

Overcoming Temptation

*Presented March 2006 by Bil Mooney-McCoy
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Overcoming Temptation

Titus 2:11-14 (The Message)

God's readiness to give and forgive is now public. Salvation's available for everyone! We're being shown how to turn our backs on a godless, indulgent life, and how to take on a God-filled, God-honoring life. This new life is starting right now, and is whetting our appetites for the glorious day when our great God and Savior, Jesus Christ, appears. He offered himself as a sacrifice to free us from a dark, rebellious life into this good, pure life, making us a people he can be proud of, energetic in goodness.

Overcoming Temptation

SIN

*Anything at all which diminishes one's
capacity to love God and His people.*

Bart Campolo

Overcoming Temptation

SIN

*Anything at all which diminishes **MY**
capacity to love God and His people.*

Bart Campolo

Overcoming Temptation

**Is it me or
it is Jesus?**

YES!!

*God has the power;
I choose to walk in it.*

I'm both receptive and active.



Sources of Temptation

A.K.A.: (from I John 2:16)



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Sources of Temptation

1

INTERNAL (the flesh)

A.K.A.: Lust of the Flesh



Comfort and Pleasure



Turn stone to bread.



Abraham w/Ishmael (Gen 16: 1-2)

"WE STOP RELYING UPON GOD."

Sources of Temptation

2

INFERNAL (the Devil)

A.K.A.: Lust of the Eyes



Curiosity, Adventure

✝ *See if God will catch you.*



Eve & Satan (Gen. 3:6)

"WE STOP SEEKING GOD."

Sources of Temptation

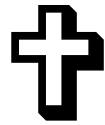
3

EXTERNAL (the world)

