



Lesson: 2/11/15

Fighting the Temptations of this World

- I. **What is Temptation?** According to Vocabulary.com *Temptation* is something you want to have or to do, even though you know you shouldn't.
- II. **Who Temps US-** James 1:13-14 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempted he any man 14: But every man is tempted, when he is drawn away of his own lust, and enticed.
- III. **Temptation is of the Flesh-** Galatians 5:16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.
 1. Temptation feeds on weakness and bent desires

IV. **HOW DOES Temptation start**

1. In the mind- Create a thought in your mind of how good the sin will make you feel
2. Justify the action: Talk yourself into the fact that it is OK
3. ACT up the temptation- The flesh is weak..The flesh wants to do things that feel good.

V. **Overcoming Temptation**

1. IDENTITY your temptations and your personal flaws that would create them –People have different triggers and want different things in life. This will lead people to different temptations.
 - A. Have youth list their top three temptations.
2. SET GOALS –Set realistic goals (never set a goal that I will not sin again) not achievable
3. AVOID people and situations that lead you to sin- **Eliminating** opportunities for sin and giving yourself less chance to fail.
 - A. Adults- hard for adults to say NO, even harder for YOUTH
4. GIVE IT to JESUS – Realize Jesus overcame all the same temptation you have. Luke 4:4



5. OCCUPY your time: If you keep yourself busy with good virtuous work or an assortment of hobbies, you will have less time to yourself and thus less time for temptation out of boredom. If you have a lot of free time do anything that makes you a healthier, richer or better person.
6. TRUST-Discuss it with someone you trust, parent, pastor, teacher

IV. TAKE AWAYS

1. God does not tempt us
2. Temptation is of the Flesh, We do things because it feels good
3. Temptation starts in our mind
4. WE must AVOID people or SITUATIONS that will lead us to Temptations- 1 Corinthians 15:33-Do not be deceived:” bad company ruins good morals”
5. Realize Jesus is our savior- Know that Jesus loves you and that he died for you.