



# How to Overcome Temptation

## PART 1

### INTRODUCTION AND MEANING

**Core Scripture: 1 Corinthians 10:13**

Temptation is defined as the desire to do something, especially wrong or unwise. It is derived from the Greek word, "Peirasmos" and is translated "temptations" throughout scripture. (**Matthew 6:13, 1 Corinthians 10:13, James 1:13, and even used as trials in James 1:2 & 12; 1 Peter 1:6-**)

This one word has two meanings and it is important to distinguish between the two.

1. It signifies an attempt to entice someone into evil. This is referred to as negative temptation. Satan is the ultimate source of all desires and actions contrary to God. He is the tempter. (**Matthew 4:3, 1 Thessalonians 3:5**)
2. It indicates a testing which aims at spiritual good. This is considered positive trials as found in **John 16:33** and **1 Peter 4:12-14**.

Throughout this Bible series we will study "Temptation" from a negative standpoint in order to truly understand its meaning and how to overcome temptation.

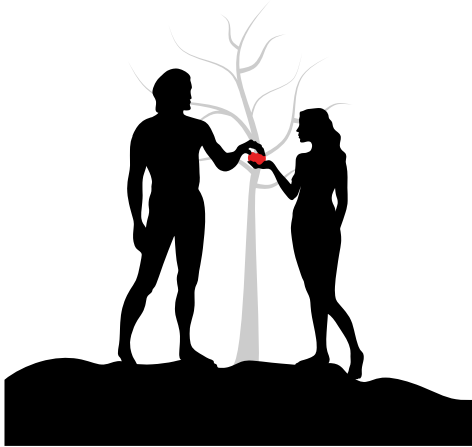
### THE PURPOSE OF TEMPTATION

1. To undermine God's plan and will. (**Genesis 3:4-5**)
2. To lead man from God's way. (**John 10:10**)
3. Temptation, at its core, is to deny the authority of God and to seek our independence from God.

### WHAT ARE THE WAYS OF TEMPTATION?

1. Temptation starts in the heart and mind, in our deepest motives and desires. (**James 1:14-15**).
2. There are 3 fundamental means of temptation in **1 John 2:16**:
  - The lust of the flesh
  - The lust of the eyes
  - The pride of life.

These 3 fundamental principles summarize any temptation we may face in our daily lives. (**1 Corinthians 10:13**).



**Satan used these devices to tempt Adam and Eve in the Garden of Eden. (Genesis 3:5-6)**

1. **Lust of the eyes** - "When the woman saw that the fruit of the tree was good for food and pleasing to the eye."
2. **Lust of the flesh** - "the tree was good for food and pleasing to the eye."
3. **Pride of Life** - "and also desirable for gaining wisdom (like God)"

**Satan used the same devices to try to tempt Jesus in the wilderness. (Matthew 4:1-11)**

1. **Lust of the Flesh** - "If you are the Son of God, command these stones to become bread"
2. **Lust of the Eyes** - "the devil took him to a very high mountain and showed Him all the kingdoms of the world and their splendor.
3. **Pride of Life** - "All this I will give you, if you bow down and worship me."

