

# OVERCOMING TEMPTATION

ROOTING SERIES

REVISION 4.0

Understanding and overcoming temptation in a believer's life is one of the most practical and essential truths that you can learn. Pay close attention to the admonitions in the scriptures and notice the examples of men who overcame or fell. Remember, "Great men are not always wise..."(**Job 32:9**) so prepare yourself with God's defense and you will be able to stand in the evil day.

## I. ALL MEN HAVE COMMON TEMPTATIONS

- ❑ **1 Cor 10:13** (Memory Verse) - Temptations are common. What are the temptations in **vrs 6-11**? There are five common temptations in this portion.

**DEFN:** "Temptation" - A testing designed to strengthen or corrupt; the act of testing; a trial.

- ❑ **1 John 2:15-16** - You will be tempted in three areas:  
1) Lust of flesh: 2) Lust of eye: 3) Pride of life
- ❑ **Gen 3:1-6** - Eve and Adam were also tempted. Notice the severity of the trial from Satan. They were tempted in all three areas simultaneously!
- ❑ **Matt 4:1-11** - Jesus was tempted in all three areas. Initially, you will experience only one area at a time, but as you grow in Christ, eventually you will be challenged in more than one area at the same time.

## II. GOD IS NOT TO BE BLAMED

- ❑ **Jam 1:13-15** – God is not to be blamed for our temptation. We can only blame ourselves because we are drawn away of our own lusts.

**NOTE:** "...when lust hath conceived, it bringeth forth sin:" As in human conception, there are two parts to bringing forth a child, so it is with this thought. The lust in your members lies dormant like an egg ready to be fertilized by a "provision" or opportunity from Satan and when it conceives, it brings forth sin. Then sin keeps increasing in your life like a child growing in the womb. When sin has finished, it will have worked a complete work of bringing forth a child, which is death. The ratio in nature of sperm to egg is many to one and the same will be with the attacks on your lusts. Therefore, follow **Rom 13:14** to make no provision for the flesh. Do not give lust an opportunity to sin.

- ❑ **Rom 7:15-25** – Paul, the apostle, had the same battles.

**NOTE:** There is a law of sin in your members, like the law of gravity that will have its way unless overcome by a greater force. (**Rom 7:18** - Memory Verse)

- ❑ **1 Cor 6:18-20** - You sin against your own body in fornication.

**NOTE:** You may have sinned against your own body because you may have created several monstrous, unnatural appetites by giving yourself to much sin before you were saved. It will take time and patience to destroy these “giants” in your life. Take hope; God is able to overcome them by His Spirit (**Phi 1:6: Psa 138:8**).

**NOTE:** There are other sins that have inward effects such as envy, bitterness, lying, malice, etc., but fornication is a direct sin against your body, the fruit of which produces all manner of disease and corruption. Regardless of how sin is manifested, it only works to one end, death. God intended the body to be used in righteousness. (**Rom 6:16**) If we use it as an instrument of sin, once again we can only blame ourselves for the results.

### III. **BEING TEMPTED IS NOT THE SIN**

- ❑ **Heb 4:14-16; Heb 2:18** - Christ was tempted but without sin.
- ❑ **Psa 78:18, 41, 56** - The children of Israel tempted God but He didn't sin.
- ❑ **1 Cor 10:13** – God is giving you a way of escape before you sin.

**NOTE:** In other words, only when you yield to entertaining the thoughts of your lusts, you have sinned. Then sin begins to run its course to take you down the path to death. You sin in your mind long before you sin in your flesh.

### IV. **HOW TO OVERCOME TEMPTATION**

- ❑ **Matt 6:13** - Pray daily, “...lead us not into temptation but deliver us from evil...”
- ❑ **Luke 22:40; Matt 26:41** – “Pray that ye enter not into temptation” when you see it coming your way.
- ❑ **Psa 119: 9-11** - Hide God’s Word in your heart so you do not sin against God.

**NOTE:** When Jesus was tempted by the Devil, Jesus quoted the Word of God which was hid in His heart to resist him (**Matt 4:1-11**).

