

DEALING EFFECTIVELY WITH TEMPTATION

Nov. 1, 2015 1 Cor. 10:13; James 1:13-15 by Bob Branch
Staying Free, Part 7

Name one area where you were tempted last week?

MAIN IDEA: How do you deal effectively with temptation? How do you successfully identify it and overcome it?

What is temptation?

¹ to **attempt** or try something.

² to try or **test someone** to reveal its true inner quality.

³ to **test someone with a hostile intent**, hoping they'll fail.

⁴ to **solicit or entice to sin**.

Temptations To...

- Sin.
- Embrace Religion & Rules
- Challenge what God has given you in Christ. (Mt. 4:1-11)
- Doubt God. (Gen. 3:1)
- Make small compromises, "baby steps"...
- Go in a Direction God is not going.

2 Sources of Temptation

The Evil One.

"He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?... "You will not certainly die, for God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." **Genesis 3:1, 4-5** (Mt. 4:3; 1 Thess. 3:5; Rev. 12:9; Eph. 6:12)

Ourselves.

"When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he

tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death." **James 1:13-15** (Mark 4:19; 7:21-23)

"lead us not into temptation, but deliver us from the evil one." **Matthew 6:13**

Temptation is NOT Sin

"You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." **Matthew 5:27-28** (2 Cor. 10:3-6)

Ways to deal with temptation?

¹ **Don't go it alone!** (Josh. 1:5; 3:7; Is. 41:10; Eccl. Mt. 28:20; 1 Cor. 10:13)

² **Decide what side you're on.** (1 Tim. 6:6-11)

³ **Invest in God's Word on a daily basis.** (Ps. 119:11; Mt. 4:4, 7, 10; 2 Tim. 3:16-17; Eph. 6:17)

⁴ **Flee from temptation, and run to Jesus.** (1 Cor. 6:18; 10:14; 2 Tim. 2:22; Luke 15:17-20)

⁵ **Resist the devil.** (Eph. 6:10f; James 4:7; 1 Peter 5:9)

⁶ **Don't play the victim.** (1 Jn. 4:4; James 1:13-15; 2 Cor. 10:3-6; Rom. 6:12)

⁷ **Walk in the Light with others.** (1 John 1:7; John 3:19-21; 1 Cor. 4:5; Eph. 5:11, 13; James 5:16)

⁸ **Partner with others to keep your promises.** (Eccl. 4:9-12; James 5:16)

⁹ **Bounce your eyes.** (Job 31:1; 2 Cor. 10:3-6)

PRAYER PROTECTION: "Lead us not into temptation, but deliver us from the evil one." **Matthew 6:13**