"How to Overcome Temptation"

I Corinthians 10:13

3/22/06

Introduction:

**** You don't have to be a victim of temptations; You can be a victor over them!***

I Corinthians 10:13 confirms 6 truths about the temptations you face:

I. You are not alone; Others have had the same temptations
("There hat no temptation taken you but such as is common to man")

II. God is in sovereign control over the tests He allows you to face
("But God is faithful, who will not suffer you ...")

III. Your trial is not too great for you to handle
("to be tempted above that ye are able")

IV. God will always provide a way out without you giving in
("...but will with the temptation also make a way to escape")

V. Your trials will not continue forever
("...a way to escape..")

VI. You can count on it, God will enable you to stand up under the pressure without caving under
("...that ye may be able to bear it")

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ILLUS: The song "The Fight Is On."

The Christian life is an abundant life, but not necessarily an easy life. It is a life with direction, but not without obstacles. It is a life of victory, but not without conflict. When you were saved, God called you to be a soldier (II Tim. 2:3-4), a wrestler (Eph. 6:12), a fighter (II Tim. 4:7) -- not for physical man-to-man combat, but for spiritual battle.

All of us have 3 opponents who seek to fight against us:

1)The Devil (I Peter 5:8 - *"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour")*

2)The World (John 16:33 - *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world")* (cp. Mt. 5:10-12) (*"World"* - The world's system of thinking with its ungodly philosophies and attitudes)

3)The Flesh (Gal. 5:16-17 - *"This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would")*

"Temptation" - (*peirasmos)* - A solicitation to do evil; a suggestion to violate what you know to be right; an allurement to act against your conscience.

SEE: James 1:13ff

ILLUS: The bait and the fish

Being tempted is not sin; yielding to it is (Ja. 1:15).

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I Corinthians 10:13 confirms 6 truths about the temptations you face:

I. You are not alone; Others have had the same temptations
("There hat no temptation taken you but such as is common to man")

"Taken you" - To seize you; or grab you. "The words imply that there was a certain temptation which had captured the Corinthians and which had subdued them" (Grosheide).

"Common to man" - (*anthropinos)* -lit. human. The temptations we all face have been shared, are being experienced, and will be experienced, and will be the experience of human beings all over the world.

It's comforting to know:

--You are not alone

--You are not a special target of attack

--Therefore, you should not succumb to self-pity and a feeling of hopeless despair

Temptations come regardless of race, age, culture, time (generation you live in), skin color, etc.

The reason your temptations are the experience of others is because we alls hare the same appetites (basic desires and needs) and the same sin nature (Rom. 3).

Temptation, though it may appear in different packaging and come in different shapes and sizes will always appeal to one of three areas of human weakness:

lust of the flesh

lust of the eyes

pride of life

(Cp. I John 2:16; Gen. 3:1ff; Mt. 4:4ff)

II. God is in sovereign control over the tests He allows you to face
("But God is faithful, who will not suffer you ...")

God's faithfulness to his children means He can be trusted to never allow something too great for us to handle.

Satan can only go so far; he is like a dog on a leash.

God is not the source of temptation (Ja. 1:13).

Temptations come from either the world, the flesh, or the devil.

However, He, being sovereign, is in total control of what He allows to happen in our lives.

You can be sure that the tests you face are just right for you (not too much).

If God is in control over everything, why would He allow (*"suffer")* you to be tempted?

Answer:

1) To test your faith (Ja. 1:2ff)

2) To refine your faith (purge out dross - Job - *"I shall come forth as gold")*

3) To build your faith (we would never trust Him if we had no reason to)

III. Your trial is not too great for you to handle
("to be tempted above that ye are able")

God knows all about you--your strengths
--your weaknesses
--your propensities
--your assets and liabilities

He knows how much weight you can handle.

No one can say: "I couldn't help it"; "I had to give in"; "I didn't have the power to resist."

IV. God will always provide a way out without you giving in
("...but will with the temptation also make a way to escape")

The world, flesh, or devil provide the temptation -- God provides the <u>way out</u>.

God can be trusted to provide a place of refuge and protection that you can flee to.

God's "way out" might not seem to be the most desirable way in the short run, but it is the best when you take the long look.

God will meet the need you feel you have in His way and in His time if you *"wait upon Him."*

But we must take God's way out when He provides it. If we linger near the temptation, wondering if we should take God's way or the temptation, we may find that later the escape is gone and we are trapped. ("He who hesitates is lost")

V. Your trials will not continue forever
("...a way to escape..")

Most trials come to an end in this life; some remain until death or the rapture . . . but all will disappear one day (Rom. 8:f18ff).

VI. You can count on it, God will enable you to stand up under the pressure without caving under
("...that ye may be able to bear it")

"Bear it" - to carry under, to endure or stand up under the weight.

Why can we carry it? Answer: Because he is lifting it for us. When Jesus is in the *"yoke"* with you, it is easy and light (Ex: Footprints)

CONCLUSION:

How To Keep Temptation From Ensnaring You In Its Web:

1. **Feed your new nature and starve the old**

2. **Don't make an occasion for the flesh** (Rom. 13:14)

   "Don't set the table if you don't want to eat."

   Cut off stimuli. Don't view, read suggestive material.

3. **Keep short accounts with God**

   (confess your sin right away so Satan can't build a stronghold in your life - I Jn. 1:9)

4. **Stay busy serving God**

   "Idle hands are the devil's workshop."

5. **Love God and His ways and you will have proper motivation to resist displeasing Him**

6. **Face any trial with the right attitude** (*"Joy"* - Ja. 1:2)

7. **Remember Who is interceding for you** (Rom. 8:26-27)

8. **Don't follow your heart; follow your faith** (Jer. 17:9 - *"The heart is deceitful above all things"*; I Jn. 5:4)

9. **Take the long look and ask, "Where will this decision lead me or others?"** (The pleasures of sin are but for a season.)

10. **Be dressed with God's armor** (Eph. 6:10-18)

11. **Be filled with God's Word** (Mt. 4:1-11)

    Scripture memory and meditation is vital.

    Satan attacked Christ after a great victory (Mk. 1:12), at His weakest moment.