

Grownups Series
Dealing with Temptation
3.22.26

Part 1 and 2

I Peter 2:2 Like newborn infants, desire the pure milk of the word,^[a] so that by it you may grow up into your salvation,

Observations:

- 1. Temptation is a common denominator for every believer.**

- 2. There is a difference between trials and temptations.**

Heb. 4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has been tempted in every way as we are, yet without sin.

James 1:13 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 person is tempted when they are dragged away by their own evil desire and enticed

- 3. Being tempted is not a sin.**

 - 4. Temptation can cause us to think very illogically.**
- I. Why are followers of Jesus tempted?**

Because we live in a messy world

Eph 2:2 ² in which you previously walked according to the ways of this world, according to the ruler of the power of the air, the spirit now working in the disobedient

Eph 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens.

Because we are messy people

Romans 7:18 For I know that nothing good lives in me, that is, in my flesh. For the desire to do what is good is with me, but there is no ability to do it.

I generally avoid temptation unless I can't resist it.

Mae West

II. What can we do to overcome the stuff we are tempted with?

A. We can work on changing our minds

1. We are under new ownership

II Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has^[a] come!

Ephesians 3:16-18_I pray that he may grant you, according to the riches of his glory, to be strengthened with power in your inner being through his Spirit, ¹⁷ and that Christ may dwell in your hearts through faith. I pray that you, being rooted and firmly established in love, ¹⁸ may be able to comprehend with all the saints what is the length and width, height and depth of God's love,

1 Corinthians 10:13¹³ No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it.

2. We must look to the future

Gal 6:7 Don't be deceived: God is not mocked. For whatever a person sows he will also reap,

II Samuel 12:10 Now therefore, the sword will never leave your house because you despised me and took the wife of Uriah the Hethite to be your own wife.'

Genesis 25:34 Then Jacob gave bread and lentil stew to Esau; he ate, drank, got up, and went away. So Esau despised his birthright.

3. We can overcome!!!!

I Cor 10:13 No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it.

James 4:7 Therefore, submit to God. Resist the devil, and he will flee from you.

B. We can work on changing behaviors

1. We can “put off and put on”

Ephesians 4:22-25 to take off^[a] your former way of life, the old self that is corrupted by deceitful desires, ²³to be renewed^[b] in the spirit of your minds, ²⁴and to put on^[c] the new self, the one created according to God’s likeness in righteousness and purity of the truth.

²⁵Therefore, putting away lying, **speak the truth, each one to his neighbor,**^[d] because we are members of one another.

2. We can avoid, when possible, the temptation

II Timothy 2:22 Flee from youthful passions, and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

Genesis 39:12 She grabbed him by his garment and said, “Sleep with me!” But leaving his garment in her hand, he escaped and ran outside.

Proverbs 7: At the window of my house
I looked through my lattice.

⁷I saw among the inexperienced,^[a]

I noticed among the youths,
a young man lacking sense.

⁸Crossing the street near her corner,
he strolled down the road to her house

⁹at twilight, in the evening,
in the dark of the night.

¹⁰A woman came to meet him
dressed like a prostitute,
having a hidden agenda

²⁴ Now, sons, listen to me,
and pay attention to the words from my mouth.

²⁵ Don't let your heart turn aside to her ways;
don't stray onto her paths.

²⁶ For she has brought many down to death;
her victims are countless.^[1]

²⁷ Her house is the road to Sheol,
descending to the chambers of death.

"Flee. A good run is better than a bad fall."
Altrogge

Mark

3. We can lean on our community

Proverbs 27:17 Iron sharpens iron,
and one person sharpens another.

4. We can weaponize prayer

Matthew 26:41 Stay awake and pray, so that you won't enter into
temptation. The spirit is willing, but the flesh is weak."

5. We can weaponize scripture.

Ephesians 6:17 Take the helmet of salvation and the sword of the
Spirit—which is the word of God.

Close:

Grace is the voice that calls us to change and then gives us the power to
pull it off. **Max Lucado**

