



# Understanding and Overcoming Temptation

Genesis 3 – The Anatomy of a  
Trap to the Path of Victory

Pastor Ron Milne | May 31, 2026

## The Battle for Obedience Begins with the Battle for Truth

# “Did God actually say...?” — Genesis 3:1

Satan's first strategy is not to deny God outright, but to attack our confidence in His Word. Temptation is ultimately an issue of misplaced trust.

Satan knows that the Bible can keep you away from sin, so he wants to keep you away from the Bible. He deceives to kill, steal, and destroy.

# The Prism of Temptation

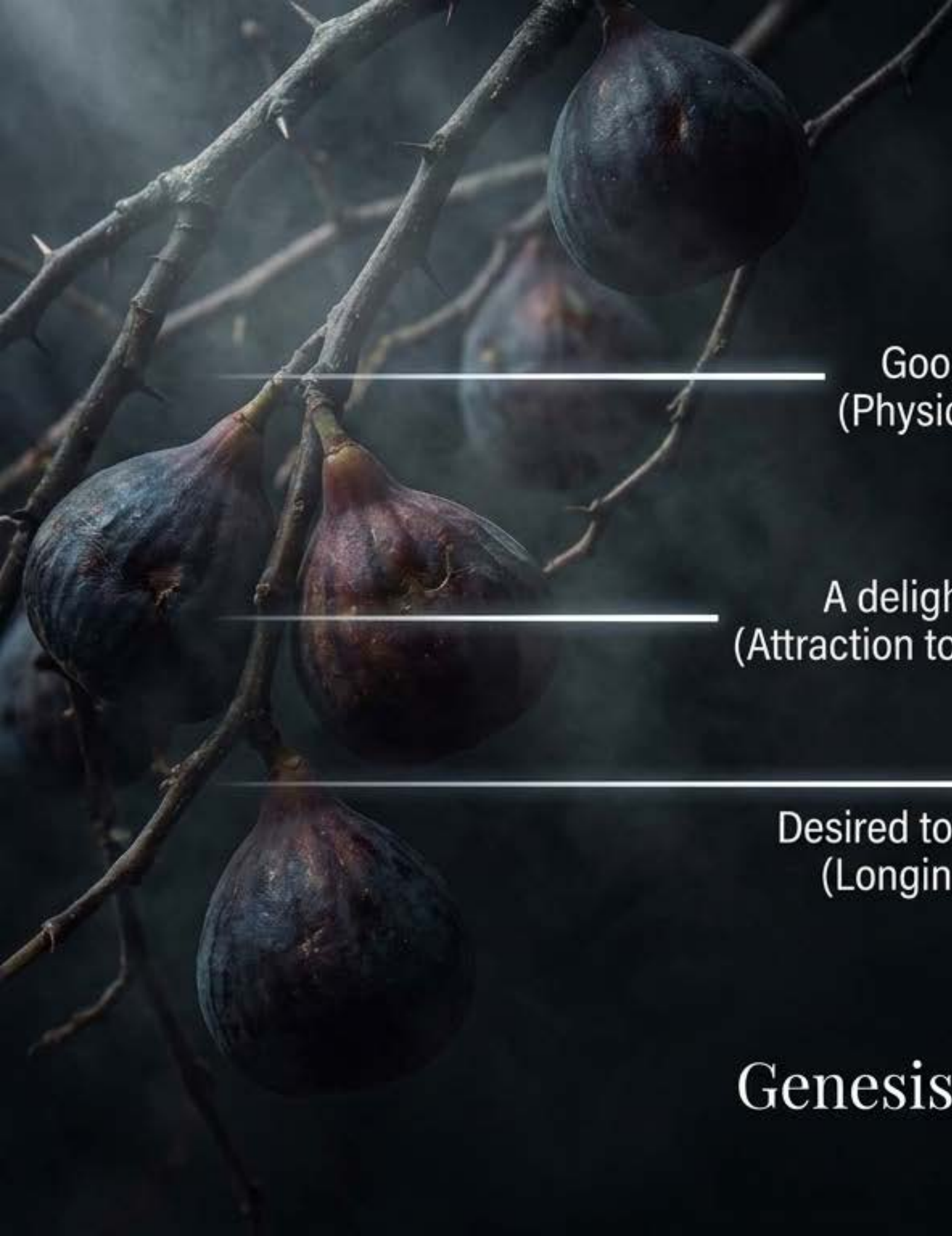
Natural Human  
Desire

Deception

*“But each person is tempted when he is lured and enticed by his own desire.” — James 1:14*

God tempts no one (James 1:13). Temptation occurs when Satan co-opts your natural, God-given desires.

