



IronWorks: "TALKING BACK: Speaking truth to my dark thoughts "

Nov. 1 & Nov. 6, 2019

Teacher: Roger Thompson

Talking Back to Excess

thumos (boil, smoke) + epi = epithumia **Desire on fire!**

RECOGNIZE:

Little children, keep yourselves from idols. 1 John 5:21

An idol is anything (person/experience/object) that functions as a substitute for God.

—An idol is a nothing Jer. 10:14-15
It has power only through deception:
"Evil spends a lot on make-up"

—An idol leaves evidence Psalms 115:8
It inevitably disappoints.

Idol locator:

If only I had more _____ I would be satisfied.
I've tried, but I just can't stop _____.
I wouldn't know who I am without _____.
If anyone knew my secret, I would die!

RESIST:

If you have found honey, eat only enough for you, lest you have your fill of it and vomit it.

Proverbs 25:16

- Wake up to warning signs! Proverbs 1:20-22
- Think generationally. Psalms 78:5-8
- Get a heart of Wisdom. Proverbs 1:23-27



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REPLACE:

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Matthew 5:6

—**Identity is received, not achieved.** Eph. 4:20-24

—**Declutter:**

Mind: John 4:10 *If you knew the gift of God, and who it is that is saying to you ‘Give me a drink,’ you would have asked him, and he would have given you living water.*

Time: Eph. 5:15 *Look carefully how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.*

Environment: Prov. 14:7 *Leave the presence of a fool, for there you do not meet words of knowledge.*

Don’t go it alone! Prov. 13:20 *Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.*

Discussion Questions:

What idol have I chased that left me disappointed and empty?

How has God helped me resist Excess (emotionally, physically, materially) by exercising a disciplined pursuit of less?

How is God renewing my mind and helping me “put on” the new life of Christ in me?

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