Introduction:
Hopefully we can leave today more __________ and more __________ to win the battle against temptation.

The __________ of Temptation
A. Temptation __________ us _______.
B. Temptation itself is not a _______. (Heb. 4:15)
C. Temptation is ____________.

The __________ for Temptation
A. First, Recognize the ________ of temptation.
   1. “You are too _______ to allow yourself to give into temptation.” (1 Cor. 10:12)
   2. “No one else ______ the _______ of temptation you have to face.” (1 Cor. 10:13a)
   3. “You didn’t have a _______. ” (1 Cor. 10:13)
B. Second, __________ It. (Luke 4:13)
C. Third, __________ God’s _________. (Heb. 4:15-16)
D. Fourth, Recognize your ____________ of temptation.
E. Fifth, __________ Scripture. (Ps. 119:9, 11)
F. Sixth, __________ your ________ on something else.
G. Seventh, ________ your ____________ to a godly friend or support group.
H. Eighth, Remind yourself of the _______________ of _______.
I. Ninth, Realize the ____________ of God.
J. Tenth, If all else fails…_______!

Conclusion: Two Examples
An example from the past is ____________.
An example from the present is ____________ ____________.