

Conquering Temptation through Christ

Christian Engineering Leaders

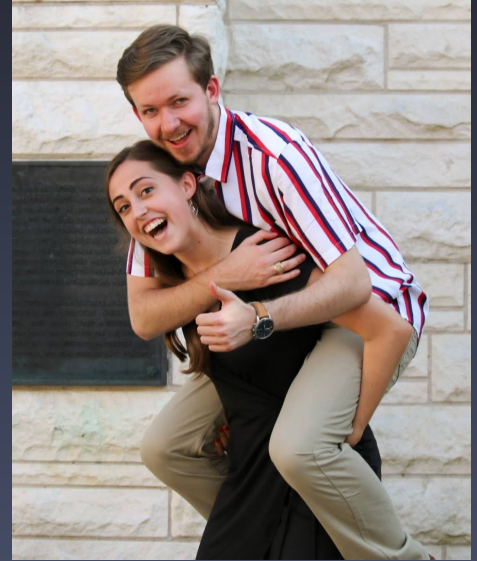
October 19th, 2020



**How are Christians supposed to
conquer temptation?**

Who am I?

- ▷ **CEL Member 2015-2019**
- ▷ **Saved during freshman year at A&M**
- ▷ **Graduated MEEN in May, 2019**
- ▷ **Yokogawa in Atlanta starting June, 2019**
- ▷ **Transferred to Houston in July, 2020**
- ▷ **Engaged July, 2020 to Hannah Pollock**



MECHANICAL ENGINEERING
TEXAS A&M UNIVERSITY

YOKOGAWA 
Co-innovating tomorrow™

PLAN OF THE OPERATIONS OF GENERAL WASHINGTON
against THE KING'S TROOPS IN NEW JERSEY
from the 26th of December 1776 to the 3^d of January 1777.
Six miles

God's Battle Plan for the Mind

By David W Saxton

LOSS IN THE ENGAGEMENT on the
Road from Prince Town to Maidenhead, January
the 3^d 1777.

17th Regiment
1 Capt. 10 Rank & File Killed - 1 Capt. 1 Lieut. 1 Ensign, 4 Sergeants 46 Rank & File
wounded - 1 sergeant 1 drummer, 33 Rank & File Missing.

40th Regiment
1 Lieut. wounded - 1 Ensign, 3 Sergeants, 1 Drummer, 88 Rank & File Missing.

53rd Regiment
1 sergeant, 1 Rank & File Killed - 1 Ensign, 1 sergeant, 2 Rank & File wounded.
1 Capt. 1 Lieut. 1 Ensign, 1 sergeant, 2 Drummers, 66 Rank & File Missing.
Total - 1 Capt. 1 sergeant, 10 Rank & File Killed - 1 Capt. 2 Lieut. 3 Ensigns,
3 Sergeants, 46 Rank & File wounded - 1 Capt. 1 Lieut. 2 Ensigns,
3 Sergeants, 1 Drummer, 187 Rank & File Missing.

LOSS at TRENTON
December 26th 1776

Regt of Anspach or Lossberg

1 Lt Colonel, 1 Major, 1 Captain, 3 Lieutenants, 4 Ensigns,
38 sergeants, 6 Drummers, 9 Musicians, 9 Officers servants,
206 Rank and File.

Regt of Rall.

1 Colonel, 1 Lt Colonel, 1 Major, 1 Captain, 2 Lieut. 5 Ensigns,
2 Surgeons Mates, 23 Sergeants, 8 Drummers, 4 Musicians, 9
Officers servants, 344 Rank and File.

Regt of Knipphausen

1 Major, 2 Captains, 2 Lieutenants, 3 Ensigns, 25 Sergeants, 6
Drummers, 6 Officers servants, 258 Rank and File.

Regt of Artillery

1 Lieutenant, 1 sergeant, 1 Officer's servant, 38 Rank and File.
Total - 1 Colonel, 2 Lt Colonels, 2 Majors, 4 Captains, 8 Lieut.
12 Ensigns, 2 Surgeons, 92 Sergeants, 20 Drummers, 9 Musicians,
25 Officers servants, 748 Rank & File - 918 Prisoners.
6 double fortified brass & Founders with carriages complete.
3 Ammunition Wagons
12 Drums
4 Colours
between 200 & 300 Killed

Why Meditate?

