

THE LIGHT FM

girl  
talk

TELL YOUR  
FEELINGS THE

*truth*

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Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. [1 Peter 5:8-9](#)

You have a very real enemy. You also have a very real God who has won the ultimate victory.

## Chain of behavior

Vulnerability  
Prompting event  
Behavior  
Consequences

You can stop the chain of negative behavior at any point, but you can't sustain the changes on your own.

[Read Matthew 4:1-11](#)

Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'" Then the devil left him, and behold, angels came and were ministering to him. [Matthew 4:10-11](#)

Jesus is our perfect example. When He was most vulnerable and being tempted, He responded with the Word of God. [You can too!](#)



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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. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. [2 Corinthians 12:9-10](#)

Q. When are you most vulnerable? How do you feel in times of vulnerability?

*Journal your answer*

Q. What are your triggers for your chain of negative behavior?

*Journal your answer*

Q. What are the things you do to silence your thoughts?  
What do you do to escape?

*Journal your answer*



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For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

Romans 7:18

## God does not leave us helpless.

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

2 Corinthians 10:4-5

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. [Isaiah 41:10](#)

I can do all things through him who strengthens me. [Philippians 4:13](#)

For God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7

## There is grace when we fail.

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only but also for the sins of the whole world. [1 John 2:1-2](#)

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. [Hebrews 4:16](#)

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