

# Confronting and Overcoming Temptation

*1 Corinthians 10:13*

*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.*

*James 1:12-15*

*<sup>12</sup> Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. <sup>13</sup> Let no one say when he is tempted, "I am being tempted by God"; for God cannot be tempted by evil, and He Himself does not tempt anyone. <sup>14</sup> But each one is tempted when he is carried away and enticed by his own lust. <sup>15</sup> Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.*

Temptation seems to be impossible to handle. An overwhelming drive sweeps over us and we collapse back into doing something that we know is not right. In some areas we have completely given up trying to resist. In other areas, we are so familiar with something that we no longer recognize it as sinful. We tend to only think of evil acts as sin and don't put failure to do the right thing in the same category. Many times we don't even see ourselves as in temptation when we are choosing not to do something good that God is asking us to do.

If we're going to confront temptation, to the point of being able to overcome it, there are several things we need to recognize first.

1. Temptation is not from God.

James 1:13

2. Temptation is not overwhelming.

James 4:7, 1 Corinthians 10:13

3. Temptation comes from within and without.

James 1:14, Proverbs 19:3, Mark 8:11, Matthew 4:1

To overcome temptation we need to realize:

1. Jesus is here to help us.

Hebrews 2:18, 4:15, Matthew 11:28, 1 Timothy 2:5-6

2. We are personally responsible for our actions.

James 1:14, Romans 6:1-2

3. We must choose to stand with Jesus.

Ephesians 4:27, 6:11, 1 Peter 5:8-10, Galatians 5:16, 1 John 2:15-17