



Fatal Distractions: Conquering Destructive Temptations: A 6-Week, No-Homework Bible Study (40-Minute Bible Studies)

By Kay Arthur, David Lawson, BJ Lawson

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Don't become a spiritual statistic.

Any type of sin can undermine a believer's effectiveness, but certain sins can become so deeply rooted in our lives—even without our realizing—that they become fatal to our spiritual growth.

This study looks at six of the “deadly” sins that threaten spiritual progress: Pride, Anger, Jealousy, Gluttony, Slothfulness, and Greed. You'll learn to identify the subtle ways in which these fatal distractions can invade your life, and you'll be equipped to conquer these destructive temptations so you can mature in your journey with Christ.

40 minutes a week could change your life!

The 40-Minute Bible Studies series from the teaching team at Precepts Ministries International tackles the topics that matter to you. These inductive study guides, designed to be completed in just six 40-minute lessons with no homework required, help you discover for yourself what God says and how it applies to your life today. With the leader's note and Bible passages included right in the book, each self-contained study is a powerful resource for personal growth and small-group discussion.

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Editorial Review

About the Author

PRECEPT MINISTRIES INTERNATIONAL, founded in 1970 by Jack and Kay Arthur, has trained millions of people to discover God’s truth for themselves. The *Precepts for Life* radio and television programs, hosted by Kay Arthur, reach a worldwide viewing audience of over 94 million. In addition to inductive study training workshops and thousands of small-group studies across America, PMI reaches nearly 150 countries with inductive Bible studies translated into nearly 70 languages.

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If you are a Christian, you have already made the most important decision of your life: you have surrendered your life to Christ! But you’ve probably discovered by now that the Christian life is not problem-free. Yes, you have the Holy Spirit living in you to provide guidance and strength, but you still struggle to live the way you know you should. This is because you are battling two enemies: Satan and yourself. Your nature was changed when you came to know Christ and He made His Spirit to dwell in you (1 John 4:13). But the Spirit dwells in a body of flesh, which is why you still find yourself struggling to do the right thing.

All of us commit individual acts of sin. But you may have noticed that certain sins seem to be more of a problem for you personally. Sometimes we wrestle with certain sin patterns or habitual sins—behaviors we fall into when we try to get our needs met apart from God. The source of that struggle is called the flesh or the old man. And if we live in the flesh rather than by the Spirit, these habitual sins will distract us from our pursuit of righteousness. They can literally kill our spiritual growth and keep us from maturing in our journey with Christ.

The early church identified a number of “capital sins”—the sins from which they believed most other sin originates. The church fathers named seven sins that are so corrupting, so evil and dangerous that for the last seventeen hundred years, they have been commonly called the seven deadly sins. And they are deadly—deadly to your spiritual growth. That is why we call them Fatal Distractions.

In this study we’ll be identifying and discussing six of these seven deadly sins, sins that can distract you from nurturing your relationship with God and, left unchecked, can even be fatal to your spiritual journey: pride, anger, jealousy, gluttony, slothfulness, and greed. (We’ve decided to omit the seventh sin of lust, because we already have multiple Bible studies on the problem of sexual sin, including *The Truth About Sex* and the 40-Minute study *What Does the Bible Say About Sex?*)

As you learn more about these fatal distractions in the weeks ahead, we encourage you to ask God to help you identify, through His Holy Spirit, any subtle ways one or more of these sins has taken hold in your life and to help you conquer these destructive temptations, so that you can walk in victory with Him.

Users Review

From reader reviews:

George Marsh:

The particular book Fatal Distractions: Conquering Destructive Temptations: A 6-Week, No-Homework Bible Study (40-Minute Bible Studies) will bring you to the new experience of reading any book. The author style to explain the idea is very unique. If you try to find new book to see, this book very ideal to you. The book Fatal Distractions: Conquering Destructive Temptations: A 6-Week, No-Homework Bible Study (40-Minute Bible Studies) is much recommended to you to study. You can also get the e-book through the official web site, so you can quicker to read the book.

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Linda Howard:

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Hoyt Adkins:

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