

*Maturity Matters,  
Grow Up!*

## **Overcoming Temptation**

### **I. Introduction**

- A. Trials -- Situations designed by God in order to help us grow
- B. Temptations -- Situations designed by the devil in order to cause us to sin
- C. James 1:12 (NAS)

### **II. How to Overcome Temptation**

- A. Realize you will be tempted!
  - 1. I Corinthians 10:13 (NAS)
  - 2. Hebrews 4:15 (NAS)
- B. Don't blame God or others for your problems!
  - 1. James 1:13 (NAS)
- C. Be prepared for temptation.
  - 1. I Peter 5:8 (NAS)
  - 2. Matthew 26:41 (NAS)
  - 3. James 1:14 (NAS)
  - 4. I Corinthians 10:12 (NAS)
- D. Understand how temptation works.
  - 1. James 1:14 (NAS)
  - 2. The process of temptation:
    - a. Longing for what is forbidden
    - b. Deception
      - i. "Carried away" -- "Snared in a trap"
      - ii. "Enticed" -- "Lured by bait"

- c. Sin
  - i. James 1:15a (NAS)
- d. Death
  - i. James 1:15b (NAS)

E. Change your mental thoughts.

- 1. James 1:17 (NAS)
- 2. Philippians 4:8 (NAS)

F. Say "Yes" to God in your life.

- 1. James 1:18 (NAS)

### **III. Two Essential Resources to Overcome Temptation**

A. Community

- 1. Hebrews 10:24-25 (NAS)

B. The Scriptures

- 1. John 8:32 (NAS)
- 2. James 1:12 (NAS)

### **IV. Conclusion**