



I. WHAT IS TEMPTATION?

1. The definition of temptation:

And remember, when you are being tempted, do not say, “God is tempting me.” God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

James 1:13-15 (NLT)

2. The instigator of temptation:

Then there was war in heaven. Michael and his angels fought against the dragon and his angels. And the dragon lost the battle, and he and his angels were forced out of heaven. This great dragon—the ancient serpent called the devil, or Satan, the one deceiving the whole world—was thrown down to the earth with all his angels.

Revelation 12:7-9 (NLT)

3. The truth about temptation:

- **Temptation is not a sin**

Then Jesus was led by the Spirit into the desert to be tempted by the devil.

Matthew 4:1 (NIV)

- **Temptation is experienced by everyone**

The temptations in your life are no different from what others experience....

1 Corinthians 10:13a (NLT)

- **Temptation is a continual problem in this world**

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 Peter 5:8 (NIV)

- **Temptation can be overcome**

There isn't any temptation that you have experienced which is unusual for humans. God, who faithfully keeps his promises, will not allow you to be tempted beyond your power to resist. But when you are tempted, he will also give you the ability to endure the temptation as your way of escape.

1 Corinthians 10:13 (GOD'S WORD)

- **Temptation falls into three major categories**

Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.

1 John 2:15-16 (NLT)

- ⇒ A craving for physical pleasure (Lust of the flesh)
- ⇒ A craving for everything we see (Lust of the eyes)
- ⇒ Pride in our achievements and possessions (The pride of life)

Satan used these categories to tempt Jesus in the wilderness—Matthew 4:1-11

What are all the angels? They are spirits sent to serve those who are going to receive salvation.
Hebrews 1:14 (GOD'S WORD)

II. WHY DID GOD ALLOW JESUS TO BE TEMPTED?

For [Jesus] our high priest is able to understand our weaknesses. When he lived on earth, he was tempted in every way that we are, but he did not sin. Let us, then, feel very sure that we can come before God's throne where there is grace. There we can receive mercy and grace to help us when we need it.

Hebrews 4:15-16 (NCV)

III. HOW CAN I RESIST TEMPTATION?

1. Fill my heart and mind with the Word of God

I treasure your word in my heart, so that I may not sin against you.
Psalm 119:11 (NRSV)

...take the sword of the Spirit, which is the word of God.
Ephesians 6:17b (NLT)

2. Recognize when I am most vulnerable

Guard your heart above all else, for it determines the course of your life.
Proverbs 4:23 (NLT)

Five questions to ask myself:

- When am I most tempted?
- Where am I most tempted?
- Who am I with when I am tempted?
- What temporary benefit do I get when I give in?
- How do I feel right before I am tempted?

3. Avoid anything that weakens my faith

Plan carefully what you do, and whatever you do will turn out right. Avoid evil and walk straight ahead. Don't go one step off the right way.

Proverbs 4:26-27 (TEV)

4. Get busy doing good ministry