“Temptation is the solicitation to evil that arises from within us and appeals to our fallen desires.” — John MacArthur”



Good for food  
(Physical appetite)

A delight to the eyes  
(Attraction to beauty/pleasure)

Desired to make one wise  
(Longing for growth)

**Gluttony / Overindulgence**  
**(Desires of the flesh)**

**Lust / Covetousness**  
**(Desires of the eyes)**

**Pride / Ambition**  
**(Pride of life)**

Genesis 3:5-6 & 1 John 2:16

# Sin Corrupts Your Normal Relationships

## Relationship with God

Severed by Hiding. Fellowship is replaced by separation.

Isaiah 59:1-2 — *“your iniquities have made a separation”*


## Relationship with Self

Severed by Shame. Wholeness is replaced by fear, anxiety, and guilt.

Genesis 3:7 — *“knew that they were naked”*

## Relationship with Others

Severed by Blame. Unity is replaced by tension and alienation.



“But the Lord God called to the man and said to him, “Where are you?” — Genesis 3:9

**The Action:**

The man and his wife hid themselves from the presence of the Lord.

**The Reality:**

God’s question was not for information. It was a gracious summons to confession.

# The Anatomy of an Excuse

	The First Sinner	The Modern Echo	The Underlying Lie
Adam	"The woman whom you gave to be with me..." (Gen 3:12)	"My circumstances made me do it." / Subtly blaming God.	Deflecting ownership of the rebellion.
Eve	"The serpent deceived me..." (Gen 3:13)	"I was pressured." / "Everyone does it."	Highlighting deception to avoid taking responsibility.

## Why did sin enter through Adam, not Eve?

1 Timothy 2:14 — Adam was NOT deceived; he knew the truth and ate anyway. People are without excuse (Romans 1:19-20).

*"The way to excuse sin is to defend it; the way to destroy sin is to confess it." — Charles Spurgeon*

# The Provision for Victory

The New Testament does not merely warn believers about the trap of temptation—it equips them with guaranteed resources to fight it and conquer it faithfully. The way out is illuminated.

# 1. A High Priest Who Sympathizes

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

Temptation does not equal sin, for Christ was tempted. Because He conquered it, we can draw near with confidence for mercy.

*“There is no death of sin without the death of Christ.” — John Owen*

## 2. The Weapon of the Word

### The Method

In Matthew 4, Jesus answered Satan's attacks repeatedly with: "It is written..."

God's Word exposes lies, strengthens faith, and redirects desires.

### The Practice

*"I have stored up your word in my heart, that I might not sin against you." — Psalm 119:11*



*"The Bible is alive; it speaks to me." — Martin Luther*

### 3. Walk by the Spirit

“Walk by the Spirit, and you will not gratify the desires of the flesh.” — Galatians 5:16

Victory is not achieved by willpower, but by Spirit-enabled obedience.


“The fight for holiness is a fight to walk by the Spirit.”  
— John Piper

### 4. Pray Vigilantly

“Watch and pray that you may not enter into temptation.” — Matthew 26:41

Spiritual failures begin with self-confidence and prayerlessness.