- ❑ **2 Cor 10:3-6** - Cast down every imagination that exalts itself against the knowledge of God. If you don’t deal with every imagination and thought, they will eventually become reality! (**2 Cor 10:5** - Memory Verse)

- ❑ **Psa 19:13-14** (Memory Verse) – Pray and deal with your presumptuous (willful, defiant, arrogant, irreverent, and rash) sins in your heart and you will not fall to “the great transgression”.

**NOTE:** If you constantly deal with your tongue and the meditations of your heart, you will find it much easier to live for God. You must learn to resist sin in the heart, then it will not surface in the flesh. (**Pro 4:23**)

**NOTE:** The great transgression is to revolt (morally, religiously, or nationally), to sin, to trespass, to do wickedly, to defect, to fall away from, to rebel against a righteous authority. When we walk in presumptuous sin, we are attempting to overthrow God’s authority in our lives.

- ❑ **Phi 4:8** (Memory Verse) - Think on good things. Fill your mind with virtuous concepts.
- ❑ **Gal 5:16** – A carnal mind will lead you to fulfill the lust of the flesh contrary to the law of God. God would have you to walk in the Spirit, having the mind of Christ. (**Rom 8:6-9; Phil 2:5**) Walk in the Spirit, having God’s attitude of love. A wrong attitude, an “I don’t care” attitude, leads to fulfilling the lust of the flesh.
- ❑ **Rom 13:14** (Memory Verse) - Make no provision to walk into a known temptation.
- ❑ **Rom 6:11-23** - Count yourself dead to sin and alive unto God. Don’t yield your members as instruments of unrighteousness. Learn to hate sin in your flesh.
- ❑ **Jam 4:6-10** - Submit yourself to God and resist the devil. If you don’t submit, you can’t resist
- ❑ **1 Cor 10:12** - Take heed. A haughty spirit comes before a fall. (**Pro 16:18; Ecc 7:8-9; 1 Cor 8:1-2; Rom 12:3**)
- ❑ **2 Pet 1:5-10** - Be diligent to always add to your faith, and then you will never fall.
- ❑ **2 Sam 11:1 to 12:25** - STAY BUSY for God! - Idleness will provoke your flesh as it did King David. Keep running the race with patience and looking to Jesus, the author and finisher of our faith. (**Heb 12:1-2**)
- ❑ **Psa 50:15** - When you get into trouble, pray for God’s help.
- ❑ **1 Cor 10:13** (Intentionally repeated) - God will make a way of escape. Look for it and take it!

**NOTE:** You must learn to hate the sin in order to be able to discern it and overcome it in your life. Remember sin is deceitful and will harden your heart. (**Heb 3:12-15**).

## V. WHEN YOU DO SIN

- ❑ **1 John 2:1-2** - You have an advocate.

**DEFN:** “Advocate” - (1) One who pleads the cause of another before any judicial court. (2) One who defends or vindicates a cause by argument; one who is friendly to the oppressed.

- ❑ **1 John 1:9** - If you confess, He is faithful and just to forgive you.

**DEFN:** (Webster’s 1828) “Confess” – To own, acknowledge, or avow, as a crime, a fault, a charge, a debt, or something that is against ones interest, or reputation.

**NOTE:** The key is to acknowledge the sin before the Lord. In other words, you must agree with God that it is sin. If you do your part by confessing, then He will do His part to cleanse.

## VI. GOD’S PROMISES OF UPHOLDING YOU

- ❑ **2 Pet 2:9** - Live for Him now and be godly, and God will deliver you.

- ❑ **Jude 1:24** - He is able to keep you from falling. Look to Him.

- ❑ **Psa 37:23-24** – The LORD “upholds” with His hand.

- ❑ **Pro 24:16** - A saved man rises again when he falls.

## CONCLUSION:

“Yield not to temptation for yielding is sin. Each victory will help you some other to win. Fight manfully onward, dark passions subdue. Look ever to Jesus, He will carry you through.” If you fall, don’t overly condemn yourself. Everyone falls at some time or another. Keep your eyes on Jesus and get up to walk again. Then go on and strive for perfection. (**Matt 5:48**)