

# **Wings & Weights** (Part 1)

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## **INTRODUCTION**

2 Timothy 2:22

**How to put on W\_\_\_\_\_ to Flee Sins and Get Rid of W\_\_\_\_\_ that Pull us Down in Life?**

**It is about Walking V\_\_\_\_\_? Why?**

John 16:33

Matthew 7:24-25

Ephesians 5:26-27

**H\_\_\_\_\_ to walk Victoriously?**

**I. Guard the C\_\_\_\_\_ we hang out with.**

Psalm 1:1

**II. Understand that D\_\_\_\_\_ is stronger than will power.**

1. Understand H\_\_\_\_\_ a person falls into temptation.

James 1:13-15

2. Our D\_\_\_\_\_ must be circumscribed by J\_\_\_\_\_ and R\_\_\_\_\_.
- Jeremiah 9:24 Psalm 97:2b
- e.g. 1 - For F\_\_\_\_\_ Philippians 3:19
- e.g. 2 - For S\_\_\_\_\_ Hebrews 13:4
- e.g. 3 - For M\_\_\_\_\_ 1 Timothy 6:6-10
- e.g. 4 - For L\_\_\_\_\_ and C\_\_\_\_\_ 1 Corinthians 13:4-8a

### III. P\_\_\_\_\_ to walk victoriously from the start:

1. Build a F\_\_\_\_\_ around our lives. How?
- A. Daily C\_\_\_\_\_ the areas of our lives to God as instruments of  
R\_\_\_\_\_ unto holiness. Romans 6:13
- B. Grow S\_\_\_\_\_ by:
- i. On-going P\_\_\_\_\_ connect with God.
- ii. Regular W\_\_\_\_\_ intake.
- iii. Building my altar of T\_\_\_\_\_, P\_\_\_\_\_ and W\_\_\_\_\_.
- Romans 12:11

2. Form B\_\_\_\_\_ values in your heart [Psalm 119:11]:

A. R\_\_\_\_\_.

B. F\_\_\_\_\_.

C. L\_\_\_\_\_.

D. P\_\_\_\_\_.

E. F\_\_\_\_\_ with believers who walk victoriously.

2 Timothy 2:22

3. Learn to take captive every T\_\_\_\_\_ and S\_\_\_\_\_ in obedience to Christ.

2 Corinthians 10:5

4. When tempted - Flee like J\_\_\_\_\_.

Genesis 39:6b-12, 21

5. When tempted - Do not be like D\_\_\_\_\_. 2 Samuel 11:1-5, 14-17, 27c
6. Develop a B\_\_\_\_ of B\_\_\_\_ / B\_\_\_\_ of S\_\_\_\_ accountability group.
- A. A & C - A\_\_\_\_\_ & Covering.
- B. P & C - P\_\_\_\_\_ & Communicating.
- C. Decide to be V\_\_\_\_\_ and T\_\_\_\_\_ in this band of brothers / sisters for this to work.
7. If married, grow in I\_\_\_\_\_ with your spouse. Genesis 2:24-25
8. If unmarried, rejoice in your single-ness and have a core of deep F\_\_\_\_\_.  
1 Corinthians 13:4-8a

**BOTTOM-LINE**

2 Timothy 2:22