this goal? _____

8. Signing and dating shows initiative:

Signature

Date



We have talked a lot about the goal itself, but there is another component to success: *priorities*. You need to set priorities within each goal. What does it mean to set a priority?

The definition of a priority is: of highest or higher in importance.

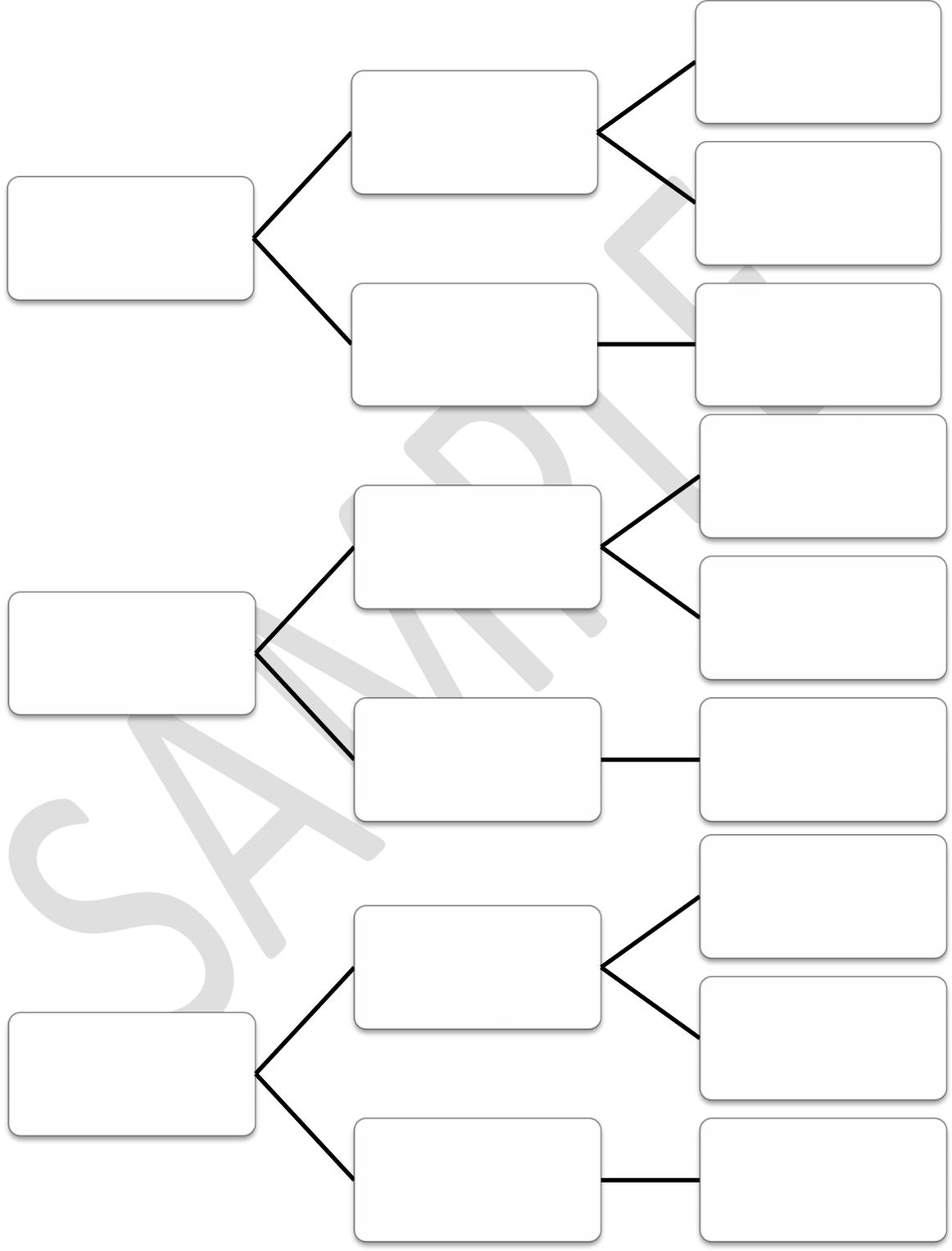
The priority becomes the goal at hand, which if you are looking at your weekly goal sheet will be the “Secondary Goal boxes” followed by the “things to be accomplished boxes”, the contents of these boxes will be your priorities.

On the following page you will find a goal sheet for you to use. You will also find additional goal sheets and “to do” sheets in the appendix.

SAMPLE



Goals for the week:





Before your next class answer these common interview questions. You will then need to memorize them so that they become natural.

- Do you prefer to work with others or on your own?

- What is your greatest weakness?

- What is your greatest strength?

- What is your biggest accomplishment?

- What did you like and dislike about your last job?

- Why do you want to work for this company?

- Why should I hire you?

- Why do you want to work here?



For the next 5 days take and break down this passage from James on the following pages. Follow the directions on those pages.

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do.

Believers who are poor have something to boast about, for God has honored them. And those who are rich should boast that God has humbled them. They will fade away like a little flower in the field. The hot sun rises and the grass withers; the little flower droops and falls, and its beauty fades away. In the same way, the rich will fade away with all of their achievements.

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

So don't be misled, my dear brothers and sisters. Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you. James 1 (ESV)



Date:

- Re-write the scripture in your own words.
- Then answer these questions:
- What does this scripture say to you?
 - How can you apply it to your life?

Scripture: _____

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Date:

- Re-write the scripture in your own words.
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- What does this scripture say to you?
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Scripture: _____

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Date:

- Re-write the scripture in your own words.
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 - How can you apply it to your life?

Scripture: _____

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Date:

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Scripture: _____

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Date:

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Scripture: _____

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