

Bypass forbidden fruit* *to get what you really want



Spiritual Self Defense basic technique #5 of 6. Will that other woman (or man), that addiction, that temptation give you what you really want? I think deep down we all know those things are candy-coated poison. But how do we satisfy that deep longing inside? Here's how.

Instructions:

1. Write as much as you want, or
2. Write as little as you want, or
3. Draw pictures instead of writing, or
4. Don't put anything in the blanks, or
5. Do whatever you want. This is here to help you keep track of where you are in the process.

IMPORTANT NOTE: Does this work every time for every person? No. But it might work right now for you. While this is safe for most people, if you are a survivor of trauma, have P.T.S.D. symptoms or other mental health concerns, DO NOT do this without the help and guidance of a trained counselor.

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Sometimes we want things we should NOT have. But God promises to satisfy our desires with good things. (Psalm 103:5) The temptation is to hide our evil desires from God, but our best interests are served by taking the counter-intuitive step and bringing all our desires—the good, the bad, and the ugly—to God.

What do you want? (forbidden fruit)	
Imagine you can't have it, that it's not available and never will be. What does that feel like? Alternatively, what emotion were you feeling just before you were tempted with this forbidden fruit? Let yourself focus on that feeling.	
What comes into your mind as you focus on these feelings?	
Beliefs What feels true? (Different than what you <u>know</u> to be true. If this feeling could talk, what would it be saying? Or, if you're in a memory (see right column) what feels true in that memory?)	Memories What (if any) memories come to mind when you focus on this feeling?
Are you willing to receive whatever Jesus has for you in this painful place? (If yes, just say yes to Jesus.) (Feel free to write down what Jesus shares with you.)	
What has changed? What feels true now? (Thank You, Jesus!) How have your desires changed? If necessary, repeat this process.	
Too scary? Overwhelmed? Too intense? You probably need to work with a trained counselor or highly skilled transformational prayer minister. They can help create a safe place for you to process your feelings.	
Stuck? No problem. Happens to all of us sometimes. You'll find ways to get unstuck in Chapter 5 of Dwight Clough's <i>Spiritual Self Defense</i> . See kim51.com/books	

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