

Intro Video YouTube "O Be Careful Little Eyes" https://www.youtube.com/watch?time_continue=141&v=NwOzGC8Wr8k



Eyes Ears Tongue Hands
Feet Heart Mind

Final Message in the Series
Questions That Need Answering



How Can I

Overcome
Temptation?



Why Should I

Overcome
Temptation?



1 Corinthians 6:19... *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.*

Romans 12:1...¹ *Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship.*

Romans 6:12-14...¹² *Therefore do not let sin reign in your mortal body, so that you obey its desires.*
¹³ *And do not offer any parts of it to sin as weapons for unrighteousness. But as those who are alive from the dead, offer yourselves to God, and all the parts of yourselves to God as weapons for righteousness.*
¹⁴ *For sin will not rule over you, because you are not under the law but under grace.*

1. Be Alert To The Fact That Temptations Are All Around Us

Temptation is not in of itself a sin. "If temptation were indeed sin, then Jesus would not have led a sinless life. But as the Bible says, Jesus was "*tempted in all things,*" yet without sin (**Heb. 4:15**). Still temptation should not be taken lightly. That's because it is the gateway to sin. Temptation is often strongest when we are at our weakest. In fact, the longer we allow it to brew in our thoughts the more dangerous temptation becomes. Therefore, we must learn to recognize temptation and keep it in check. Temptation is one of the enemy's most powerful "schemes" for misleading God's people (Eph. 6:11, 16). It causes us to focus on the "*passing pleasures*" (Heb. 11:25) of sin instead of the rich rewards of serving God with a pure heart. <http://www1.cbn.com/how-can-i-overcome-temptation>

Matthew 26:41... "*Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.*"

1 Peter 5:8,9...⁸ *Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour.*⁹ *Resist him, firm in the faith, knowing that the same kind of sufferings are being experienced by your fellow believers throughout the world.*

1 Corinthians 10:12,13...¹² *So, if you think you are standing firm, be careful that you don't fall!*¹³ *No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.*

2. Make a Choice to Depend on God & Not Your Own Will

Proverbs 3:5,6...⁵ *Trust in the LORD with all your heart, And lean not on your own understanding; ⁶ In all your ways acknowledge Him, And He shall direct your paths*

John 15:5... *"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.*

Hebrews 4:15-16... *For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.*

James 4:7... *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

3. Take Steps To Ensure That You Are Not Contributing To The Problem

"Although it may be impossible to prevent evil thoughts from entering your mind, make a conscious decision not to entertain them." (Selwyn Hughes, p. 293. Everyday Light). As Martin Luther is quoted as saying *"You cannot keep birds from flying over your head but you can keep them from building a nest in your hair"*. We live in an age when temptations are beamed at us 24/7. We must make it a priority to cut it off at the source, or as the great philosophy Barney Fife said *"Nip it in the bud! Just Nip it in the bud"*.

a. Get Rid Of Things That Are Unwholesome

James 1:14,15... *"Each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death" Thus, our own lusts and desires give temptation its power over us"*.

1 Timothy 6:11-12... *But flee from these things, you man of God, and pursue righteousness, godliness, faith, love, perseverance and gentleness. Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses.*

b. Magnify the Consequences of Your Behavior

Proverbs 6:28... *Can a man walk on hot coals without his feet being scorched?*

Galatians 6:7,8... ⁷ *Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. ⁸ For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.*

c. Build Into Your Life Accountability By Other Christians

Ecclesiastes 4:9-12... *Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.*

1 Thessalonians 5:11... *Therefore encourage one another and build one another up*

4. Fill Your Mind With A Strong Image Of Jesus & Scripture

- **Let your first thought in the morning and your last thought at night be on Jesus**

Romans 8:5,6... ⁵ *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.* ⁶ *The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

2 Corinthians 10:3-5... ³ *For though we live in the world, we do not wage war as the world does.* ⁴ *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.* ⁵ *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

• **Scriptures**

Psalm 119:11...*Your Word have I hid in my heart that I might not sin against You.*

Hebrews 4:12...*For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.*

Ephesians 6:10-20...¹⁰ *Finally, be strengthened by the Lord and by His vast strength.* ¹¹ *Put on the full armor of God so that you can stand against the schemes of the devil.* ¹² *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens.* ¹³ *For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand.* ¹⁴ *Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest,* ¹⁵ *and your feet sandaled with readiness for the gospel of peace.* ¹⁶ *In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one.* ¹⁷ *Take the helmet of salvation and the sword of the Spirit—which is the word of God.* ¹⁸ *Pray at all times in the Spirit with every prayer and request and stay alert with all perseverance and intercession for all the saints.*

“God is willing to do His part in helping you in the battle with temptation, but you and I must be willing to do our part. Faith is a life-dominating conviction

“Faith: is a life-dominating conviction that all God has for me through obedience is better by far than anything Satan can offer me through selfishness and sin” (David Hgg, The Obedience Factor. P27,28)