

Gaining The Victory Over Nagging Temptations

"But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble."

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..." James 4:6-8 (ESV)

I. Introduction

"Satan is not such a fool as to fish without bait."---anonymous

"If God bolts the door, don't go through the window!"---anonymous

"Temptations—unlike opportunities—will always give you a second chance."—O.A. Battista

II. Breaking Free From Pesky Temptations: Formulating the Winning Strategy

1. I must first understand _____ (Gen.3:1-6)

Step 1: A Wrong DESIRE inside me (James 1:14-15)

Step 2: DOUBT God's Word---*"Did God really say...not to do this?"*

Step 3: SELF-DECEPTION – *"It's no big deal ---I believe Satan's LIE*

Step 4: DISOBEDIENCE--- *I'm hooked & defeated*

2. I must be keenly aware of what makes me _____

"Don't give the devil any opportunity {to work}." Ephesians 4:27 (GW)

"Guard your heart above all else, for it determines the course of your life." Proverbs 4:23 (NLT)

Physically Exhausted	0 1 2 3 4	Energetic/In Shape
Discouraged/Pessimistic	0 1 2 3 4	Encouraged/Optimistic
Bored/Discontented	0 1 2 3 4	Challenged/Contented
Spiritually Dry/Empty	0 1 2 3 4	Spiritually Growing
Lonely/Distant	0 1 2 3 4	Feeling Loved/Close
Insecure/Unsure	0 1 2 3 4	Confident & Secure
Deeply Wounded/Hurt	0 1 2 3 4	Understood/Valued
Holding Unforgiveness	0 1 2 3 4	Have Forgiven Everyone
Sad/Grieving A Loss	0 1 2 3 4	Feel Happy
Frustrated	0 1 2 3 4	Fulfilled & Productive

TOTAL: _____

3. I must learn my personal _____ of temptation

"The wise man looks ahead. The fool attempts to fool himself and won't face facts." Proverbs 14:8

I must carefully note the following...

- _____ AM I MOST TEMPTED?
- _____ AM I MOST TEMPTED?
- _____ IS WITH ME WHEN I'M MOST TEMPTED?
- _____ TEMPORARY BENEFIT DO I GET IF I GIVE IN?
- _____ DO I FEEL RIGHT BEFORE I'M TEMPTED?

4. I must make a definitive plan as to how to _____

"Look straight ahead with honest confidence; don't hang your head in shame. Plan carefully what you do, and whatever you do will turn out right. Avoid evil and walk straight ahead. Don't go one step off the right way." Proverbs 4:25-27 (TEV)

5. _____ and ask Him to help you.

*"Call to me **when trouble comes** and I will save you..."* Psalm 50:15 (TEV)

*"Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! **So let us come boldly** to...our gracious God. There we will receive his mercy, and grace to help us when we need it." Hebrews 4:15-16 (NLT)*

"How much longer, Lord, will you just look on? Rescue me from their attacks; save my life from these lions!" Psalm 35:17 (TEV)

6. Utilizing your God-given privileges, you must _____ over every thought and ungodly draw towards sin.

"...We capture every thought and make it give up and obey Christ." II Corinthians 10:5 (NCV)

*"Jesus said to them, "I saw Satan fall like lightning from heaven. **Behold, I give you the authority to tread upon serpents and scorpions, and over all the power of the enemy,** and nothing shall by any means hurt you."* Luke 10:18-19 (NKJV)

*"You are of God, little children, and have overcome them: because **greater is he that is in you, than he that is in the world.**"* 1 John 4:4 (KJV)

7. Remain close to the local church-----the Body of Christ—and not allow Satan _____

*"Let us be concerned for one another, to help one another to show love and to do good. **Let us not give up the habit of meeting together, as some are doing.** Instead, let us encourage one another all the more, since you see that the Day of Christ's return drawing nearer." Hebrews 10:24-25 (TEV)*

*"Each of **you should use whatever gift you have received to serve others,** as faithful stewards of God's grace in its various forms." I Peter 4:10*

8. As a practice of wisdom, you must _____ from whom we can draw strength and encouragement, and **with whom we can share our struggles**

"Two are better off than one, because together they can work more effectively. If one of them falls

down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him up." **Ecclesiastes 4:9-10 (TEV)**

"If you have sinned, **you should tell each other** what you have done. The **earnest prayer** of a righteous man has great power and wonderful and powerful results." **James 5:16 (CEV)**

"You can trust a friend who corrects you, but kisses from an enemy are nothing but lies."
Proverbs 27:6 (CEV)

"By burden-bearing and helping each other through your troubles, you truly obey the law of Christ."
Galatians 6:2 (NCV)

9. Never hide your sin from the Lord---rather, _____ from a sincere and humble heart.

"Blessed is the person whose disobedience is forgiven and whose sin is pardoned...**When I kept silent about my sins, my bones began to weaken** because of my groaning all day long. Day and night your hand lay heavily on me. My strength shriveled in the summer heat. **Then I made my sins known to you, and I did not cover up my guilt.** I decided to confess them to you, O LORD. **Then you forgave all my sins.** For this reason let all godly people pray to you when you may be found. Then raging floodwater (of shame) will not reach them." **Psalms 32:1-6 (GW)**

"If we confess our sins, He is faithful and just and will **forgive us our sins and purify us from all unrighteousness.**" **1 John 1:9**

"The Lord will again have compassion on us; He will tread our iniquities underfoot. **Lord, You will cast all our sins into the depths of the sea.**" **Micah 7:19 (ESV)**

"**As far as the east is from the west,** so far does He remove our sins from us." **Psalms 103:12 (TEV)**

"Whoever conceals their sins will not prosper, but **if they confess and turn from them,** they will receive mercy." **Proverbs 28:13 (NLT)**

10. I must remember that to be _____ is not the same as having _____, and that God is _____ in life's battles!

"When temptations come into your life, remember that they're no different from **what others commonly experience.** And **God is faithful.** He will never let you be tempted **beyond what you can bear up under.** Also, when you tempted, He will always **show you a way out,** so that you will be **able to withstand it.**" **1 Corinthians 10:13**

"We give thanks to God, **who always gives us the victory** through our Lord Jesus Christ."
1 Corinthians 15:57

"And so Jesus is able, now and always, to save and keep those who come to God through Him, because **He lives forever to make intercession for those called by His Name**" **Hebrews 7:25**

ANSWER KEY:

- 1. HOW TEMPTATION WORKS**
- 2. VULNERABLE TO SIN AND FAILURE**
- 3. HISTORIC PATTERNS**
WHEN---WHERE---WHO---WHAT---HOW
- 4. AVOID BAD SITUATIONS**
- 5. CRY OUT TO THE LORD**
- 6. TAKE AUTHORITY**
- 7. TO SEPARATE YOU**
- 8. ENLIST THE HELP OF A FAITHFUL FRIEND**
- 9. ASK FOR FORGIVENESS**
- 10. TEMPTED-----SINNED-----ALWAYS ON MY SIDE**