

Caught In the Run-Down

Date: June 14, 2026 | Speaker: Bob Swickard | Series: Play with Purpose

Main Verse: [Judges 16:1-31](#)

Other References: [Deuteronomy 5:32](#); [Proverbs 4:25-27](#)

We can get caught in a “rundown” when we _____ from spiritual safety. (see Judges 13-16)

King David showed us the sequence of sinning (see 2 Samuel 11)

- We _____ something we want
- We _____ the thought of it
- We _____
- We _____

When we leave the safety of God’s way of life, we can expect to live with the _____ (see [Judges 16:19-20](#))

We avoid getting caught in the rundown when we keep our _____ on the Lord and His way of life!
([Proverbs 4:25-27](#); [Deuteronomy 5:32](#))