

KEYS TO SPIRITUAL GROWTH (Lesson #8)

How To Conquer Temptation

I don't understand myself at all, for I really want to do what is right, but don't do it. Instead, I do the very thing I hate. Romans 7: 15 (NLT)

1. GAIN AN UNDERSTANDING OF MY TEMPTATION

We don't want Satan to win any victory here, and well we know his methods! 2 Corinthians 2: 11 (Ph)

- When am I most tempted?
- Where am I most tempted?
- Who is with me when I am most tempted?
- What temporary benefits do I get when I give in?
- How do I feel right before I am tempted?

...enjoying the fleeting pleasures of sin. Hebrews 11: 25

2. GET HONEST ABOUT MY VULNERABILITY

- Accept the fact that some things cannot be looked at, read, or listened to without weakening control.

...we are taking every thought captive to the obedience of Christ.

2 Corinthians 10: 5

- Avoid tempting situations, places, and people.

Steer clear of evil in any form.

1 Thessalonians 5: 22 (Ph)

- Ask, "Am I willing to pay the consequences of yielding to this temptation?" Remember, sin provides temporary satisfaction with long term consequences.

...for whatever a man sows, this he will also reap. Galatians 6: 7

- Admit I need help and seek encouragement and accountability from a friend or small group.

You should get into the habit of admitting your sins to each other, and praying for each other, so that you may be healed.

James 5: 16 (Ph)

3. GUARD THE CONDITION OF MY HEART

| | | |
|------------------------------|-----------|------------------------|
| Physically Exhausted | 0 1 2 3 4 | Energetic/In shape |
| Discouraged/Pessimistic | 0 1 2 3 4 | Encouraged/Optimistic |
| Bored/Discontented | 0 1 2 3 4 | Challenged/Contented |
| Spiritually Dry/Empty | 0 1 2 3 4 | Spiritually Growing |
| Geographically Distant/Alone | 0 1 2 3 4 | Near/Together |
| Insecure/Unsure | 0 1 2 3 4 | Secure/Confident |
| Deeply Wounded/Hurt | 0 1 2 3 4 | Loved/Understood |
| Secretly Bitter/Angry | 0 1 2 3 4 | Have forgiven everyone |
| Sad | 0 1 2 3 4 | Joyful |
| Alienated/Unsupported | 0 1 2 3 4 | Close/Supported |

TOTAL: _____

Don't give the devil a foothold.

Ephesians 4: 27

4. GO TO GOD IN PRAYER FOR HELP

Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.

Matthew 26: 41

...the Lord knows how to rescue the godly from temptation. 2 Peter 2: 9

Satan's #1 goal in temptation is to cause me to lose confidence that I can go to God for help. How does he accomplish this?

1. GUILT "How could I think such a thing?"
2. FRUSTRATION "I keep failing in the same area."
3. DISCOURAGEMENT "What's the use, I'm never going to change."

For we have no superhuman High Priest to whom our weaknesses are unintelligible—he himself has shared fully in all our experience of temptation, except that he never sinned. Let us therefore approach the throne of grace with fullest confidence, that we may receive mercy for our failures and grace to help in the hour of need.

Hebrews 4: 15-16 (Ph)

5. GROW IN GOD'S WORD

Your word I have treasured in my heart, that I may not sin against You.

Psalm 119: 11

If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."

John 8: 31-32