

Breaking Free From Besetting Sins

How to Escape From Temptation

I. Introduction

- A. I Corinthians 10:13 (NAS) *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

II. How to Escape From Temptation

- A. Be willing to do what the _____ says
1. Psalm 119:9 (NAS) *How can a young man keep his way pure? By keeping it according to Your word.*
 2. If you make a commitment to do what the Bible says, no matter what, your life will run more _____.
 3. I Thessalonians 4:3 (NAS) *For this is the will of God, your sanctification; that is, that you abstain from sexual immorality.*
 4. Proverbs 5:18-19 (NAS) ¹⁸*Let your fountain be blessed, and rejoice in the wife of your youth. ¹⁹As a loving hind and a graceful doe, let her breasts satisfy you at all times; be exhilarated always with her love.*
 5. God says that sex is to be _____ in _____!
 6. Until you settle the fact that God's Word is the _____ for your _____, you're going to give in to all kinds of temptation in life.
- B. Work on your _____
1. Proverbs 5:18-19 (NAS) ¹⁸*Let your fountain be blessed, and rejoice in the wife of your youth. ¹⁹As a loving hind and a graceful doe, let her breasts satisfy you at all times; be exhilarated always with her love.*
 2. God is _____-_____!
 3. "Satisfy you" - - This means don't _____ your spouse to other people!
 4. The "grass is greener" where you _____ it!
 5. I Corinthians 7:5 (NLT) *Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.*
 - a. Sex is a spiritual _____ for married people!
- C. Control your _____
1. James 1:14-15 (NAS) ¹⁴*But each one is tempted when he is carried away and enticed by his own lust. ¹⁵Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.*
 2. The spiritual battle always begins in our _____. The enemy tries to get our _____ first. If he can do that, it will then affect our feelings which will eventually affect our _____.
 3. The key to victory is to _____ your mental _____!
 4. Matthew 5:28 (NAS) *"But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart."*
- D. Monitor your _____ and _____ intake
1. _____ sells everything today!
 2. Matthew 6:22-23a (NLT) ²²*Your eye is a lamp that provides light for your body. When your eye is good, your whole body is filled with light. ²³But when your eye is bad, your whole body is filled with darkness."*
 - a. What you _____ is what you _____!
 3. Psalm 101:3a (NAS) *I will set no worthless thing before my eyes.*
 4. II Timothy 2:22a (NAS) *Now flee from youthful lusts and pursue righteousness, faith, love and peace.*
- E. Minimize the _____ for temptation
1. Matthew 26:41 (NAS) *"Keep watching and praying that you may not enter into temptation;*

the spirit is willing, but the flesh is weak."

2. Two Preventative Techniques:
 - a. _____ - - Be alert, be wise. Know the situations that tempt you.
 - b. _____ - - Right then!
3. Choose your _____ carefully
 - a. I Corinthians 15:33 (NAS) *Do not be deceived: "Bad company corrupts good morals."*
 - b. People who condone or encourage _____ or _____ behavior, are not real friends!
 - c. You become like those _____ to you.
- F. Magnify the _____ of giving in to temptation
 1. Always ask yourself with every temptation, "Will this be _____?"
 2. There are enormous _____ for breaking God's laws!
 3. When you break God's Word, somewhere down the road it ends up breaking _____.
 4. Magnify the consequences of _____ temptation too!
 - a. James 1:12 (NLT) *God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.*
 - b. The result of resisting temptation is _____ in heaven and _____ in your heart now!

III. Where Do I Go From Here?

- A. There are two groups of people watching:
 1. Those who have _____
 - a. You can _____ today!
 2. Those who have remained _____
 - a. "Way to go! Wait for My _____!"
- B. Married People - - make a commitment to be _____ to your spouse for the rest of your life!
- C. Everybody - - make a commitment to live a _____!

IV. Conclusion