



## The Practice – Lesson 2

### How to Deal with Temptation

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*"Make God the utmost delight and pleasure of your life, and He will provide for you what you desire most. Give God the right to direct your life." Psalm 37:4-5, TPT*

#### **Introduction**

Sin is desire conceived in the illegitimacy of our own will apart from the presence of God; our desires must be transformed in the womb of God's heart and love.

#### **1. James 1:13-16**

- God does not use evil to tempt us.
- It is our own desires and thoughts that drag us into evil and lure us away. Don't be fooled by your own desires.
- If it is our own desires that get us into trouble, yet Jesus didn't sin, we should consider what Jesus' desires were.
- Jesus' desires were aligned with the Father.

#### **2. Romans 12:2, Ephesians 4:23**

- To be successful in our battle against temptation, we have to daily renew our minds.
- Put off the old man (this is a deliberate choice and action).
- Put on Jesus – Go deeper into Jesus.
  - The more we experience His love, the less desire we have to sin (see 1 John 4:18).
- As we renew our minds, our desires are aligned with His.

#### **3. What does it mean to take off the old man and put on Jesus?**

- Jesus is our example, so we must look to Him.
- Although Jesus is God, while on the earth He was every bit a man, yet did not sin.

- (To help people understand how Jesus bypassed the sin nature, it might help to explain that when God created Jesus, He used Mary's womb, which was the same dirt that Adam and then Eve were made from, and just like He did with Adam, He breathed upon Mary to create the last Adam. Therefore, Jesus was created without a sin nature, yet created in the same human line as every human before and after – so genius!)

#### **4. Hebrews 2:17-18**

- Jesus was made to be a man in order to fully embrace our humanity.
- He became our faithful king-priest.
- He suffered and endured every test and temptation so that he could identify with and help us every time we pass through the ordeals of life.
  - He helps us in every temptation.
  - What did a sinless humanity mean for Jesus? Think about the physicalities of His humanity:
    - He was a human man who was God, but had set aside the privileges of His divinity in order to conquer sin as a human (as God originally intended Adam to do).
    - Like all men, He had eyesight connected to a sex drive.
    - He had testosterone coursing through His body.
    - In spite of those things, He remained sexually pure.

#### **5. Hebrews 4:14-15**

- He understands our human frailty.
- Especially for us women: we tend to allow our emotions to run wild with us.
  - We are made by God to feel deeply.
  - Many use emotions and hormones as an excuse to leave self-control checked at the door.
  - Emotions are to feel God, His love, and His compassion, but not to direct our entire behavior.
  - Jesus did it and IN HIM, we can too.

#### **Six steps to avoid temptation**

1. Recognize your need.
2. Humble yourself – “God resists you when you are proud but continually pours out grace when you are humble.” James 4:6, TPT
3. Come to the throne of grace (Hebrews 4:16).
  - Receive mercy.
  - Receive the grace you urgently need to strengthen you in your time of weakness.

#### 4. 2 Corinthians 10:3-6

- Realize we do not wage war by fleshly or carnal means – our will power is not enough (self-control is a fruit of God's Spirit working in us).
- Pull down strongholds – wrong mindsets, wrong desires.
- You have to be willing to engage in this process!

#### 5. Flee temptation (1 Corinthians 10:13).

#### 6. Trust God to provide the way of escape.

- You do not have to stand and endure the temptation, but you do have to take the way of escape as the method for you separate yourself from the temptation itself.

### ***Conclusion:***

#### Outcome –

- Luke 4:14 "Then Jesus returned in the power of the Spirit to Galilee..."
- Luke 4:18 "The Spirit of the Lord is upon Me":
  - POWER to preach to the poor.
  - POWER to heal the brokenhearted.
  - POWER to proclaim liberty to captives – to set them free.
  - POWER to give sight to the blind.
  - POWER to set at liberty those who are oppressed.
  - POWER to proclaim the acceptable year of the Lord.

### ***Reflect:***

- What attributes of Christ do you need to meditate on to help you overcome your personal areas of temptation?
- How might you make "running to the throne of Grace" part of your everyday prayer life?