

1. Everyone is Tempted

[1 Corinthians 10:13](#) - 13 No temptation has seized you except what is common to man.

[Matthew 4:1](#) - Then Jesus was led by the Spirit into the desert to be tempted by the devil.

[Hebrews 2:17-18](#) - 17 For this reason he had to be made like his brothers in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. 18 Because He himself suffered when he was tempted, he is able to help those who are being tempted.

2. Temptation Is NOT Sin

[James 1:13-15](#) - 13 When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; 14 but each one is tempted when, by his own evil desire, he is dragged away and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

3. Temptation Is Evidence of A Spiritual Conflict

[2 Corinthians 10:3-5](#) - 3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

[1 Peter 5:8-9](#) - 8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

4. The Battleground of Temptation Is The Mind

[1 Peter 1:13-16](#) - 13 Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. 14 As obedient children, do not conform to the evil desires you had when you lived in ignorance. 15 But just as he who called you is holy, so be holy in all you do; 16 for it is written: "Be holy, because I am holy."

[Philippians 4:8-9](#) - 8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. 9 Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you.

5. We Have Spiritual Resources For Resisting Temptation

[1 Corinthians 10:12-13](#) - 12 So, if you think you are standing firm, be careful that you don't fall! 13 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

[Hebrews 4:14-16](#) - 14 Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are-yet was without sin. 16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

6. The Best Defense Against Temptation Is A Good Offense

[Mark 9:43-47](#) - 43 If your hand causes you to sin, cut it off. It is better for you to enter life maimed than with two hands to go into hell, where the fire never goes out. 45 And if your foot causes you to sin, cut it off. It is better for you to enter life crippled than to have two feet and be thrown into hell. 47 And if your eye causes you to sin, pluck it out. It is better for you to enter the kingdom of God with one eye than to have two eyes and be thrown into hell

[James 4:7](#) - 7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.

7. When We Give In To Temptation, Don't Give Up, Be Forgiven

[1 John 1:9](#) - ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.