Overcoming Temptation

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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 is it Jesus?

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)

WE STOP RELYING UPON GOD.
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.

I 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 Ebeneezer; 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
**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

**Routine Maintenance**
On-going habits for a new lifestyle

- Acknowledge Powerlessness and Dependence daily
- Deliberately connect with God
- Make a decision daily, verbally
- Practice on-going 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)

**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
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)*