1. Biblical leaders were commanded to
 - a. “Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it.” - Joshua 1:7-8a
2. We are commanded to
 - a. “Set your minds on things that are above, not on things that are on earth”
- Colossians 3:2
3. “We are responsible for straying or sinful thoughts. In order to keep from sinful thinking, we dwell on God’s truth.” - David Saxton

What is Biblical Meditation Not?

- ▷ “The heart is deceitful above all things, and desperately sick; who can understand it?” - Jeremiah 17:9
- ▷ “Biblical meditation does not seek to empty one’s thoughts. Rather, it seeks to fill one’s thoughts with Scripture, fastening them to the objective truths of God’s Word.” - David Saxton

What is Biblical Meditation?

- ▷ **“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on His law he meditates day and night.” - Psalm 1:1-2**
- ▷ **“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it.” - Joshua 1:8a**
- ▷ **Also see Psalm 119:148, Genesis 24:63**

What is Biblical Meditation?

- ▷ “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think (logizomai) about these things” - Philippians 4:8
- ▷ “Remember Jesus Christ, risen from the dead, the offspring of David, as preached in my gospel” - 2 Timothy 2:8
- ▷ Also see Luke 2:19, Hebrews 10:24-25, 11:19, 12:3, 13:7, Revelation 2:5

Occasional vs Deliberate Meditation

<u>Occasional</u>	<u>Deliberate</u>
Spontaneous	Planned
Scripture, Conscience and Creation	Scripture, Sermons

Occasional Meditation

- ▷ **“I will ponder all your work, and meditate on your mighty deeds” - Psalm 77:12**
- ▷ **“...Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?” - Matthew 6:28b-30**

Deliberate Meditation

- ▷ **Direct - attention fully on the Word of God**
- ▷ **Reflexive - “What have I personally done with this truth I have learned**

How do you Meditate? - Dependence on God

- ▷ “For I do not do what I want - instead, I do what I hate.” - Romans 7:15

▷

How do you Meditate? - When / Where

- ▷ “Each one of you should give just as he has decided in his heart, not reluctantly or under compulsion, because God loves a cheerful giver” - 2 Corinthians 9:7
- ▷ Solitude
- ▷ Free from distractions

How do you Meditate? - How Long

- ▷ It's a relationship
- ▷ Big Mac while driving or seven-course dinner?

How do you Meditate? - How Consistently

- ▷ “But his delight is in the law of the Lord, and on His law he meditates day and night.” - Psalm 1:2

How do you Meditate? - What Topic

- ▷ **Biblical**
- ▷ **Specific**

How do you Meditate? - Meditate On...

- ▷ The horrible and heinous nature of sin
- ▷ The foolishness and consequences of sin
- ▷ Subjects designed to conquer a particular temptation to sin
- ▷ God in order to find grace and help
- ▷ God's glorious nature
- ▷ God's attributes
- ▷ God's works
- ▷ Eternity
- ▷ The certainty of death
- ▷ God's sure judgement
- ▷ The glories of Heaven
- ▷ The reality of hell

How do you Meditate?

- ▷ **Observation**
 - ▷ 5 W's and 1 H
- ▷ **Interpretation**
- ▷ **Application**

How do you Meditate? - Final Steps

- ▷ **Question**
 - ▷ “Consider your ways” - Haggai 1:5
- ▷ **Resolve**
- ▷ **Pray**

Benefits of Meditation

- ▷ Deeper repentance
- ▷ Encouragement to obey God's will
- ▷ Resolved to fight sin
- ▷ Provides comfort and joy
- ▷ More knowledge of the Word

Enemies of Meditation

- ▷ **Too busy**
- ▷ **Entertainment / Technology**

Conclusion

- ▶ **“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work” - 2 Timothy 3:16-17**



Thanks and Gig ‘Em!

Any Questions?

Further Resources

- ▷ Jacob's email address: jacob.thate@yokogawa.com
- ▷ LinkedIn: <https://www.linkedin.com/in/jacob-thate/>
- ▷ God's Battle Plan for the Mind by David W. Saxton



(Amazon Link)

