

How To Overcome Temptation

Text: James 1:12-18 (NLT)

12 God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

13 And remember, when you are being tempted, do not say, “God is tempting me.” God is never tempted to do wrong,^[c] and he never tempts anyone else.

14 Temptation comes from our own desires, which entice us and drag us away.

15 These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

16 So don’t be misled, my dear brothers and sisters.

17 Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens.^[d] He never changes or casts a shifting shadow.^[e]

18 He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.^[f]

What is difference between a trial and a temptation?

- Trials come from outside of us.
- Temptations triggers a desire that we have on the inside of us.

The Source Of Temptation

- God does not tempt us (v. 13)
- Temptation comes from our own desires (v. 14)
- Giving into temptation puts us on a pathway of sin and death (v. 15)

How To Overcome Temptation

- **Do not love the world - 1 John 2:15-16 (NLT)**

15 Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you.

16 For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.

• **Stay alert, pray and don't put confidence in the flesh. Matt. 26:41 (NLT)**

41 Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

• **Develop a mindset for what the Spirit desires. Romans. 8:5-8 (NIV)**

5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

7 The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.

8 Those who are in the realm of the flesh cannot please God.

• **Put on the Full Armor of God - Ephesians 6:10-18 (NLT)**

• **Use the Word of God as your weapon against the Satan/Tempter. Matt 4:1-11(NLT)**

• **Be careful who you associate with and who you follow. Proverbs 4:14-15 (NLT)**

14 Don't do as the wicked do,
and don't follow the path of evildoers.

15 Don't even think about it; don't go that way.
Turn away and keep moving.

• **Submit to God and Resist the Devil - James 4:6-7 (NLT)**

6 And he gives grace generously. As the Scriptures say,

"God opposes the proud
but gives grace to the humble."^[b]

7 So humble yourselves before God. Resist the devil, and he will flee from you.