“Prayer is the surest remedy against the devil and besetting sins.” — J.C. Ryle

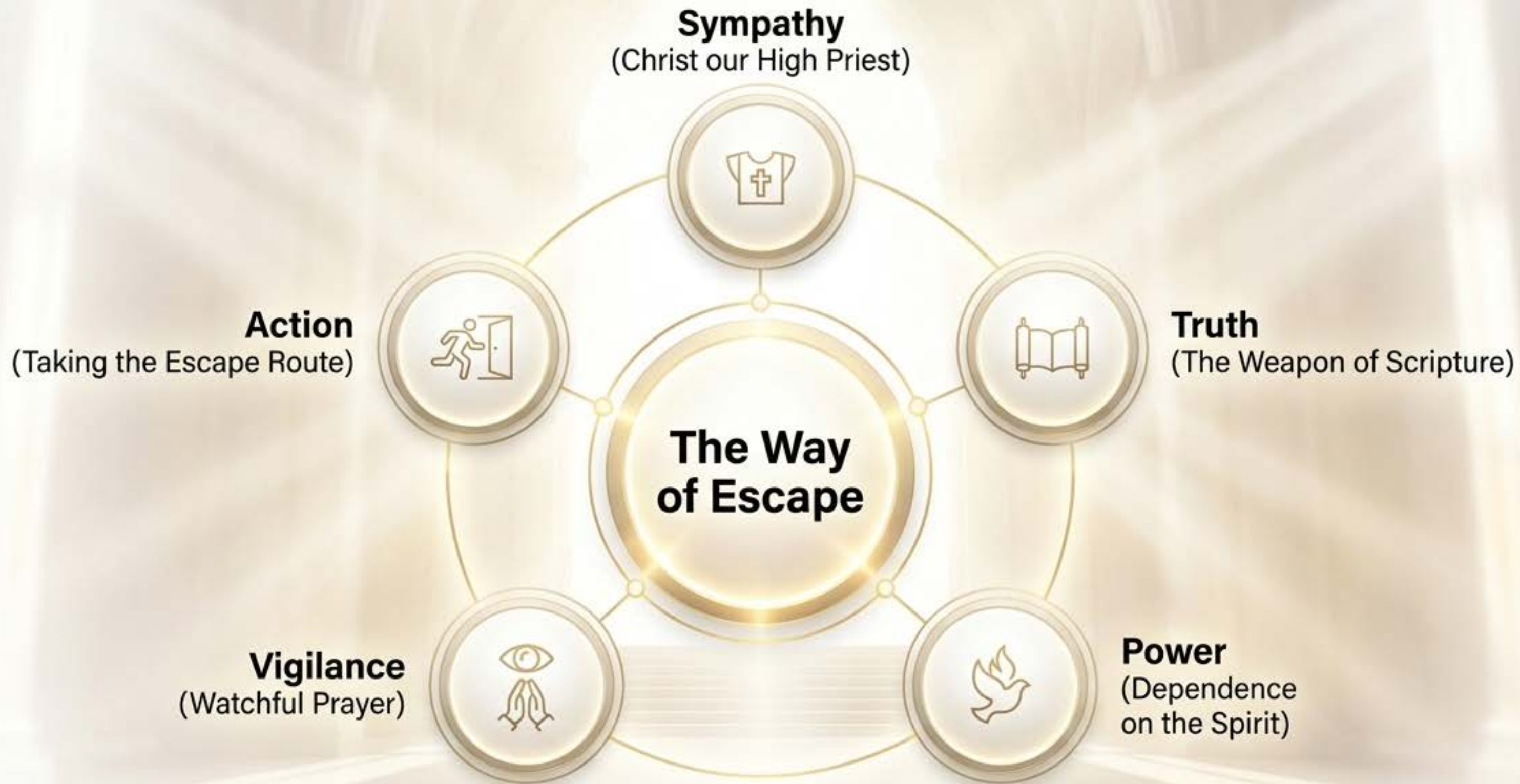


*“He will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” — 1 Corinthians 10:13*

## The Exit Routes

- ✓ Leaving a compromising situation
- ✓ Seeking accountability
- ✓ Redirecting thoughts through Scripture
- ✓ Praying immediately

*“The way of escape is not a way to avoid conflict but a way to endure victoriously.” — Warren Wiersbe*



The issue is not merely whether God architects a way out of the trap.  
The issue is whether we will utilize the tools He provided to take it.  
Willpower is insufficient; the holistic grace of God is guaranteed.

# Step Into the Light

Jesus understands your temptations.  
He conquered the darkness. He wants you to have victory.

**He has equipped you to be an overcomer.  
Take the way of escape.**