



# PLAYBOOK

THE COMPONENTS OF COMPROMISE

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*"No one undergoing a trial should say, "I am being tempted by God," since God is not tempted by evil, and he himself doesn't tempt anyone. But each person is tempted when he is drawn away and enticed by his own evil desire. Then after desire has conceived, it gives birth to sin, and when sin is fully grown, it gives birth to death."*

James 1:13-15

This is a playbook to help us deal with temptations and sin while putting into place a long-term game plan for victory.

## [A.A.A.] THREE THINGS SATAN WILL USE TO DESTROY YOU

### Anonymity

When you know that no one is watching, Satan will whisper in your ear, "It's ok, no one can see you." When we have anonymity, we find ourselves in habitual sin. Knowing that no one can see you leads you deeper and deeper in sin. Those who are walking anonymously will stumble. (John 11:10)

### Availability

When you have things available at your disposal, you will fail and fall. The world is offering you more and more. When things are readily available, it's easier to say YES to it.

### Appetite

We all have hungers and desires of the flesh (Galatians 5:17-21). The enemy knows us and wants to attack us at our most vulnerable spot. Temptation is always connected with our desires. We all have unhealthy appetites that produce sin. We have a struggle. Satan knows the things to put in front of us that will cause us to stumble. *"Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour."* 1 Peter 5:8

# THE ABC GAME PLAN FOR VICTORY

*If you do not have a strategy you will fail.*

## **The Defense for Anonymity = Access**

In order to fight against anonymity, you must allow people to have access to your life. Not just surface level, but in a real, honest, transparent level. You cannot hide if someone has access.

## **The Defense for Availability = Boundaries**

When fighting against availability, you must establish and build strong boundaries. Boundaries keep us from crossing the line and allow us to have success. Boundaries must be established and they must be known by someone with access to your life.

## **The Defense for Appetite = Contentment**

Being confident and content in your life, relationships, and marriage fights against unhealthy appetites. Having gratitude for what you already have challenges the need for wanting more.

# HOW TO ACHIEVE ACCESS

In order to fight against anonymity we must allow others to have access to our lives. Answer the next few questions honestly as you evaluate the access in your life.

Who has access to your heart? \_\_\_\_\_

Who has access to your home? \_\_\_\_\_

Who has access to your personal time? \_\_\_\_\_

Who has access to your tech devices? \_\_\_\_\_

If you cannot name anyone who currently has access to your heart, home, and hobbies... Write down three people you can ask this week to give them access.

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Schedule a time and date to give them full access:

Date \_\_\_\_\_ Time: \_\_\_\_\_

If you honestly cannot name anyone that you can give access to, please contact one of our coaches. See contact information on Page 6.

# HOW TO CREATE BOUNDARIES

In the digital world we live in today, a person can find and access just about anything at any minute. Establishing boundaries will keep us from falling into the trap of availability. The questions below will help you gauge your boundaries and establish new ones for the days ahead.

What boundaries do you currently have in place for dealing with temptation and sin?

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What future boundaries do you need to build?

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Who will have access to your boundaries? If you do not tell someone, you are not really establishing boundaries, just wishful thinking.

Names: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# FINDING CONTENTMENT

Your desires can be thwarted by confidence in your contentment. How can we find contentment? It starts with a heart of gratitude and giving thanks for what you have now, instead of desiring what you'll never get.

Write down the five most important relationships you cannot live without. In order from greatest (1) to least (5):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Of these five relationships write down one or two reasons why you are grateful to have them in your life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How will you be more intentional in showing gratitude for these relationships?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# COACHES AND RESOURCES

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## WHAT IS THE FAMILY FREEDOM RESOURCE CENTER?

Our Family Freedom Resource Center helps connect the paths of family ministry and freedom ministry. We understand that our individual walk with Jesus significantly impacts our home life and beyond. The resources provided through our Family Freedom Resource Center are designed to help you experience healing and freedom in your life and equip you to lead your family towards true fulfillment in Jesus Christ. For more information, please contact 281.492.0785.