

# LESSON SIX: HOW TO HANDLE TEMPTATION

## Learning to Be an Overcomer

"Every Christian experiences temptation, but the mature believer learns to overcome temptation and experiences victory."

There are three ways man tries to handle temptation:

- \_\_\_\_\_ to it.
- \_\_\_\_\_ in your own strength.
- \_\_\_\_\_ through Christ.

1 Corinthians 10:12-13 - "Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

1. The \_\_\_\_\_ of temptation: all of us.
  - a. Being saved does not make you \_\_\_\_\_ to temptation.
  - b. Being tempted is \_\_\_\_\_  
\_\_\_\_\_.

Hebrews 4:15 - "Jesus was tempted in all points like as we, yet without sin."

Why doesn't God remove all temptation from us?

God's plan for you is not \_\_\_\_\_ from temptation, but \_\_\_\_\_ over temptation.

2. The \_\_\_\_\_ of temptation.

One of three sources:

- The \_\_\_\_\_
- The \_\_\_\_\_
- The \_\_\_\_\_

"The unholy trinity of temptation"

a. The world—the foe.

What is the world?

Not the world of \_\_\_\_\_.

Not the world of \_\_\_\_\_.

John 3:16 - "God so loved the world (the world of people) that He gave His only begotten Son..."

The world is the world \_\_\_\_\_, the world \_\_\_\_\_.

The world is a system or order of things that is contrary to God.

1 John 2:15 - "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him."

Romans 12:2 - "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

James 4:4 - "Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever

therefore wants to be a friend of the world makes himself an enemy of God."

1 Peter 3:3 - "Do not let your adornment (world) be merely outward—arranging the hair, wearing gold, or putting on fine apparel—rather let it be the hidden person of the heart..."

**The Devil Made Me Do It?**

In the early seventies, the late comedian Flip Wilson turned the phrase "The Devil made me do it" into a pop-culture cliché. In reality, much of what gets blamed on the Devil is sin of our own making. Too often, Satan's real handiwork goes unnoticed, while much of what is credited to him can be attributed to mankind's sinful nature, which the Bible calls the *flesh*.

b. The flesh—the \_\_\_\_\_ foe.

Romans 12:1 - "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."

1 Corinthians 6:19 - "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

What is the flesh? It is not your \_\_\_\_\_ body.

The flesh is the \_\_\_\_\_.

Ephesians 2:3 - "Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others."

Psalms 58:3 - "The wicked are estranged from the womb, they go astray as soon as they are born, speaking lies."

c. The devil—the \_\_\_\_\_ foe.

Ephesians 6:12 - "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places."

3. The \_\_\_\_\_ of temptation.

We are tempted in three areas: \_\_\_\_\_,  
\_\_\_\_\_ and \_\_\_\_\_.

1 Thessalonians 5:23 - "Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ."

- a. The world tempts in the area of the \_\_\_\_\_.
- b. The flesh tempts in the area of the \_\_\_\_\_.
- c. The devil tempts in the area of the \_\_\_\_\_.

**Understanding The Biblical Concept of Body, Soul, and Spirit**

With my body, I have physical life, I know the world beneath me. With my soul, I have psychological life; I know the world around me. With my spirit, I have spiritual life; I know the world above me.

Plants have a body, but not a soul or a spirit. Animals have a body and a soul, but not a spirit. Only man has a body, soul and spirit.

- When my body is right, I am healthy,
- When my soul is right, I am happy.
- When my spirit is right, I am holy.

God intends for us to be healthy, happy and holy.

4. The \_\_\_\_\_ of temptation.

- a. In youth—it is primarily the sins of the \_\_\_\_\_.
- b. In middle age—it is primarily the sins of the \_\_\_\_\_.
- c. In old age—it is primarily the sins of the \_\_\_\_\_.

5. The \_\_\_\_\_ of temptation.

a. Against the external foe the key word is \_\_\_\_\_.

1 John 5:4-5 - "For whatsoever is born of God overcomes the world: and this is the victory that overcomes the world, even our faith. Who is he that overcomes the world, but he that believes that Jesus is the Son of God?"

1 John 2:15 - "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him."

b. Against the internal foe the key word is \_\_\_\_\_.

