

Temptations can come in many areas of our lives. Satan uses circumstances, our bodily desires, our thoughts and other people to bring temptation. We can be tempted to do wrong things and we can be tempted not to do things which are right.

• *What are your main temptations?*

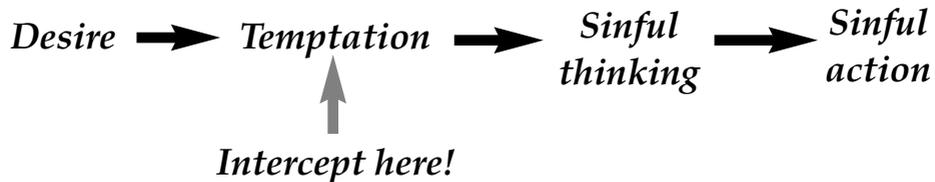
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● **Temptation is not sin**

* James Ch 1: v 12-18

A temptation is just the first thought or inclination towards sin. What we do with that first thought is critical! If we allow it to develop then it becomes sinful thinking and can lead to sinful actions.



You need to take hold of the power of God and reject the temptation before it has developed into sin. Use your weapons of warfare! If you do sin in thought or action then you must repent — ask God to forgive you and ask him for power to overcome in the future.

What does God give to us?
 _____ (v 17)

* 1 Corinthians Ch 10: v 13

Are your particular temptations unusual? _____

Does God permit you to be tempted beyond your strength? _____

What does God provide with every temptation?

● **Avoid**

When a soldier fights, part of his defence is *evasive action* — moving out of the main line of fire of the enemy. We should not put ourselves unnecessarily into situations where we will be strongly tempted. Sometimes it means avoiding certain places, people, literature, music etc. We should be very careful in situations where we know we have failed in the past.



Look at the temptations you have written above - is there some evasive action which you can take?

Victory in Jesus



* Ephesians Ch 6: v 10-18

What must we put on? _____ (v 11)

Who is not our enemy? _____ (v 12)

Who is our enemy? _____
 _____ (v 11-12)

● **Aiming at the right enemy**

As Christians we should never treat other people as enemies. They may be wicked, evil and involved in all kinds of sin. They may abuse us, persecute us and be thoroughly unpleasant to us. Our response should always be to *love others as God loves them*.

We must hate sin but love the sinner

Our attack should be aimed at the evil forces influencing the lives of others and ourselves — it is spiritual warfare.

Why must we put our armour on?
 _____ (v 13)

Beware of the enemy's arsenal!

- * Disease
- * Disaster
- * Despair



- * Doubt
- * Depression
- * Disappointment
- * Disunity
- * Disillusionment
- * Distress
- * Discouragement



Can you think of any more D-Bombs?

● Righteousness

You cannot expect to live powerfully for God if you harbour sin in your life — it is a chink in your armour that the enemy can easily penetrate and make you ineffective. Repent and receive the righteousness which God gives you.

● Prayer

This is your *communication with headquarters*. Make sure that you are carrying out your commander's instructions. If you rely on your own tactics and methods, you will fail — find the will of God and obey him.



● Faith, salvation and truth

The enemy will try all sorts of ways to sow doubt in your mind and draw you away from God. Look out for the *flaming arrows*:

Resist with **faith** in the character of God. He is good, just, loving, holy, pure, powerful, the creator and he knows everything (*Psalm 92*).

Be assured of your **salvation**. Say to the enemy "I am a child of God, God has a purpose for my life, I am saved, God will provide all the strength I need to live for him" (*Romans Ch 8: v 28-39*).

Remember that your enemy is a liar — rebuke him with the **truth** of God's word. Also as we are *honest and truthful* in all we do and say, we will foil the plots of the enemy.

● The Word of God and the gospel

The Word of God is a powerful weapon against the enemy:

Read the Word ... Learn the Word ... Use the Word

● Overcoming temptation

* Luke Ch 4: v 1-12

What were Jesus' three temptations?

- _____
- _____
- _____

How did Jesus defend himself each time?

_____ (v 4, 8, 12)
 (See *Deuteronomy Ch 8: v 3, Ch 6: v 13, 16*)

* Hebrews Ch 4: v 14-16

Who is our great high priest? _____

Why is he able to sympathise with our weaknesses?

How is he different from us? _____ (v 15)

What are we promised in time of need?

_____ (v 16)

Jesus was a *real man* and the temptations which he faced were just as real as ours. He can give us power to overcome because he overcame and we possess the same Spirit which was in Jesus (*Romans Ch 8: v 11*).