

Overcoming Temptation

Objective: For the disciple to learn what it means to live a Victorious life in Jesus by overcoming temptation.

Foundational Scripture of the Lesson

I Corinthians 10:12-13 (NLT)

12 If you think you are standing strong, **be careful** not to fall. 13 **The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand.** When you are tempted, he will show you **a way out** so that you can endure.

This scripture show us five things about temptation and how to overcome it:

I. Be Careful! It happens to everyone.

1 Cor. 10:12 If you think you are standing strong, **be careful** not to fall.

Supporting Scriptures:

Romans 7:15-19

15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. 16 But if I know that what I am doing is wrong, this shows that I agree that the law is good. 17 So I am not the one doing wrong; it is sin living in me that does it. 18 And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. 19 I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.

Romans 12:3

3 Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.

-What do the above verses say about how a Christian should approach temptation?

-“be careful not to fall”

-At a time when you think all is well, “be careful.” Watch out.

-Don't be taken by surprise, but be forewarned. "You will be tempted."

[Give scriptural examples of godly men and women both from the Old and New Testament who were tempted and how they dealt with it. (Ex: David, Moses, Abraham, Solomon, Jesus, Etc)]

-Can we deal with our own temptation in similar ways as these examples?

II. We are all the same.

1 Cor. 10:13a The temptations in your life are no different from what others experience.

-Satan tries to make us think that our particular temptation is so hard, it can't be dealt with.

-Nobody else has ever had it this hard. The fact of this scripture says, that where your temptation is concerned you are not special, but in common with all other mankind. -Don't have a pity party and fall away from God, but be strong...

-Hebrews 12:1 says “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”

-Just look at all the other Christians around you and think in your mind of them being tempted in the same way you are, yet they are not falling. You will, from their witness, receive strength to overcome even in your weakest areas.

-What is the root of the surface sin situation? i.e. What is the true fundamental character trait being tested or uprooted?

III. God is Faithful.

1 Cor. 10:13b And God is faithful.

-God can be depended on. You can trust God. God will not fail you.
-In the middle of this overcoming temptation verse of scripture we see God inserting a definite character trait of His. He says, "This is what I'm like. I'm faithful." This trait never changes. Even though God can be persuaded to change His mind from time to time (example: Noah, Jonah and the repentance of Ninevah, the prolonged life of the Old Testament king). His character never changes. God is faithful.

-What are some times that God has been faithful in your life?

IV. He will not allow the temptation to be more than you can stand.

1 Cor. 10:13c He will not allow the temptation to be more than you can stand.

-What does this verse say to those who claim the following statements?

-“I can't take it anymore.” "I'm going to lose my mind. The pressure is too great." "Suicide is my only answer because life has dealt me too terrible a fate." "I tried to live for God, but I couldn't do it. It was just too hard to bear." "You may be able to live it, but not me.”

-Remember that He will not allow it...that doesn't mean that YOU will not allow it to continue.

-Which brings us to the final point...

V. A way out.

1 Cor. 10:13d When you are tempted, he will show you **a way out** so that you can endure.

-As if these things are not enough to overcome and to go through victorious....

(Re-cap):

A. **Be Careful! Temptations happen to everyone.**

B. **We are all the same.**

C. **God is Faithful.**

D. **He will not allow the temptation to be more than you can stand.**

-God then adds one more 5th and final temptation overcoming plan:

E. **A way out**

-In the midst of your temptation you will always see the way of escape, but like all other decisions, the choice is yours to make.

-At the moment before you choose to sin there will be an out. Take it.

-At the invitation to a party, see if God does not at that last moment create other possible plans for you as an escape.

-When asked out by the wrong kind of guy, see if God will not give you a way out.

Ask for examples of common temptations usm students face.

Conclusion:

-God helps us overcome temptation by not only giving us encouragement but he also gives us a plan!

-The choice, however, is yours! Will you follow his leading? his plan?

-You have to make your mind up now whether you will follow through with it or not before that temptation occurs? (for example: decide now what you will say when someone asks you to go get drunk with them instead of waiting until the moment that ask you - by then it is probably too late).