Overcoming Temptation

Ken Chapman · 1 Corinthians 10:13

INTRODUCTION

- Life is fraught with disappointment.
- As a Christian, most of those times come when I did not withstand temptation.
- God will not allow us to be tempted beyond what we were able, and he will make an escape route.

1 Think About the Cost of Giving In

2 Corinthians 4:16–18

- We need to train ourselves that way spiritually. To look at every temptation, really every action, every decision, as an exchange.
- Am I willing to pay the cost for giving in to that temptation?
- The temptation and the satisfaction found in that temptation is immediate. The cost is delayed.
- We do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.
- Count the cost. Recognize what this will cost me spiritually, eternally.

2 Put Myself in a Good Place

Matthew 12:35; Psalm 1:1

- A good man out of the good treasure of his heart brings forth good things. An evil man out of the evil treasure brings forth evil things.
- The more God like that I become, the more Christ-like I live my life and think my thoughts, the better place I'm in spiritually.
- We need to put ourselves in a good place spiritually. But that also demands that we put ourselves in a good place physically.
- Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful.
- Sometimes the best way to avoid temptation or to overcome temptation is to avoid temptation.

3 Be Prepared and Don't Let My Defenses Down

Romans 13:11–14; 1 Corinthians 9:24–27

- Temptations are going to come. And so I must make sure that I'm prepared and I don't let my defenses down.
- Put on the Lord Jesus Christ and make no provision for the flesh to fulfill its lust.
- It means be prepared. We don't know the hour, but that doesn't mean that we're caught unaware.
- I discipline my body and bring it into subjection, lest when I have preached to others, I myself might become disqualified.

- An unpopular phrase today, but that is self discipline and self denial.

4 The Easiest Way of Escape: Just Run Away

1 Corinthians 6:18; 1 Corinthians 10:14; 2 Timothy 2:22

- Next comes the easiest way of escape. And it is the easiest, but maybe the least practiced. And that's just run away.
- Paul's advice is simple. Flee sexual immorality.
- Timothy, flee youthful lust. Flee. That's just an old biblical word for run away from it.
- Separate yourself physically and spiritually from that which is tempting you to sin.
- Maybe even a job will require me to flee from that temptation.

5 Pray: Do Not Lead Us Into Temptation

Matthew 6:13

- Do not lead us into temptation, but deliver us from the evil one.
- God help me to do these things that will prepare me for the hour of trial. But God be with me and help me in that hour of trial.
- Watch and pray that you do not be led into temptation.

> THE CHALLENGE
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> **Do you need to come to Him? Do you need to bring your sins to His altar and lay them at His feet and receive the forgiveness that He and He alone can offer? Can we help you in that?**

MY NOTES