

ARMED FOR WAR Discipleship Course

SECTION 8 – Overcoming Temptation

Lesson 32 - Overcoming Temptation Part 4

Seven Keys to Overcoming Temptation

Key #3 - Meditate on the Word.

Joshua 1:8 *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

Meditate on the Word. That word meditate literally means to mutter it, to speak it out.

We talked about this in previous lessons. We are to speak to one another with psalms and hymns and spiritual songs, singing and making melody in your heart unto the Lord; always speaking the Word. Meditate on it. Think on it, dwell on it, talk about it. What you think on is what you are going to do given the right opportunity. If you are meditating on the Word, then you are going to start acting according to the Word.

I've had people tell me they can't be thinking about God and the Bible all the time. If you can think about lust and sin all the time, you can think about God and the Bible all the time. You just are not willing to discipline yourself. You are not willing to make a choice to meditate on the Word; to think and speak on it.

I remember as a young baby Christian I was going through some emotional swings. I'd be really up, then little struggles would come, and I'd get really down. A wonderful, dear friend of mine disciplined me. He just loved on me and spent time teaching me the Word. He gave me a verse that meant so much to me and really helped throughout my entire Christian walk. If any of you are struggling in your mind, struggling with temptation this is the verse for you.

Philippians 4:8 *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

What things are we to meditate upon?

Mediate on what is good, what is noble, what is pure, what is just, and what is praiseworthy. You make the determined choice of your will to think on these things.

What you mediate on is what you are going to do.

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In my own life, circumstances have come up where I knew I might have a confrontation with someone, or someone was not going to like what I did or what I said, and it was going to challenge me. In my mind I would rehash the potential conflict over and over again. I would go through an argument in my mind. I would go over a fight or a debate in my mind. I would go over what they might say, or what I would say. Sometimes I'd get myself all worked up and quite angry, and nothing even actually happened. Nothing had happened yet and I was upset. I was meditating on the wrong thing. I was not meditating on that which was good, and noble, and pure, and just, and praiseworthy.

Whatever you focus on becomes bigger.

Key #4 - In the midst of temptation praise the Lord.

This is so simple and incredibly powerful you could do it anytime; and it will drive the devil nuts. It will just torment him. In the midst of temptation praise the Lord. Lift up the name of Jesus. Open your mouth and bless Him, praise Him, and magnify Him. You will torment the devil because there is a power to the praise of God that will destroy the strongholds of the enemy. There is a power of praise unto God.

When temptation comes cast it out, bind it, and start praising God. Praise the Lord and the strongholds of the enemy will start coming down. In 2 Chronicles 20, the armies of Ammon, Moab, and Mount Seir, came up against Israel. Take it in the symbolic realm. The armies of the world, the spirits of the day came up to lay siege on Israel; to oppress them, to make them their prisoners. That's what happens today. The armies of the enemy come and try to lay siege on us. They prayed to God for a strategy. God said, "The Battle is not yours but Mine." They sent the singers out front to praise and worship God. He didn't send out all his fighting men, he sent out the worshippers. They began to bless the Lord. They began to praise Him. They began to worship God. God sent confusion amongst the enemy.

I'm not talking about a Christian sing-along. I'm definitely not talking about going to some concert. If you begin to worship and praise God in the midst of your temptation, then God will send confusion to the enemy. The enemy will not know what hit him. It will cause him to go into confusion. The enemy will begin to fight against himself.

What is one of the greatest weapons you can use in overcoming temptation?

[The devil does not know how to handle the praises of God! It is one of the greatest weapons you will use in overcoming temptation.](#)

I don't care if you're in a public place and all of a sudden something begins to come at you. A temptation of lust after women, a temptation to steal something, a temptation to party, a temptation to lie. Just stop right there and make the choice to shut the eye gate and the ear gate, and then open your mouth and worship God. God inhabits the praises of His people. The presence of God will come right there. The strength of God will come right there, and confusion will come to the enemy and break the power of that attack. Open your mouth and praise Him.

