

Lesson 8: Overcoming Temptations

I. Understanding the Difference Between Trials, Temptations, and Tests

A. Trials and Temptations (Jas. 1:2-4; 13-17 and 1 Pet. 1:3-7)

1. Understanding the Greek word *peirasmos*
 - a. Translated as “trials” or “temptations,” depending on the context.
 - b. It refers to a _____-_____ (i.e. an examination).
 - c. Can be used both in the negative and the positive sense
2. Understanding the *English translations* of the Greek word *peirasmos*
 - a. “Trials”
 - i. Used by English translations when the context refers to *any* pressure-filled situations you find yourself in.
 - ii. Examples that come from without: hard day, sickness, grief, persecution.
 - iii. Examples that come from within: inordinate desires, lusts, longings.
 - iv. Think _____.
 - b. “Temptations”
 - i. Used by English translations when the context refers to a pressure-filled situation *that is enticing you to sin*.
 - ii. Can be from the world, Satan or your flesh.
 - iii. Think _____.

B. Tests (think “_____”)

1. Comes from the Greek word *dokimion*, meaning “that by which something is tried or _____.”
2. God always uses tests for our _____.
3. Tests are opportunities for us to _____ / _____ our faith.

C. Summary of our word usage in English:

- Trial = general pressure
- Temptation = negative enticement
- Test = positive opportunity

D. Page 124 in the Self-Confrontation Manual**II. A Proper Perspective of Trials and Temptations****A. Trials (pressure-filled situations) – 1 Pet 1:3–7**

1. They last “a little while” in light of eternity..
2. They are “necessary” and serve a purpose.
3. They are not the result of fate or impersonal forces of nature.
4. They cause “grief” and distress.
5. They come in “various” forms.
6. They are the will of God for believers (cf. 1 Pet 4:19).
 - a. This doesn’t mean that we must assign a specific reason for each suffering.
 - b. This doesn’t mean that we should minimize the evil actions of others who inflict suffering, or that it absolves them of any culpability (cf. Acts 2:23).
7. They act as the crucible for faith, revealing whether or not faith is authentic.

B. Temptations (enticements to sin) – James 1:13–17

1. They are unique to you.
2. They are lusts that originate from your heart (cf. also 4:1-3).
3. They come in various forms:
 - a. Desire to be in control
 - b. Desire to be loved by others
 - c. Desire to be accepted by others
 - d. Desire to be understood by others
 - e. Desire to never be hurt or disappointed by others
 - f. Desire to be respected by others
 - g. Desire to be served by others

- h. Desire to have personal preferences accommodated at all times
 - i. Desire to be viewed as successful by others
 - j. Desire to be deeply loved by someone
 - k. Desire to be held in high regard by others
 - l. Desire to be significant to others
 - m. Desire to be fulfilled/satisfied by others
 - n. Desire to be secure/safe with others
 - o. Desire to never be alone
 - p. Desire to be left alone
 - q. Desire to be efficient in all things (ease)
4. They often reveal a common idol (Prov 4:23). How do identify an idol?
- a. What do you want so bad that you're willing to sin to get it, or sin if you don't get it? In other words, when you became . . ., what did you want that you were not getting?
 - b. Right now, what do you think would need to happen for you to be truly happy?
 - c. What is it that brings out the worst in you?
 - d. What is it that brings out the best in you?
 - e. If you could snap your fingers and make immediate changes to your situation, what would you change?
 - f. When you wake up in the middle of the night and can't go back to sleep, what do you think about?
 - g. Why does *that* person's words or actions bother you so much?
 - h. What would it take for you to consider yourself to be a really successful person?
 - i. What is the most important thing on your bucket list, and why?
 - j. What do you talk about the most? (you may want to ask others this question)

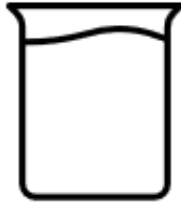
III. Overcoming Temptations

A. Ineffective ways to overcome temptations

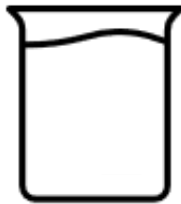


- 1.
- a. The beaker represents your heart's _____/_____/_____.
 - b. When you desire self over God, you will be lured and enticed to sin (Jas 1:14).
 - c. These lures and enticements are temptations that are unique to you.

2. Ineffective Example 1 of 4



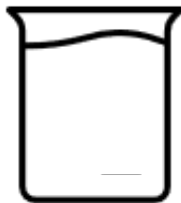
3. Ineffective Example 2 of 4



4. Ineffective Example 3 of 4



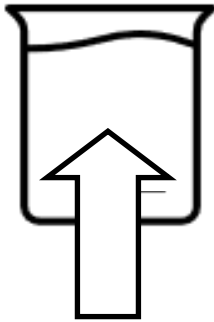
5. Ineffective Example 4 of 4



B. The Expulsive Power of a New Affection (Thomas Chalmers, 1780-1847)

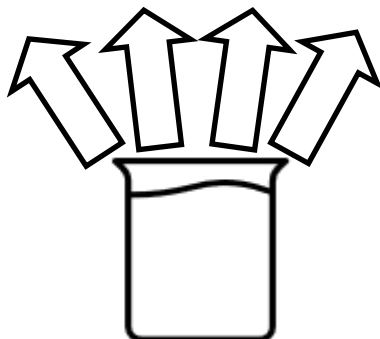
You were made in the image of God, full of longings and desires, but the problem is that (due to sin and a natural bent toward self) your longings and desires are often misplaced. When you desire that which cannot ultimately satisfy, temptations abound, and you are constantly lured and enticed to sin. Therefore, the fastest, most effective (and most biblical) way to resist/overcome temptation is to cultivate a new and greater affection for that which can, and will, ultimately satisfy.

1. Consider your temptation (what it is that you are wanting) and compare it to knowing Christ.

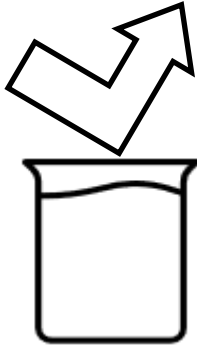


- a. Matt 13:44 – *“The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his _____ he goes and sells all that he has and buys that field.”*
- b. Phil 3:7-8 – *“But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the _____ of _____ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ...”*

2. Misplaced desires are then quickly expelled.



3. When Christ is your true joy and _____ pursuit, temptations are _____ and _____.



C. How do I cultivate this new affection?

1. Recall the preeminence of Christ (Col 1:15-18).
2. _____ for it (Eph 1:16-23; 3:14-21)!
3. Get off your heels and get on your toes, crying out, "More light, Lord!" (2 Cor 4:6)

What is the main thing you have learned from this lesson?

As a result, what is the Lord asking you to change?