

A Way Out Part 2: Resisting Temptation

(1 Corinthians 10:12-13 NIV) So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

(Hebrews 12:1 NLT) Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up.

To be human is to be vulnerable to temptation.

(Matthew 4:1 ESV) Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

Process of Temptation

✓ Thought

(Matthew 9:4 ESV) But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts?"

✓ Imagination

(James 1:14 NLT) Temptation comes from our own desires, which entice us and drag us away.

✓ Justification

(Matthew 18:7 NLT) Temptations are inevitable, but what sorrow awaits the person who does the tempting.

✓ Choice

(James 1:15a NLT) These desires give birth to sinful actions.

✓ Sin

(James 1:15b NLT) And when sin is allowed to grow, it gives birth to death.

Resisting Temptation

(James 4:7-8 ESV) Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

1. Submit to God.

(Matthew 26:41 NIV) "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

2. Resist the devil.

(1 John 4:4 KJV) Greater is he that is in you, than he that is in the world.

(Ephesians 6:12 NIV) For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

(Proverbs 4:14-15 NIV) Do not set foot on the path of the wicked or walk in the way of evildoers. Avoid it, do not travel on it; turn from it and go on your way.

3. Rely on God's plan for satisfaction.

(Hebrews 2:18 NIV) Because he himself suffered when he was tempted, he is able to help those who are being tempted.

(Philippians 4:8 ESV) 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 about these things.