

## ***Walk as children of light*** (Ephesians 5:8b)

### A 4-Step Fire-Drill at the moment of temptation

**W – WAIT** - While you wait ask, “Why am I being triggered?” Or “What exactly is the temptation?” Then declare, “I won’t sacrifice my purity (identity) for temporary pleasure (false identity)!”

*Therefore do not become partners with them; <sup>8</sup> for at one time you were darkness, but now you are light in the Lord. Walk as children of light. (Ephesians 5:7-8)*

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. (2 Corinthians 12:9)*

**A – ASK** - Ask God for help as specifically as possible, pray for strength and courage.

*No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. (1 Corinthians 10:13)*

*Cast your burden on the LORD,  
and he will sustain you;  
he will never permit  
the righteous to be moved. (Psalm 55:22)*

**L – LEAVE** - leave where you are or stop what you’re doing. Put down the phone or tablet.

Walk away from the computer or situation (run, if you have to!)

*Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. (1 Corinthians 6:18)*

*So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart. (2 Timothy 2:22)*

**K – KNOW** - know who else is with you. Call, text, or connect with your prayer partner, ally, or trusted friend. Tell them everything that just happened, how you felt, and any victory or failure that happened.

*And let us consider how to stir up one another to love and good works, <sup>25</sup> not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. (Hebrews 10:24-25)*

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. (James 5:16)*

### The goal of WALK:

1. We first need to stop the activity with God's strength.
2. By using Scripture as our weapon, we start believing and living out our main identity in Christ.
3. As we define the source and the triggers of our temptation, we are able to make the distinction between lies and truth.
4. Victory keeps coming, day-by-day, by saying, "NO!" more and by discovering that your desire for temporary pleasure is getting replaced by your desire for godliness.

### The strategy described

There are many ways that you can battle purity in your life. For immediate help, at the moment of great challenge, we encourage you, along with your allies and prayer partners, to practice and perfect the 4-step fire drill known as WALK.

*Just* like you need to have a drill ready for when a fire, tornado, or hurricane is upon you, practice and perfect this 4-step "fire drill" with your prayer partner(s) at the point of temptation. You can WALK today!

### Using the 4 steps in accountability as an ally

At a time when someone has confessed sin to you, thank them for stepping into the light and go through these 4-steps and ask questions that would help them recognize when temptation is coming and how they can better cope with it next time: *What was the situation when you fell? How did you pray when you were tempted (or did you?)? How could you have walked away? Why didn't you call me? What Scripture would have been best to remember at this time of temptation? etc.* It is important to remind them of God's gospel promises to repentant sinners who step into the light of Christ! Sin distorts our vision, and God's word helps us see more clearly who God is (great and gracious) and who we are (beloved children in Christ).

### Other verses to memorize and use for encouragement

- Ephesians 2:3,10 - <sup>3</sup> *among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. <sup>10</sup> For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*
- Proverbs 28:13 - *Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.*
- 1 John 1:7-9 - <sup>7</sup> *But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. <sup>8</sup> If we claim to be without sin, we deceive ourselves and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*
- *Others:*

## ***Walk as children of light*** (Ephesians 5:8b)

A 4-Step Fire-Drill at the moment of temptation

**W–WAIT** - While you wait ask, “Why am I being triggered?” Or “What exactly is the temptation?” Then declare, “I won’t sacrifice my purity (identity) for temporary pleasure (false identity)!”

*Therefore do not become partners with them; <sup>8</sup> for at one time you were darkness, but now you are light in the Lord. Walk as children of light.* (Ephesians 5:7-8)

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.* (2 Corinthians 12:9)

**A–ASK** - Ask God for help as specifically as possible, pray for strength and courage.

*No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.* (1 Corinthians 10:13)

*Cast your burden on the LORD,  
and he will sustain you;  
he will never permit  
the righteous to be moved.* (Psalm 55:22)

**L–LEAVE** - leave where you are or stop what you’re doing. Put down the phone or tablet. Walk away from the computer or situation (run, if you have to!)

*Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.* (1 Corinthians 6:18)

*So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.* (2 Timothy 2:22)

**K–KNOW** - know who else is with you. Call, text, or connect with your prayer partner, ally, or trusted friend. Tell them everything that just happened, how you felt, and any victory or failure that happened.

*And let us consider how to stir up one another to love and good works, <sup>25</sup> not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.* (Hebrews 10:24-25)

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.* (James 5:16)

The goal of WALK:

1. We first need to stop the activity with God's strength.
2. By using Scripture as our weapon, we start believing and living out our main identity in Christ.
3. As we define the source and the triggers of our temptation, we are able to make the distinction between lies and truth.
4. Victory keeps coming, day-by-day, by saying, "NO!" more and by discovering that your desire for temporary pleasure is getting replaced by your desire for godliness.

#### The strategy described

There are many ways that you can battle purity in your life. For immediate help, at the moment of great challenge, we encourage you, along with your allies and prayer partners, to practice and perfect the 4-step fire drill known as WALK.

Just like you need to have a drill ready for when a fire, tornado, or hurricane is upon you, practice and perfect this 4-step "fire drill" with your prayer partner(s) at the point of temptation. You can WALK today!

#### Using the 4 steps in accountability as an ally

At a time when someone has confessed sin to you, thank them for stepping into the light and go through these 4-steps and ask questions that would help them recognize when temptation is coming and how they can better cope with it next time: *What was the situation when you fell? How did you pray when you were tempted (or did you?)? How could you have walked away? Why didn't you call me? What Scripture would have been best to remember at this time of temptation? etc.* It is important to remind them of God's gospel promises to repentant sinners who step into the light of Christ! Sin distorts our vision, and God's word helps us see more clearly who God is (great and gracious) and who we are (beloved children in Christ).

#### Other verses to memorize and use for encouragement

- Ephesians 2:3,10 - <sup>3</sup> *among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.* <sup>10</sup> *For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*
- Proverbs 28:13 - *Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.*
- 1 John 1:7-9 - <sup>7</sup> *But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.* <sup>8</sup> *If we claim to be without sin, we deceive ourselves and the truth is not in us.* <sup>9</sup> *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*
- *Others:*