

What to do when you Mess Up (stumble) instead of Suit Up! How to get back up again!!!

- 1) **Own it (own my sin)** (Rom. 6:1-2) and **don't excuse it** (Dan. 9:5)
- 1A) Know that **our sin is first and foremost vertical**, i.e., against God (Ps. 51:1-4)
- 2) **Repent, confess it and forsake it** (1 Jn. 1:9) Recognition is *not* the same as repentance – Esau is a classic case of this – (see Heb. 12:15-17)

Yes, the Lord of the church calls upon the church to repent (Rev. 2:5, 16, 21—22, 3:3, 19).

- 3) **See why you fell** in the first place and learn from it, which includes eliminating the stumbling block or “trigger.” What happened here?

Romans 14:13 (“Sin is crouching at the door”)

13 Therefore let us not judge one another anymore, but rather determine this — **not to put an obstacle or a stumbling block in a brother's way.** (Or in your own way! 1 Cor. 6:12)

- 4) **Rest in His grace and forgiveness** (Rom. 8:1) **YOU ARE NOT CONDEMNED!**

Romans 8:33

33 Who will bring a charge against **God's elect**? ***God is the one who justifies;***

- 5) **Move forward** – Get back in the race by going deeper with the Lord (Phil. 3:12-14, Heb. 12:1-2). Get as close to Him as possible, dive into the deep end spiritually (James 4:6-7).
- 6) **Re-Suit up** (Eph. 6:10-20)
- 7) **Next time you are confronted with temptation look down the road** you've already traveled and remember where it leads! (Prov. 4:23-27, 27:12)
- 8) **Pray for 5 other people who you know struggle in the same area** and turn the temptation into an opportunity to pray for them (Eph. 6:18)!
- 9) **Remember, you are not alone, we all struggle** (Eph. 6:12, 1 Pet. 5:7-11)
- 10) **Run to Jesus, He understands and He can and will help** (Heb. 2:16-18, 4:14-16)