

## “Growing 101”

### “Introduction to Foundational Principles”

#### “Just Say No: A New Challenge”

*“The temptations in your life are no different from what others experience. And God is faithful.*

*He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.” 1 Corinthians 10:13*

#### A. Temptation comes to all...

*“And remember, when you are being tempted, do not say, ‘God is tempting me.’ God is never tempted to do wrong, and He never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.” James 1:13-15*

1. God does not tempt anyone. Testing is different from tempting.
2. Temptation is not sin...giving in to temptation is sin.  
*I look...I see...I think or process...I want...I sin!*
3. Don't let a legitimate desire dictate illegitimate actions.
4. Sin is a product of desire.
5. Sin will grow and lead to death.

*“Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; You have broken me—now let me rejoice.” Psalm 51:7-8*

#### B. Temptation can be overpowering...

*“Then He returned to the disciples and found them asleep. He said to Peter, ‘Couldn't you watch with Me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!’” Matthew 26:40-41*

1. Temptation comes when we least expect it.
2. Temptation comes when we are “HALT” or at our most vulnerable times.  
H – Hungry  
A – Angry  
L – Lonely  
T – Tired or bored

*“Keep watch...”*

3. Temptation will overpower.  
*“so that you will not give in to temptation”*

4. Although we might have the ‘want to’, our physical may overcome our emotional.  
*“For the spirit is willing, but the body is weak!”*

#### C. Temptation will come...

*“The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.” 1 Corinthians 10:13*

1. All of us have temptations.  
*“The temptations in your life are no different from what others experience.”*
2. Your temptations are no different than anyone else's.  
*“The temptations in your life are no different from what others experience.”*
3. No matter what the temptation, God will always be faithful.  
*“And God is faithful.”*
4. God will always provide a way out.  
*“When you are tempted, He will show you a way out so that you can endure.”*

#### D. Change your thoughts...

*“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.” Romans 12:2*

1. Develop a strategy as you have to change the way you think.
2. The enemy will bring denial, doubt, and distraction. The enemy will cause you to question God's presence and God's plan.  
*“Satan puts question marks in your life where God has put periods.” - John Piper*
3. Avoid the places where temptation is the strongest and run from sexual sin.

*“Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.” 1 Corinthians 6:18*

4. Replace tempting thoughts with new thoughts.

Remember, God lives in me! God loves me!  
*“Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.” 1 Corinthians 6:19-20*

5. Look past the desire and see where it leads. Be on guard for the stream of temptation. The enemy draws your focus downstream, but God wants you to look upstream.
6. It is a battle, but God has victory!  
*“When you are tempted, He will show you a way out so that you can endure.”*

#### Next Week: “Finding a New Opportunity: Sharing Your Faith”

*“But you will receive power when the Holy Spirit comes upon you. And you will be My witnesses, telling people about Me everywhere...” Acts 1:8a*

### A NEW CHALLENGE: HOW TO EFFECTIVELY HANDLE TEMPTATION

From the moment that we receive Jesus Christ into our lives, we are offered a new challenge – that of being an overcomer. 1 John 5:4 tells us that *“everyone born to God overcomes the world”*. Now, Christ who lives within enables us to become overcomers. (1 John 4:4)

#### IS IT SIN TO BE TEMPTED?

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#### COMPARE THE OLD LIFE WITH THE NEW LIFE:

##### The Old Life:

1. Overcome by temptation
2. Serving the sinful nature
- 3.
- 4.

##### The New Life:

1. Overcoming temptation
2. Serving the Spirit
- 3.
- 4.

#### NOTICE THE DIFFERENCE:

*“Testing is designed by God for your development. Temptation is designed by Satan for your destruction.”*

*“The proof of God’s love for you is His faithfulness in temptation. The proof of your love to God is your fleeing temptation.”* John Maxwell

Now that you are a Christian, you must realize that you are in a warfare (Ephesians 6:12). In this lesson, we will study how to overcome Satan and the schemes he has devised to defeat us.

#### I. WE OVERCOME BY UNDERSTANDING THE NATURE OF TEMPTATION

1. According to I Corinthians 10:13, what is true about every temptation that we face? List three “statements of hope” found in this verse.

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- a. Who can give you victory when tempted?  
\_\_\_\_\_
  - b. Does God remove all temptation from your life?  
\_\_\_\_\_

c. What does God do for those who are being tempted?

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d. What is our part and what is God’s part in overcoming temptation?

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2. According to Hebrews 4:15, what is the difference between temptation and sin?

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a. How does Christ understand our temptation?

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b. How did Christ keep from sinning when tempted?

Luke 4:4, 8, 12

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#### II. WE OVERCOME BY RECOGNIZING THE SOURCES OF TEMPTATION

1. According to James 1:13-14, where does a major source of temptation come from?

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2. What are the three primary areas of temptation found in 1 John 2:15-16?

a.

b.

c,

Give an example of a specific temptation for each area mentioned:

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3. In Romans 8:1-3, because of Christ’s death and resurrection, what have we been freed from?

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4. In each of the following Scriptures, discuss what our new life in Christ gives us power over?

a. Romans 6:22 \_\_\_\_\_

b. Romans 8:9-12 \_\_\_\_\_

c. 1 John 3:8 \_\_\_\_\_

#### III. WE OVERCOME BY PRACTICING THE THINGS THAT KEEP TEMPTATION FROM LEADING INTO SIN

1. Matthew 6:9, 13

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2. Psalm 119:9, 11

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3. James 4:7

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4. 2 Timothy 2:22

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#### CHALLENGE: FOLLOW JOSEPH’S EXAMPLE Genesis 39:6-18

1. What was Joseph tempted to do?

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2. What truths can we learn from Joseph’s temptation?

a. vs. 6

b. vs.9

c. vs. 10

d. vs. 11-12

e. vs. 20-21; 41:39-42

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#### QUESTION: HOW DOES GOD PROVIDE A WAY TO ESCAPE TEMPTATION?

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**APPLICATION:** What is a specific temptation that you are frequently faced with?

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Write down how you think God will help you escape from this temptation.

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**FOR FURTHER STUDY:**

1. From the following Scriptures, discover the equipment God provides the believer to overcome the enemy:

a. Ephesians 6:11-17a

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b. Ephesians 6:17b; Matthew 4:4,7 & 10

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c. Ephesians 6:18

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d. Revelation 12:10-11

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2. In 1 Peter 5:8-9, what is the devil called?

And how are we to treat him?

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3. Ephesians 2:2 describes Satan as

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4. In Matthew 13:19, what does Satan attempt to do with the Word of God?

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5. John 8:44 tells us that we used to belong to \_\_\_\_\_ and that he was a \_\_\_\_\_ from the beginning; \_\_\_\_\_ because he is the father of \_\_\_\_\_.

6. What should be a Christians first reaction to temptation?

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7. List some ways you have been able to escape a particular temptation.

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8. Have you grown stronger in Christ since you began resisting temptation?

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**CONCLUSION:** When the pressure of temptation is strongly applied to our lives, it is time to let God be seen as He gives us victory.

Satan is a real but a defeated foe through Jesus Christ. Because Christ overcame, we too can be overcomers. Overcoming Satan begins with right thinking. Philippians 4:8