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One of the greatest strategies of the devil is to keep your mouth shut. One of the greatest strategies of the devil is to keep your mouth from meditating or muttering the Word of God and to keep your mouth from praising God. He wants to keep you quiet.

He tries to make you feel guilty and condemned for having temptation. And what happens to us when we feel guilty and condemned? We withdraw into ourselves. We go into fear and hiding just like Adam and Eve did. They had guilt, then fear, then hiding. That's what happens when temptation comes. The devil makes us feel guilty for the temptation that he threw on us, then we get afraid, and go into spiritual hiding.

Instead of feeling shame and hiding, right there in the middle of it bless the name of the Lord. Praise God for the victory. Praise God for giving you the power to overcome and be more than a conqueror in Christ Jesus. You bless Him; you praise Him. Speaking His Word shatters the stronghold of the enemy.

Don't isolate yourself when you are being tempted. That's one part of the devil's strategy to shut your mouth. Don't you shut your mouth; you open your mouth. You open your mouth; you speak the Word. You open your mouth and praise the name of God and you will watch the power of that thing break.

Psalms 149:4-7 *For the LORD takes pleasure in His people;*

He will beautify the humble with salvation.

5 Let the saints be joyful in glory;

Let them sing aloud on their beds.

6 Let the high praises of God be in their mouth,

And a two-edged sword in their hand,

7 To execute vengeance on the nations,

And punishments on the peoples;

When you begin to praise God and you have that two-edged sword in your hand, the Word of God with it, it will bind up the power of the enemy. It is one of the greatest weapons you will ever have to overcoming temptation. It's going to be very hard for you to fall into fornication or adultery or a relationship when you, in that atmosphere, all of a sudden stop and praise God Almighty. It's going to be really difficult for you to do the wild thing when Jesus shows up and is Almighty God in your midst. It will bring confusion to the attack of the enemy.

We are in a war. You need to fight like a warrior. One of the greatest weapons that God has ever given you is the high praises of God in your mouth. Open your mouth and bless Him.

Key #5: Pray.

In the prayer Jesus taught His disciples in Matthew 6:9-13, He told them to pray to not be led into temptation.

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Matthew 16:19 AMP *I will give you the keys of the kingdom of heaven; and whatever you bind (declare to be improper and unlawful) on earth must be what is already bound in heaven; and whatever you loose (declare lawful) on earth must be what is already loosed in heaven..*

God is telling us that in order to overcome temptation we must take authority. Paul spoke about how he had a battle, a thorn in the flesh. He was warring with this battle and he asked God three times to take it away. The Lord told him, “My grace is sufficient.” (2 Corinthians 12:7-9) For far too long Christians have viewed this as God telling Paul he was just going to have to deal with it, to put up with whatever it is. Paul said it was a tormenting spirit. It was demon spirits that were sent to buffet him.

We have always read this from the stand point that God was telling Paul that he just had to put up with it. That's not what God was saying at all. God was saying to Paul, “What I have already given you, My Grace, My favor which gives you access to My power, is sufficient. I have given you power over the power of the enemy. I have told you to bind the enemy. I have given you authority. I'm not going to defeat this devil for you. You rise up with My name, My power and you declare unlawful and you declare lawful.” God wasn't leaving Paul in failure. God was telling him to pick up the weapons of warfare and fight.

If you look at the time frame, it is after Paul had this revelation and experience that Paul began to write, “The weapons of our warfare are not carnal but are mighty through God to the pulling down of strongholds.” (2Corinthians 10:4) “We are taking on the whole armor of God that we may be able to withstand all the wiles of the devil. Having done all to stand.” (Ephesians 6:10-19) He didn't start teaching on demon spirits or spiritual warfare until after he had this experience.

What was God revealing to Paul when he asked God to take away the thorn in the flesh?

God was revealing to him that He was not going to take it away from him; He had already given him the power, authority, and anointing to handle it himself.

God had given him the keys to the kingdom of heaven, and he needed to rise up and exercise God's authority here on the earth. Whatever is lawful in heaven, declare it lawful. Whatever is illegal in heaven, declare it illegal on the earth.

