

# Resisting Temptation

Restoring My Soul – Session #9

Based on *Restoring My Soul* by Bill Flatt

## What Temptations Will We Face?

- Internal Temptations
  - Conceit (with a morbid interest in controversy) – 1 Timothy 6:3-5
  - Greed – 1 Timothy 6:9-10
- External Temptations
  - Oppression and blasphemy of God’s name – James 2:6-7
  - Execution of the innocent men – James 5:6

## Why Should We Overcome Temptations?

- Overcoming temptation leads to happiness.
  - We are blessed if we overcome temptations – James 1:12. The term used for “blessed” denotes depth beyond outward circumstances.
  - We can expect trials because of Christ’s suffering – 1 Peter 4:12-13.
- Overcoming temptation leads to a more refined Christian character.
  - Our temptations develop perseverance – James 1:2-3.
  - Various trials show proof of our faith and that can result in praise and honor for Christ – 1 Peter 1:6-7. This is coming from someone who rejoiced that he was worthy of persecution for Christ (Acts 5:41).
- Overcoming temptation leads to the crown of life.
  - The word for “crown” (James 1:12) is *stephanos*, and Stephen (*stephanos*) was the first martyr for Jesus.
  - The crown of life provides the ultimate motivation – 2 Timothy 4:8.

## How Do We Overcome Temptations? We must...

- Remember.
  - We must store up the Word of God in our hearts so that we might not sin against Him – Psalm 119:11.
  - Remembering and using scripture properly is the way Jesus handled temptation.
- Think clearly.
  - If we are “double-minded,” then we will be unstable people.
  - In what ways is it tempting for us to act “double-minded”?
- Pray in faith.
  - This kind of prayer brings wisdom from God. In fact, Jesus told His disciples that if they wanted to overcome temptation in the garden, they needed to pray.
- Put on the whole armor of God.
  - Ephesians 6:10-17 details each piece of the armor – we cannot stand in our own strength against sin.
  - Each piece of armor represents a different weapon we have. Which do you think is most challenging for us?

- Take responsibility for our own behavior.
  - James 1:13 reminds us that our own lusts lead us into temptation.
  - The blame game began in Genesis 3, but it will not help us grow spiritually.
- Shun evil companions.
  - Bad company does corrupt good character – 1 Corinthians 15:33.
  - We don't want to give the devil a foothold in any area – Ephesians 4:27.
- Look for God's way of escape.
  - We will not be tempted beyond what we can bear, because God will provide us a way of escape, though sometimes it may be His strength to endure the temptation – 1 Corinthians 10:13.
  - What are some ways of escape that God might provide for us?
- Substitute good activity for bad activity.
  - If there is a habit we want to stop, it is easier for us to succeed by putting something in its place.
  - When God's people are told to stop doing what is wrong, Isaiah tells them to defend those who are oppressed and those who are orphaned – Isaiah 1:16-17.
  - What are some good activities we can substitute for sinful habits?
- Rejoice in the Lord whatever your circumstances.
  - Paul learned contentment in every circumstance in life – Philippians 4:11-12. Remember, it was something Paul learned, which means it might not come naturally to us, but it is worthwhile.
  - Both rich and poor should rejoice that they are in Christ – James 1:9-11.
  - What usually keeps us from rejoicing?
- Love God with all your heart, soul, and mind.
  - When facing temptation, we can draw upon our love for God, since all of God's other commands hang on this one – Matthew 22:37-40.
  - Following God begins with deciding to love Him with all we have.

### **7 Reasons Not To Be Sexually Immoral (1 Corinthians 6:12-20)**

1. Sex is not morally neutral like food.
2. Your body may be mastered (addicted) by it.
3. Your body is not created for sexual immorality.
4. Your body as well as your spirit is important.
5. Your body, not just your spirit, is a member of Christ.
6. Your body is the temple of the Holy Spirit.
7. You are bought with a price and are to glorify God with your body.

### **The Ten Commandments of Marriage (by Ed Young Jr.)**

1. Thou Shalt Not Be a Selfish Pig.
2. Thou Shalt Cut the Apron Strings.
3. Thou Shalt Continually Communicate.
4. Thou Shalt Make Conflict Thy Ally.
5. Thou Shalt Avoid the Quicksand of Debt.
6. Thou Shalt Flee Sexual Temptation – Online and Otherwise.
7. Thou Shalt Forgive Thy Mate.
8. Thou Shalt Keep the Home Fires Burning.
9. Thou Shalt Begin Again and Again.
10. Thou Shalt Build a Winning Team.