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Step 8: How can I overcome destructive Temptations?

Don Fanning
Liberty University, dfanning@liberty.edu

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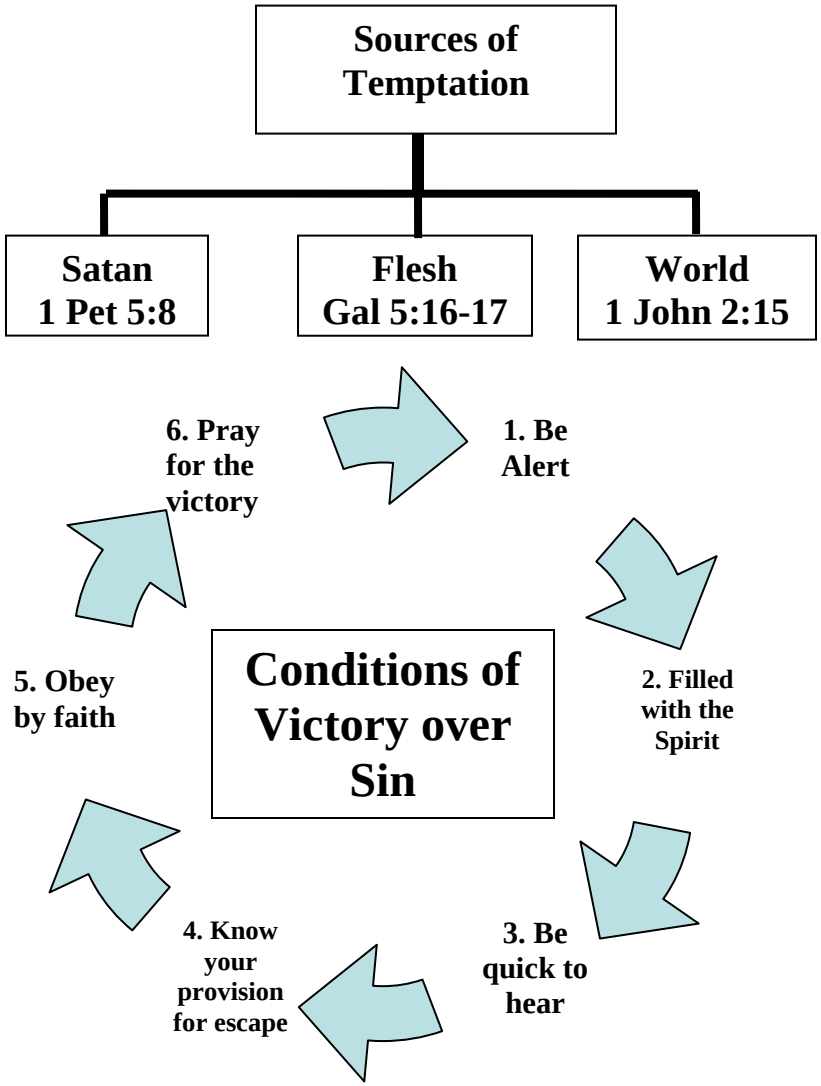
TEMPTATIONS:



Temptations

In this world we live in a constant struggle between good and bad. To begin this lesson we will look at a definition from the Bible of a mature Christian. Read in your Bible **Hebrews 5:14**., and write in your own words what this passage says about maturity. _____
_____

We have a tendency to rationalize our conduct and be undisciplined in what we know to be right before God. The mature believer learns "to discern between good and bad," makes a vow to do good.

Temptation is an **initial impulse** within each of us to choose the "bad" or sin. **Temptation itself is not sin**, but if we do not manage it properly, it could quickly lead us into sin

Read Jeremiah **17:9**. What is true in each of us that make it difficult for us to win over temptation? _____
_____

Our "heart" (emotions, desires, our mind or reason) naturally has a tendency to deceive us. According to **1 John 1:8**, what is the result of this deception? It causes us to believe. . ._____

If we permit our "heart" to deceive us into believing that we do not sin or are a pretty good person, we can justify any sin. This is a natural auto-defense mechanism to rid ourselves of the guilt that accompanies sin. How does God want us to treat the guilt of sin according to **1 John 1:9**? _____
_____

The mark of a true believer is the practice of "confessing" or admitting our sins, instead of hiding, rationalizing or excusing them. We must be open and honest before God. Paul is discussing his "imperfection" in **Philippians 3:13**. In his struggle with sin, once he confessed it, what does the verse say he could do?
_____

Because we have the promise of forgiveness in Christ's sacrifice, (1 John 1:7), we have the security that we can certainly forget "that which is behind". Our conscience can be clean because Christ paid with His blood so that our sins

could be pardoned. The more we meditate on these Scriptures, the less attraction sin will have for us.

THE SOURCES OF TEMPTATION

The Bible teaches us that there are three sources of temptation:

a. Satan
b. The world
c. The flesh

SATAN. These verses describe Satan's activities. Write the ways in which Satan can deceive us:

Genesis 3:1 _____

1 Corinthians 10:10 _____

1 Peter 5:8 _____

Revelation 12:10 _____

When we accept Christ, we also receive an enemy who is very subtle, the "Destructor" y " and the "Lion", who will consume us if we give him the opportunity. Although he is always accusing us before God's throne, according to**1 John 2:1,** what does Christ do against this critic?

_____

_____

This is why we don't stand a chance with out Christ who defends us because He is our advocate. Also, we have the promise in **Romans 8:39** that "…*nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord*." God will never be persuaded by Satan to abandon us.

