

Preparation For The Journey

Overcoming Temptation

If we are to become the people God has called us to be, then we must learn, not only to avoid temptation, but to overcome it when we do fall into its seductive lure. Paul states in **1 Corinthians 10:13** (NCV) that, “The only temptation that has come to you is that which everyone has. But you can trust God, who will not permit you to be tempted more than you can stand. But when you are tempted, He will also give you a way to escape so that you will be able to stand it.” There are three important points that this verse is teaching us. **1) Any temptation you are dealing with is not unique to you, but is shared by countless others. 2) God will not let you be tempted beyond your ability to resist it. 3) When you are tempted God will provide a way out of it.** I believe that there are **six specific things that God instructs and enables us to do** in order for us to avoid, endure, and overcome temptation, thus providing us a way of escape.

The Six steps to overcoming temptation are, one, **refuse to be intimidated by the devil** and his ploys. Two, **ask God for His help**. Three, **refocus** your attention. Four, **share your struggles** with a friend. Five, resist **the devil**. And six, **avoid areas of known weakness**. Taking these steps and applying them to your life will give you the tools you need to walk victorious over temptation and the devil’s schemes.

Finally, remember that you are not able, with your own strength, to fend off the attacks of the enemy. Zechariah declared the word of the Lord saying **“...Not by might nor by power, but by My Spirit’ says the Lord of host.” Zechariah 4:6 (NKJ)** The secret to our victory will not be found in our own abilities, but in God, His word, and the Spirit. This is not to say that you will never again sin or yield to temptation, however, it is saying that you can limit the influences of temptation and sin in your life. And thank God that when we do sin, we have an advocate with the Father. Let us now take a closer look at these steps as we continue to prepare ourselves for the challenges ahead and as we pursue our spiritual development.

**This lesson was derived in part from a sermon by Rick Warren,
senior pastor of Saddleback Church.**

Six Steps to Overcoming Temptation

1. REFUSE To Be Intimidated

“Be strong in the Lord and in His mighty power.”

Ephesians 6:10 (NIV)

“For God has not given you a spirit of fear, but of power and of love and of a sound mind.”

2Timothy 1:7 (NKJ)

“...be strong in the grace that is in Christ Jesus.”

2 Timothy 2:1 (NIV)

2. ASK For God’s Help

“(Jesus)...has been tempted in every way, just as we are - yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

Hebrews 4:15-16 (NIV)

“Call upon me in the day of trouble; I will deliver you, and you will honor me.”

Psalm 50:15 (NIV)

3. REFOCUS Your Attention

“People are tempted when their own evil desires lead them away and traps them. This desire leads to sin, and then the sin grows and brings death.”

James 1:14-15 (NCV)

“Be careful how you think; your life is shaped by your thoughts.”

Proverbs 4:23 (GN)

4. SHARE Your Struggle With A Friend

“Two are better than one...If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!”

Ecclesiastes 4:9-10 (NIV)

“Therefore, confess your sins to one another, and pray for one another so that you may be healed”

James 5:16 (NASB)

5. RESIST The Devil

“So give yourselves completely to God. Stand against the devil, and the devil will run from you.”

James 4:7 (NCV)

“Do not give the devil a way to defeat you.”

Ephesians 4:27 (NCV)

“Put on the full armor of God so that you can take your stand against the devil’s schemes.”

Ephesians 6:11 (NIV)

6. AVOID Areas Of Weakness & Temptation

“Do not set foot on the path of the wicked or walk in the way of evil men. Avoid it, do not travel on it; turn from it and go your way.”

Proverbs 4:14-15 (NIV)

“...We should remove from our lives anything that would get in the way and the sin that so easily holds us back.”

Hebrews 12:1 (NCV)

“Blessed is the man who endures temptation; for when he has been proved, he will receive the crown of life which the Lord has promised to those who love him.” James 1:12 (NKJ)