

How to Overcome Temptation

PART 2

IS SIN A TEMPTATION?

1. No, Jesus was also tempted. **Matthew 4:1-11**
2. **Hebrews 4:15** – “But we have one (Jesus) who has been tempted in every way, just as we are – yet was without sin.”
3. Please know every Christian is faced with some kind of temptation in their life. Additionally, know that no one can overcome temptation in their own strength.

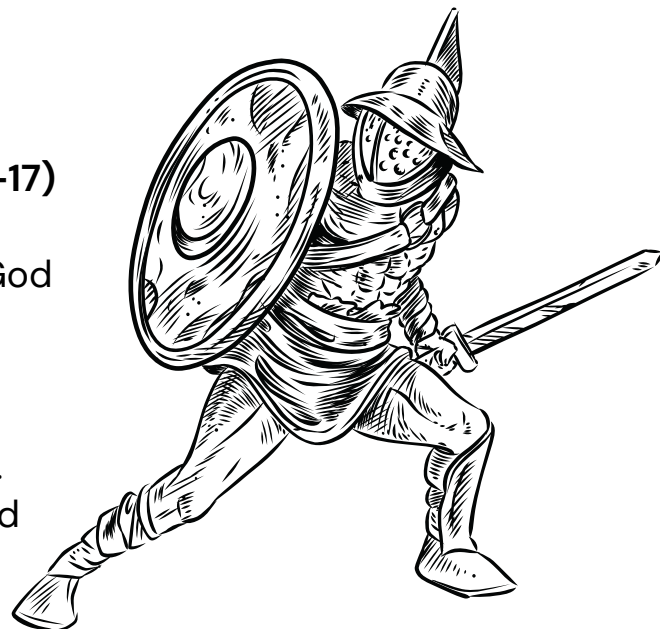
WHY IS IT SO “EASY” TO FALL OR GIVE IN TO TEMPTATION?

1. Because there is a temporary pleasure in it. It is like bliss! It’s fun!
2. **Hebrews 11:25** – “He (Moses) chose to be mistreated along with the people of God rather than enjoy the pleasure of sin for a short time.”
3. We are susceptible to sin because of our frailty, due to our sinful nature. (**Genesis 6:5; Psalm 51:5**)

WHAT ARE THE STEPS TO OVERCOME OR RESIST TEMPTATION?

1. Preparation

- The Bible often portrays temptation and struggle with sin as a battlefield. We are in a war against temptation and if you want to succeed in the battle, you will need to prepare well.
- Get ready for the battle! (**Ephesians 6:10-17**)
- Always watch and pray. (**Mark 14:38**)
- Remember that Jesus used the Word of God to attack and overcome all three fundamental means of temptation in the wilderness. We are no better, so spend sufficient quality time in the Word of God. Immerse yourself in the Word, study it, and memorize it.
- Be alert and self-controlled. (**1 Peter 5:8**)
- Be strong in the faith. (**1 Peter 5:8-9**)



2. Perseverance and Endurance

- So many times, during the spiritual warfare, the battle grows weary, and we just give up or give in. But we need to learn to persevere, persist, and continue to resist temptation through the power of the Holy Spirit!

(Galatians 6:9; Revelation 3:10; James 1:12; Hebrews 10:36; Philippians 4:13)

3. Planning Strategy

- Always remember and be mindful that there is always a way to overcome (escape) temptation. **(1 Corinthians 10:13)**
- There are two strategies from the Bible that we can use when dealing with temptation:

1. Resist or Fightback

- **James 4:7** – “resist the devil, and he will flee from you.”
- There are times that we need to fight back and resist the temptations in our lives and stand firm!

2. Retreat

- **2 Timothy 2:22** – “Flee the evil desires of thy youth, and pursue righteousness.
- Joseph is an excellent example of both methods. He tried to resist Potiphar’s wife as much as he could, but when the time came, he chose to run out rather than resist her. **(Genesis 39:6–12)**