THE FLESH. The "flesh" is our natural sinful nature into which we were born. It does not go away when we accept Christ. The flesh always wants the same thing, and if we give in to its desires, we get into sin. Write what the following verses say about the battle going on inside us.

James 4:1-2 _____

Galatians 5:16-17 _____

Step 8: Overcoming Temptations

This battle within is between the flesh and the Spirit. The only way to win over the flesh is to **make a decision to follow the Spirit**.

THE WORLD. This is battle between conforming o the morality and pleasures of our culture or face possible exclusion from society, rejection or unjust persecution. The following are some experiences that we may have to deal with. Mark the ones that have been your experience.

- ❒ Look for security in possessions.
- ❒ Desire respect from others for a talent, or some accomplishment.
- ❒ Buy clothing or other things to be in style.
- ❒ Ignore or violate principles in order not to cause problems.
- ❒ Get to know important people for your own benefit or advantage.
- ❒ Priorities are on worldly or sensual pleasures.

According to these verses, what should be our relationship to the world?

John 16:33_____

Romans 12:2_____

1 Timothy 6:10 _____

1 John 2:15 _____

THE CONDITIONS FOR VICTORY

Even though our enemies are powerful, and we should not think the fight will be easy, we must remember that "*greater is he that is in us than he that is in the world*". (**1 John 4:4**).

CONDITION #1: BE ALERT.

Some believers are naïve in their thinking. They believe they can get near to sin without being trapped by it. This was Lot's thinking in Genesis 13:9-13. He chose to live in Sodom and Gomorrah, instead of living with God's people. Thinking that we are immune to temptation ("*This will not affect me.")* is a dangerous attitude.

What do these verses suggest with respect to being alert?

1 Corinthians 16:13 _____

Acts 20:28 _____

2 Timothy 4:5 _____

Revelation 3:2 _____

Not only should we be mentally alert, but we also need an internal power in order to win over temptation.

CONDITION #2: BE FILLED WITH THE SPIRIT

Victory over sin comes by the power of the Holy Spirit. Since He is greater than all the sources of temptation, we must allow Him to control us. When we give Him CONTROL over our lives, He will give us the victory.

What do these verses teach us about the control of the Spirit?

Ephesians 5:18 _____

Galatians 5:16 _____

Acts 1:8 _____

Philippians 4:13 _____

The filling of the Spirit is the results of obedience to the Word of God . It is not a mystical experience but a practice. When we obey the Bible, the Spirit gives us the power to be victorious.

CONDITION #3: QUICK TO HEAR

Temptation is like a snake or a fire: we cannot play with it. There is a certain pattern of development in the temptation to sin. Write the steps mentioned in

James 1:14-15._____

_____

_____

How should we respond to temptation?

1 Peter 5:8-9 _____

James 4:7-8 _____

Satan has no power or dominion over our lives, unless we give him the opportunity to influence us. If we resist him, he will flee from us.

CONDITION #4: KNOW THE ESCAPES PROVIDED

Temptations are tests that prove our faithfulness to God. Our sovereign God permits these tests in our lives to make us strong when we depend on Him. Read **1 Corinthians 10:13.** This is the ***key verse*** for temptations. Write three or four promises you find.

a._____

b._____

c. _____

d._____

Our temptations are not uncommon, although they seem very difficult. By the grace of God **WE CAN TAKE** ANYTHING God permits. There is always a way to escape temptations. Some "escapes" are mentioned in these verses. In your own words, write the escapes.

Psalm 119:11 _____

2 Timothy 2:4 _____

Matthew 4:1-11 (Jesus' method) _____

Understanding the Word of God and applying it correctly is essential for victory over temptation.

CONDITION#5: OBEY BY FAITH

There will be times when our feelings will direct us one way while the Word of God leads us in another. No matter what we feel, we must always choose to follow the lead of God's Word. According to the following verses, what does God expect of us?

2 Corinthians 5:7 _____

Colossians 2:6 _____

Our way of life must be characterized by faith. Faith is simply an expression of our trust in what the Bible says. If we obey, we are saying that we recognize that God's way is better than our own.

CONDITION #6: PRAY FOR VICTORY

Since our strength comes from God, prayer and communion with Him are indispensable. These verses ask for prayer to whom and why?

Matthew 26:41_____

Matthew 6:13 _____

Philippians 1:4, 10 _____

Colossians 1:9-10 _____

Remember that God is Holy. If we want to live in communion with Him, we cannot allow sin to infiltrate our lives. We must deal with temptation right away. If we sin, we must confess it and stop practicing it immediately. We must never permit that guilt (because of unconfessed sin) destroys our relationship with God.

Why does God allow us to be tested? Read Deuteronomy 8:2.

_____
_____
_____

Temptations will come into our lives to test whether we will act on biblical principles or our selfish desires. We should not give an opportunity for Satan to accuse us or permit him access into our life.

Review : Overcoming Temptation

1. What makes temptation so deceiving in our lives? (Jer 17:9)
_____
_____

2. What are the three sources of temptation:
   1. _____
   2. _____
   3. _____

3. In your own words describe what it means to “be alert” to temptation according to the lesson. _____
_____
_____

4. To be filled with the Spirit means that He is in control of our lives. How does our lesson describe His control of our lives?
_____
_____
_____

5. What are some of the escapes from temptation suggested in the study? _____
_____
_____

6. Why is “faith” required to be obedient according to the lesson?
_____
_____
_____

7. How is prayer helpful in victory? Be specific from the lesson.
_____
_____