You have to pray against these things. The devil wants to keep you quiet. You need to open your mouth and pray. You need to speak it out. Don't worry about what people around you might think. I would rather them think something negative about me and me walk in victory, than them think I'm so perfect and live a lie and walk in defeat.

Key #6 - Fellowship.

We need to learn to enter into the fellowship of the believer.

Hebrews 10:23-25 *Let us hold fast the confession of our hope without wavering, for He who promised is faithful. 24 And let us consider one another in order to stir up love and good works, 25 not forsaking the*

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assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

What day? The day of the Lord. We know that we are living in the end times. Spend more time with each other. Get around each other. Gather together as a fellowship of believers. Gather together in the fellowship of His presence. Gather together all the more so as you see the day approaching.

But look at what the devil is doing today. We've gone the opposite direction. Temptation is increasing. Wickedness is increasing. We've gone down to having church just on Sunday morning in most places. You don't have Sunday nights anymore. You don't have Wednesday nights anymore. You don't have weeklong revivals anymore; or two week, or five week meetings anymore in so many of our churches. We are down to one meeting, and then we shortening them just to get in a little bit of Word. In many of the mega churches we hardly know anybody. We do our little religious duty, and we are completely violating the Word of God.

God told us if we want to walk in victory in the end times we need to find ways to stir one another up and to not forsake the assembling of ourselves together. We need to get together with the fellowship of believers. I don't mean a bunch of guys playing Christian softball. I have nothing against that, but don't get me wrong.

What kind of fellowship is God referring to in Hebrews 10:23-25?

The fellowship He's talking about is when He is in the midst of us, when His presence is there, when He is our center and focus.

The Bible talks about us having the fellowship of the Holy Spirit. We call it fellowship when we go out and stuff our faces. God's idea of fellowship is not Christians just hanging out. It's Christians in the midst of His presence that are hanging out with Him. Do not forsake that assembling of yourselves together.

Fellowship will give you incredible strength. Do you know how hard it is to go out and run into sin when you're spending all your time with Godly born-again spirit-filled, tongue-talking, devil chasing, divine healing, and Word preaching Christians who are going to hold you accountable, who are going to stand with you? If you spend your time in the presence of the believers, if you spend your time in church all the time you won't have time to go out and sin. It may be simple, but it's powerful.

Key #7 Stay busy about the Lord's work.

1 Timothy 5:11-13 *But refuse the younger widows; for when they have begun to grow wanton against Christ, they desire to marry, 12 having condemnation because they have cast off their first faith. 13 And besides they learn to be idle, wandering about from house to house, and not only idle but also gossips and busybodies, saying things which they ought not.*

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The widows were out there just being idle. We've all heard the phrase, and it comes from a principle in Scripture: Idle hands are the devil's workshop. There's a principle here. When a person is unemployed in the natural, they will have a tendency to be involved in that which is illegal, immoral, and illicit. You will find this throughout society. The greater the idleness, the more people become engaged in that which is illegal, immoral, and illicit. In areas that have a high level of unemployment, the people often become involved in that which is illegal, immoral, and illicit because they are idle. But when people are active and employed they are less likely to become involved, as a whole, in that which is illegal, immoral, and illicit.

So what happens when 90-95% of the church is spiritually unemployed, when 95% of the church is not engaged in the work of God? They are letting hirelings do all the work. They're letting everybody else do the work of God, but are not actually out there doing it themselves. What happens?

What happens to those who are spiritually unemployed in the church?

Those who are spiritually unemployed in the church become involved in that which is spiritually illegal, spiritual immoral, and spiritually illicit.

This is one of those things that stands up as a strategy against the enemy, and to fight the enemy. Be busy about the Lord's work.

For Further Study:

Psalm 35:28 *And my tongue shall speak of Your righteousness
And of Your praise all the day long.*

Matthew 26:41 *Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.*

Acts 2:42 *And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers.*

1 Corinthians 15:58 *Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.*