

## NOTES

### ~ *Temptation* ~

- Temptation defined in the Bible: Strong's G3986 (peirasmos) - experience [of evil], solicitation, or provocation); adversity
  - It is desire, but still in the mind
- We give in to temptation and become enslaved to bad things – like sinful, deadly behavior (**Romans 6:17-23**) and (**2Peter 2:19**).
- How temptation works (**James 1:14-15**):
  - Temptation enters the mind
  - Thoughts lead to intention
  - Intention leads to action
- Sin is pleasure for a moment, but consequences that can last much longer!
- Consequences of sin = death.
- No one's temptations are unique; there's nothing new in this age (**1Corinthians 10:13**) and (**Ecclesiastes 1:9-10**)!
- God and our Christ versus temptation:
  - Jesus was tempted just like man (**Hebrews 2:18**).
  - And yet, God doesn't tempt or lead us into sinful behavior; we have free will (**James 1:13-14**)
  - But He can rescue the righteous from temptation (**2Peter 2:9**)
- As followers of Jesus, we have the *freedom* to do what we ought – choose the right path and not let temptation lead to sin (**Galatians 5:1**).
- Overcoming temptation and winning the mental battle:
  - The Spirit convicts (**John 16:7-8**) and transforms (**2Corinthians 3:18**)
  - Walk by that Spirit (**Galatians 5:16-17**)
  - Clothe ourselves with Jesus (**Romans 13:13-14**)
    - Regularly read Scripture for firm foundation
    - Meditate on what you learn
    - Apply what you learn in your life
  - Avoid or remove triggers – things that can cause you to sin (i.e. **Matthew 5:29**)
  - Pray (**Matthew 26:41**)!
- **Summary:** Thought can lead to intent, which can lead to death. Build faith and walk by the Spirit to avoid that death that will come through God's judgment and punishment.

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### Introduction

We understand that our sinful, rebellious choices can get us into trouble and set us up to experience God's judgment. But, He has given us a choice: be His through our Christ and live, or continue our own way and die. Life through Jesus, or death through judgment. No other options exist.

### This week . . .

This week, we'll talk about temptation – the lust that starts in the mind and manifests itself in sinful behavior. Again, it's that sinful, rebellious behavior that will send us off a spiritual cliff and spiraling toward God's judgment. Let's start by defining temptation.

### Temptation defined

Temptation is defined in the Bible as Strong's G3986 (**peirasmos**) - experience [of evil], solicitation, or provocation); adversity. It's lust (desire), but still in the mind. It isn't really a problem as long as it stays there. **Give examples.**

### Sin enslaves us & results in death

We give in to temptation and become enslaved to bad things – like sinful, deadly behavior. Self-control is one of the displays of God's Spirit in us. The lack of self-control allows desire – lust – to control us instead. That mastery over us produces addictions, inconsistent behavior, and potentially death.

**[Romans 6:17-23]** and **[2Peter 2:19]**.

How can this happen to us? Let's take temptation apart to find out how it becomes so destructive.

### How temptation works

- Triggers
- Lack of self-control
- Action

#### How temptation works:

- o Temptation enters the mind. This can come in the form of **triggers** that appeal to us (sensuality, etc.).
- o Thoughts lead to **intention**. This can come from a lack of self-control.
- o Intention leads to **action**. **[James 1:14-15]**

### Sin doesn't happen by accident.

A thought in itself isn't sin. So how can a tempting thought lead to intent and then to action? Intent – the heart – determines in great part what is sinful and what isn't. We really don't sin by accident and usually behave contrary to God's ways because it feels good or would benefit us in some way. But . . .

### Sin is temporary pleasure and permanent destruction

Sin is pleasure for a moment, but consequences that can last much longer!  
Consequences of sin = death

No temptation unique.

No one's temptations are unique. Chances are pretty good that if you can think of it, it's been thought of and done before. We are told that God will provide a way out of our temptations, but remember that we must choose to take it!! **Give examples.** [**1Corinthians 10:13**]

Nothing new under the sun.

Along these lines, we also learn from King Solomon that there's nothing new under the sun. [**Ecclesiastes 1:9-10**]!

Jesus was tempted.

Jesus was tempted. Remember that He was spirit in a physical body like we are. So, he faced the same temptations we face (remember that there's no unique temptation and that there's nothing new under the sun! [**Hebrews 2:18**]

God doesn't lead us into temptation.