2 Timothy 2:22 - "Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart."

1 Corinthians 6:18 - "Flee fornication. Every sin that a man does is without the body; but he that commits fornication sins against his own body."

c. Against the infernal foe the key word is \_\_\_\_\_.

James 4:7 - "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

Ephesians 6:11 - "Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

Revelation 12:11 - "And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."

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**LESSON SIX: DAY ONE**

## Temptation into Triumph

As a Christian, you can expect to be tempted. Satan wants you living a life of sin so that you are useless in the Christian life. Overcoming temptation is something every believer wants to learn how to accomplish. However, you can learn to use temptation as a means to grow in the grace and knowledge of our Lord and Savior Jesus Christ.

Therefore let him who thinks he stand take heed lest he fall. No temptation has overtaken you except such as is common to man; But God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. (1 Corinthians 10:12-14)

There are three basic approaches to dealing with temptation. Some people simply give in to it. Their philosophy says, "Don't worry about temptation. If it feels good, do it. Whatever is natural must be right." So they exist like animals, living for their own self-gratification.

There are others who spend all their time fighting temptation with their own strength. They fight and fail, because mankind can never overcome our own evil nature.

Finally, there are those who overcome temptation through the power of the Lord Jesus Christ. They turn temptation into triumph. If that seems like a pipe-dream to you, I want you to know that you *can* conquer temptation. It is possible to experience victory in this life.

Is it a sin to be tempted?

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In your own words, what is temptation?

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What do we learn about temptation in the following passages?

**1 Corinthians 10:13**

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**James 1:13-14**

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**2 Peter 2:9**

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## LESSON SIX: DAY TWO

# No One Is Immune

We are all subject to temptation, from the most righteous person you know to the lowliest criminal. The Lord Jesus was tempted. Peter was tempted. King David was tempted. Each of us are faced daily with an array of temptations: pride, materialism, dishonesty, lust, greed, sexual sin—the list goes on and on. Being saved doesn't make you immune. It is not a sin to be tempted. Jesus was God's Son, yet was tempted by Satan. The Bible says He was tempted in all things as we are, yet remained sinless. But there is one particular area where we are most susceptible to temptation.

"Therefore let him who thinks he stand take heed lest he fall." The proud tempts the devil to test him. If you think you cannot fall, then you are headed for a big tumble, because that's the area where we let our guard down and stop watching for Satan's attack.

Sometimes people ask, "If God really loves us, why doesn't He kill Satan and stop temptation? Why not remove the allurements of sin?" But if God did that, you and I would lose the ability to be overcomers in Jesus Christ. Is there any victory in crossing the goal line before the other team has taken the field? Is there any victory in stealing home when the other team hasn't shown up? Without opposition there is no victory. God hasn't called us to a life of ease, but a life of victory in Jesus Christ.

What are the three temptations John describes in 1 John 2:16?

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
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What is the lust of the flesh?

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What is the lust of the eyes?

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What is the pride of life?

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In which area do you find yourself tempted most often?

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What temptations do you think the Christians you know struggle with the most?

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**LESSON SIX: DAY THREE**

## Overcoming the World

The Greek word for “world” is *cosmos*. It means a system, or an order. There is a system the Bible calls “the world,” and it is a system of evil. First John 2:15 warns us to “Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.” We are not supposed to be loving this world and its evil system. That’s why James says that “friendship with the world is enmity with God” (James 4:4).

It is possible for Christians to become so much a part of this world that they don’t stand out for God. Christians are supposed to be different, since they are God’s saved people in an unsaved world. We are cast from a different mold. That’s why Paul says to the Romans, “Be not conformed to this world,” which can literally be translated, “Don’t let the world press you into its mold.”

To overcome the world we need faith. John tells us the victory that overcomes the world is our faith. We don’t fight worldliness, we rely on our faith. The only way to get through the temptations of this world is to focus on Jesus Christ. Then when the world offers you its crumbs, you can reject it because you have feasted on the Lord Jesus. Scripture says that if you love the world, you aren’t loving God. So if you want to defeat the temptations of the world, love God more.

James 4:4 tells us that the world is the enemy of God. List some elements in our society that may seem good on the surface, but are actually God’s enemies:

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What is the soul?