A.K.A.: Pride of Life



Self & Social Acceptance

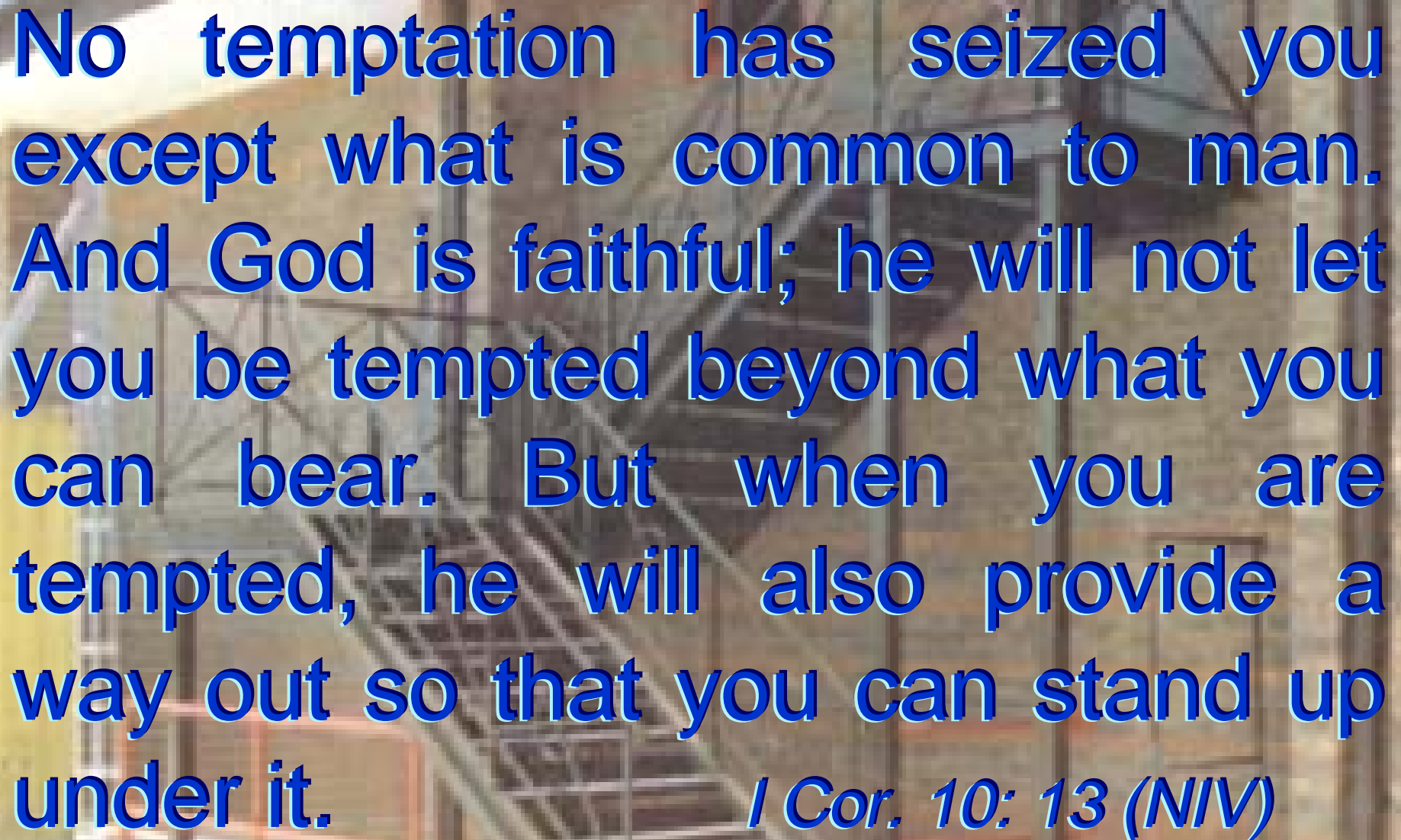


All this can be yours if...



Ananias & Sapphira (Acts 5: 1-2)

"WE STOP WORSHIPPING GOD."



No temptation has seized you except what is common to man. 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 stand up under it.

1 Cor. 10: 13 (NIV)

Strategies Against Temptation

PRIME DIRECTIVES



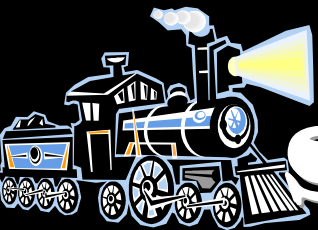
OFF THE FENCE



SHUT THE DOOR



PLUG IT IN



STAY ON BOARD



Strategies Against Temptation

RESISTANCE ACADEMY

*STRUCTURES TO SET IN PLACE, GROUNDWORK TO BE LAID,
DIRECTION FOR RECOVERY WORK*

- Identify exactly what you want to change; settle it
 - Clear the decks, make time and space
 - Get support (mentors and a "study group")
 - Document the benefits of not yielding; memorize
 - Study your vulnerability; learn from others
 - Start working on major underlying issues
-

Strategies Against Temptation

ROUTINE MAINTENANCE

ONGOING HABITS FOR A NEW LIFESTYLE

- Acknowledge Powerless and Dependence daily
 - Deliberately connect with God
 - Make a decision daily, verbally
 - Practice ongoing routines of accountability
 - Disown ambivalence; gray areas
 - Set boundaries and safeguards; frequently review
 - Be aware of times of internal vulnerability
(like ***Hungry, Angry, Lonely, Tired***)
 - Anticipate challenging, dangerous (external) situations
 - Stay mindful and grateful for past victories
-

Strategies Against Temptation

CODE RED

WHEN TEMPTATION IS STRONG OR THINGS ARE VERY STRESSFUL

- Know when I'm in trouble; don't minimize
 - Cry out to God for help; feel the feelings
 - Call for help; sound the alarm
 - Do something positive; anything. Help someone
 - Choose to stop at all levels; if possible, run
 - Raise your Ebenezer; gratitude
 - Look for underlying cause; address it
 - Check for loose connections (relational breakdowns)
-

Strategies Against Temptation

DAMAGE CONTROL

AFTER DIFFICULT TIMES, WHETHER SUCCESSFULLY HANDLED OR NOT

- Full confession to God including setup
 - Know God's sorrow, wrath, and love; grieve
 - Accept forgiveness; forgive yourself
 - Disclose to another person immediately
 - Seek underlying needs
 - Empty hidden bottles –
 what am I still trying to get away with?
 - Trace back to the decision/non-decision point
 - Learn from mistakes; redraw boundaries
 - Get back in the game
-

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?????'s

1. *We outed 3 types of temptation; which one confronts you most today?*

“WE STOP RELYING UPON GOD”

“WE STOP SEEKING GOD”

“WE STOP WORSHIPPING GOD”

2. *Consider a recent “fall”. Do you now want to resist temptation? If not, do you want to want to?*

3. *From each of the 4 strategy areas, can you ID one action step that would be helpful? Will you? Who will you share it with?*

JESUS IS FOR US!

Because he himself suffered when he was tempted, he is able to help those who are being tempted. *Heb. 2:18 (NIV)*