And yet, God doesn't tempt or lead us into sinful behavior. Remember that we have free will and make our own choices. And although it's common to blame God for bad things that happen to us, that blame is misdirected. [**James 1:13-14**]

God can rescue us from temptation, though.

But He can rescue the righteous from temptation while judging the wicked. [**2Peter 2:9**]

He has rescued us by offering His son as a one-time sacrifice for all to give us a choice. His Spirit offers wisdom, guidance, and prompting that can help us find our way out of temptation.

We have the freedom to do what we *ought* to do, not what we want to do.

As followers of Jesus, we have the *freedom* to do what we ought – to choose the right path and not let temptation lead to sin. Keep in mind that we always have free will and will be rewarded or punished based on how we use that freedom. [**Galatians 5:1**]

So, how do we exercise that freedom? How do we overcome temptation and win the mental battle? After all, we will win if we can keep the temptation from manifesting itself into sin.

Remove ourselves from temptation by leaving situations or not exposing ourselves to triggers.

Things that will help:

1. Consider the Spirit

- **Convicts and transforms**

2. **Walk** by the Spirit.

3. Become 'wise unto salvation' through the **Scriptures**.

4. **Devotions** a habit

5. Avoid/remove **triggers**.

6. **Pray**, pray, pray!

Summary

To overcome temptation and win the mental battle, we must intentionally do things to remove ourselves from temptation, triggers, or situations we may not be able to get out of. **Give examples.**

You'll find that there are critical things we can do to help.

First of all, let's talk about the **role of the Spirit** of God, who comforts and teaches us.

When we truly believe and enter into covenant with Christ, the Spirit of God begins to dwell within us. It convicts and transforms us. [**John 16:7-8**] and [**2Corinthians 3:18**]

We must then walk by that Spirit to ensure we don't give into human desires that could lead to sin. The Spirit of God will guide and teach us when we allow Him to. [**Galatians 5:16-17**]

Besides the guidance of the Spirit of God, we also have the mind of God and our Christ to 'clothe ourselves' with. We do this by knowing and applying the Scriptures. We read daily, meditate on what we read, and then apply what we learn in our lives. [**Romans 13:13-14**]

Let's talk about making this a regular habit . . .

Avoid or remove triggers. This is critical to staying sin-free! We should flee from evil and anything that can make us trip up. [**Matthew 5:29**]

Pray, pray, pray! [**Matthew 26:41**]

- **Summary:** Thought can lead to intent, which can lead to death. Build faith and walk by the Spirit to avoid that death that will come through God's judgment and punishment.

Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness? But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, and having been freed from sin, you became slaves of righteousness. I am speaking in human terms because of the weakness of your flesh. For just as you presented your members as slaves to impurity and to lawlessness, resulting in further lawlessness, so now present your members as slaves to righteousness, resulting in sanctification. For when you were slaves of sin, you were free in regard to righteousness. Therefore what benefit were you then deriving from the things of which you are now ashamed? For the outcome of those things is death. But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord —Romans 6:17-23.

promising them freedom while they themselves are slaves of corruption; for by what a man is overcome, by this he is enslaved. —2Peter 2:19.

But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death. —James 1:14-15.

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. —1Corinthians 10:13.

That which has been is that which will be, And that which has been done is that which will be done. So there is nothing new under the sun. Is there anything of which one might say, "See this, it is new"? Already it has existed for ages Which were before us. —Ecclesiastes 1:9-10.

or since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted. —Hebrews 2:18.

Let no one say when he is tempted, "I am being tempted by God"; for God cannot be tempted by evil, and He Himself does not tempt anyone. But each one is tempted when he is carried away and enticed by his own lust. —James 1:13-14.

then the Lord knows how to rescue the godly from temptation, and to keep the unrighteous under punishment for the day of judgment —2Peter 2:9.

It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery. —Galatians 5:1.

“But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you. And He, when He comes, will convict the world concerning sin and righteousness and judgment” —John 16:7-8.

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit. —2Corinthians 3:18.

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. —Galatians 5:16-17.

Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts. —Romans 13:13-14.

“If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell.” —Matthew 5:29.

“Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.” —Matthew 26:41.