

EXECUTION
BREAKDOWN

- Failed to yield to the Holy Spirit.
- Placed self in wrong formation or situation.
- Lacked confidence/faith in God to meet my needs in that moment.
- Allowed stimulating information into my mind that fed my desires.
- Became distracted because of busy day.
- Failed to put on the Whole Armor of God.
- Internal state was unstable (HALTS)
(Hungry, Angry, Lonely, Tired or Stressed)
- Did not warm up with daily quiet time to set the tempo for my day
- Failed to read the opponent's schemes prior to the temptation.



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