**Stormproof – How to Handle Temptation**

"What’s the difference between temptation and sin?"

Definition:

* Temptation — An invitation or enticement to sin (James 1:14).
* Sin — Choosing to yield to that temptation (James 1:15).

Main Idea: Temptation is inevitable, but falling into sin is avoidable through God’s help.

**The Reality of Temptation**

* A. Temptation is Universal — 1 Corinthians 10:13a
* B. Even Jesus Was Tempted — Hebrews 4:15
* C. Temptation Often Comes in Disguise — 2 Corinthians 11:14

**Common Sources of Temptation**

* A. The World — 1 John 2:15-17
* B. The Flesh — Galatians 5:16-17
* C. The Devil — Matthew 4:1-11

**God’s Strategy for Overcoming Temptation**

1. Recognize It Early — Proverbs 4:14-15
2. Pray for Strength — Matthew 26:41
3. Use God’s Word — Psalm 119:11; Matthew 4:4
4. Flee When Necessary — 2 Timothy 2:22; Genesis 39:12
5. Rely on God’s Faithfulness — 1 Corinthians 10:13b
6. Replace the Wrong Desire with the Right One — Romans 13:14

**The Example of Jesus (Matthew 4:1-11)**

* Temptation of Bread — Countered with *God’s Word* (v.4)
* Temptation to Test God — Countered with *Trust in God* (v.7)
* Temptation of Worldly Power — Countered with *Worship of God Alone* (v.10)

**Encouragement When We Fail**

* God Provides Forgiveness — 1 John 1:9
* Failure is Not Final — Proverbs 24:16

**Discussion Questions**

1. What’s one temptation you often face, and what Scripture could help you resist it?
2. How can you put a “flee” plan in place for your weak spots?
3. Why is accountability important in overcoming temptation?