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What primarily tempts the soul?

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How can you fight temptations of the soul?

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Read Romans 12:1-2. In order not to be conformed to this world, we are told to do two things:

In verse 1, we are told to:

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In verse 2, we are told to be:

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**The World of Fashion**

In 1 Peter 3:3, when Peter writes of women adorning themselves, the word used to depict a woman’s adorning was *cosmos*—the same word commonly used for “world” or “order.” In other words, a woman putting on her makeup is putting her face in order. When she spent time fixing her clothes and her hair, she was ordering her looks.

We still use that word to describe a woman making herself up—we get the word “cosmetics” from it!

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## LESSON SIX: DAY FOUR

# Overcoming the Flesh

The flesh tempts us primarily in the body. Your body will be tempted toward lust, laziness, overindulgence, and sexual immorality. The flesh wants to use the body as the vehicle for its expression. When King David was walking the walls of his palace, he spotted a beautiful woman taking a bath. Rather than turn away, he stopped and stared. Lust rose up inside him. He felt his sex drive go into gear as his passions were attacked by the flesh. His mind started to play out scenarios, and instead of returning to his wife, he asked to have that beautiful woman brought to his room. His physical body was under attack by the flesh, and David succumbed to sexual temptation.

When facing the temptations of the flesh, the key word to remember is flight. The Bible says to flee immorality. It says to flee youthful lusts. So if you are faced with a fleshly temptation, or to watch a movie that you know will arouse sexual impurities, run away from it. Young people can't park their car in some secluded rendezvous and expect to remain clean. You can't put yourself in that kind of situation. You've got to flee fornication. Some men say, "I watch that stuff, but it doesn't bother me." Unfortunately, they are lying. The Bible says, "Can a man take a fire in his bosom and be not burned?" (Proverbs 6:27).

When Joseph was tempted by Potiphar's wife, he didn't wait around to consider his options—he ran out of the room. Flight is the key to overcoming fleshly temptation.

List some temptations of the body that you see believers struggling with:

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What are some practical things we can do, on a daily basis, to avoid the temptations of the flesh?

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Joseph overcame the temptation of the flesh by flight. Read the story of Sampson and Delilah in Judges 16. Why did Sampson fail when he was tempted?

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**LESSON SIX: DAY FIVE**

## Overcoming the Devil

In addition to the world and the flesh, a third source of temptation is the devil himself. Satan primarily tempts us not in the areas of the body or the soul, but the spirit. He gets us to doubt God's promises, to question God's love for us, even His very existence. Satan's plan is to keep you in spiritual gridlock, rendering you useless and impotent for the cause of Christ in this world.

When the devil comes around, whispering accusations in your ear, the key word is *fight*. James says that if we resist the devil, he will flee from us. You aren't told to flee from Satan, but to fight him. He isn't going to leave you alone, so you're going to have to learn to fight him in the power of the Lord Jesus Christ. You see, the devil doesn't care about your strength or your good intentions, but he fears the blood of Jesus Christ. When the devil comes and tempts you, fight back with the blood of Jesus. Bring the Word of God against him. Fight back with the truths of Scripture. Hold up your commitment to Christ against him. Put your sin under the blood of Jesus and you will no longer have to be on the defensive. You can just say, "Satan, I bring the blood against you. I resist in the name of the Almighty God. My body is the temple of the Holy Spirit, and you're trespassing on His property. Be gone!"

Resist the devil and he will flee from you. Satan doesn't want you to understand the power that you have to overcome temptation, but God does. Be strong in the Lord and in the power of His might.

What is your spirit?

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How is it different than your soul?

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How does Satan tempt your spirit?

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How can you fight that temptation?

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First Peter 5:8 says that Satan "walks about like a roaring lion, seeking whom he may devour." We are told to be sober and vigilant. List some ways we can be on *guard* against Satan's temptations:

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**Jesus Resists Satan’s Temptations with the Word of God**

Hebrews 4:15 tells us the Jesus “was in all points tempted as we are, yet without sin.” When Jesus was tempted by Satan in the wilderness, Jesus countered each temptation by quoting Scripture. When Satan brings temptations and accusations in your life, use the example of Jesus and resist him with promised from God’s Word.