

Introduction: First Things First

“JANNA—OVER HERE!” MONICA WAVED TO HER FRIEND AS SHE SAW HER ENTER the coffee shop. Janna looked frustrated as she slid into the booth and ordered a cappuccino. “What’s up with you today?”

“Ugh! I’m just so tired and worn out today,” Janna said.

“So tell me what’s going on,” Monica said. Monica and Janna had been friends for a few years and lately they’d been meeting regularly once a week for coffee. During their time together, they enjoyed sharing prayer requests and discussing what they were learning in Bible study.

“Monica, I’m just so tired of being tempted all the time. Every day just seems like a battle.”

“I totally understand. Every time I turn on my computer, I’m flooded with all these sexual e-mails and messages—stuff I never even asked for! I delete them, but it’s a hassle.”

“Not only that, but it seems every time I watch TV or movies, I end up seeing stuff that shouldn’t be inside my brain, you know? And then all these girls at school are talking about how far they’ve been with their boyfriends and asking me why I’m not doing the same thing.”

“I know! It’s so frustrating.”

“I want to live a holy life, Monica. I want to please God in all I do