

**Agathos Ministries**  
Hosted at the Guardian Academy  
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**SPIRITUAL STRENGTH**

**BPSbPFR:** \_\_\_\_\_  
Build Physical Strength by Progressive Functional Resistance

How to get Hurt: 1. MI: \_\_\_\_\_ 2. DTM: \_\_\_\_\_  
Move Incorrectly. Do Too Much.

How to get Strong: 1. MC: \_\_\_\_\_ 2. DE: \_\_\_\_\_  
Move Correctly. Do Enough

**Temptation**

Definition: WYEWtDSYWKiW: \_\_\_\_\_  
When Your Emotions Want to Do Something Your Will Knows is Wrong.

Easiest to Resist: WYDWtD: \_\_\_\_\_  
Wrongs You Don't Want to Do

Hardest to Overcome: TYDNTaW: \_\_\_\_\_  
Temptations You Do Not Think Are Wrong

If you see "gossip" as "conversation" or "visiting," then resisting gossip will be difficult.  
If you see "harsh criticism" as "honesty" then resisting doing harsh criticism will be difficult.  
If you see "arguing" as "being open with my feelings" then resisting arguing will be difficult.  
If you see "judging people" as "discernment" then you may even cultivate that attitude!

We Easily See Big, Objective Sins, like sex, drugs, stealing, murder (especially when Others do it!).  
Most of us are most hurt by Hurtful Communication - a message we receive, not an act against us.

Even "abuse" isn't as much about the physical harm as the emotional harm. "Rape" doesn't devastate a woman's life by the physical injury the act does, but by the message she receives about her own safety, her own value, and her own rights through the act.

"Accidental injury" vs. "Intentional injury" vs.  
"Intentional injury by someone who is supposed to love you."

**Communication issues are one of our biggest, most dangerous temptations.**

LfS: \_\_\_\_\_ . Especially your own!  
Listen for Snippets

**Communicate by UDBU:** \_\_\_\_\_  
1. Understand. 2. Define. 3. Be Understood.

**When We Do Wrong: FPA:** \_\_\_\_\_  
Four Point Apology

1: AtP: \_\_\_\_\_  
Affirm the Person

2: AtR: \_\_\_\_\_  
Affirm the Relationship

3. EGR: \_\_\_\_\_  
Express Genuine Regret

4. Aff: \_\_\_\_\_  
Ask for Forgiveness

**I Am Immune to Temptation IF: IDNWtDI:** \_\_\_\_\_  
I Do Not Want to Do It

The problem here is that we often do not understand those who are tempted in that area. To relate, think of the temptations to which you most easily fall. It may be "something small" or "something common" - many of us often fall to our emotions to say or do something hurtful.

**NOTE:** "Purity Pledges" are often extracted from teens and preteens who have never faced the temptation that is the subject of the pledge, so they make the pledge easily. Also, just as often, they do not have any choice - it is a public request with a public declaration - so they do not have permission to say "I'll have to think about it" nor to say "I'll have to wait until I actually face that temptation to make a firm decision" and usually they can't say "I'll need more information first."

**I Can Avoid Sinful Acts IF: IHFT&O:** \_\_\_\_\_

I Hide From Temptation and Opportunity

Hiding from Temptation is often seen as a virtue, but it can also dramatically interfere with life. Hiding from Opportunity is usually seen as a wise course of action, though it can also interfere.

**IiNStbT:** \_\_\_\_\_

It is Not Sin to be Tempted.

**SiS, NSiNS, NiN:** \_\_\_\_\_

Sin is Sin, Not Sin is Not Sin, Normal is Normal

In many areas, the problem we have with something isn't the thing itself, but what we think the thing will lead to. The problem with drinking alcohol isn't the drinking of alcohol, it's drunkenness. There's nothing wrong with a beer or a glass of wine, but there IS something wrong with getting drunk. But some people see the problem is ANY alcohol because any can lead to some, some can lead to a lot, and a lot means you're drunk and now sinning.

### **Build Strength Against Temptation with Progressive Resistance**

**How to Fall:** 1. TI: \_\_\_\_\_ 2. FTM: \_\_\_\_\_

Think Incorrectly, Face Too Much

**How to Grow Strong:** 1. TC: \_\_\_\_\_ 2. FE: \_\_\_\_\_

Think Correctly, Face Enough

**The Certain Defense to Sinful Action: LoO:** \_\_\_\_\_

Lack of Opportunity

**JB YDDIDNMYDF:** \_\_\_\_\_

Just Because You Did Not Do It Does Not Mean You Did Not Fall

**You Fall When: YWIYC:** \_\_\_\_\_

You Fall When You Would If You Could

**F+O=SA:** \_\_\_\_\_

Fall + Opportunity = Sinful Action

The Sin happens in the Soul. We are fortunate when we cannot take Action based upon our Fall because at least all the consequences of the Fall are internal - which means we can cooperate with Spiritual Principles to fix it. When Sin is an Action, the Soul consequence still occurs, but now we have Real World Consequences to deal with, too.

**The Proper Purpose of Legalism: TPtWfSA:** \_\_\_\_\_

To Protect the Weak from Sinful Action

**Will Power: IWStWiRNMWIF:** \_\_\_\_\_

I Will Stick to What is Right No Matter What I Feel

**The REASON to Say NO: BliW:** \_\_\_\_\_

Because It is Wrong

So long as the reasons are Consequences, it's Emotion vs. Emotion.

Consequences include Practical Consequences, Being Found Out, or Being Shot Down.

If we see Opportunity when we know we have Fallen, **WMF:** \_\_\_\_\_

We Must Flee

**PONR:** \_\_\_\_\_ is where you can no longer say No.

Point of No Return

*If you THINK you can say No and you're wrong, F+O=SA. So be radically honest with yourself.*

**TETC&TOTT:** \_\_\_\_\_

Take Every Thought Captive and Think On These Things

Until You Have 100% Success In Your Soul, You Must Rely on Lack of Opportunity to avoid SA.

Temptation Without Opportunity is an Opportunity to Grow - BUT You Must TETC & TOTT.

Practice Saying No EVEN IF there is NO Opportunity! That's Your Opportunity for Growth!

**DNCOLoO:** \_\_\_\_\_

Do Not Count On Lack of Opportunity

*Train Your Will to Submit to Your Spirit, and Train Your Body and Soul to Submit to Your Will - EVEN IF you do not expect to have an opportunity to do the things you're training to resist.*

Repent and Ask God for Forgiveness for a Soul-Only Fall the same as you would a Sinful Action.

If Lack of Opportunity OR Emotion vs. Emotion saved you, you need Repentance and Forgiveness.

Four Point Apology to God for Soul-Falls. Make Repentance/Apology for Soul-Falls a Big Deal.

**If You Learn to NOT Fall in Your Soul, then You Will NOT Fall in Word or Deed.**