

# LOF1 WEEK 8 - OVERCOMING TEMPTATION

29/5/19

10:01 am

## TODAY WE'LL LEARN HOW TO WIN OVER TEMPTATIONS.

LUKE 22:40 "Pray that you will not fall into temptation."

## TEMPTATION WILL ALWAYS COME!

- OHHH....WE OFTEN PRAYED 'OH GOD, WHY IS TEMPTATION KEEPS COMIIINGGGG? PLEASE STOP ALL THESE TEMPTATIONS FROM COMING IN!'
- I HATE TO BREAK IT TO YOU.
- THAT'S A WRONG PRAYER.
- TEMPTATIONS WILL ALWAYS COME.
- **EVEN JESUS WAS TEMPTED!!**
  - *Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.*
  - "JESUS WAS LED BY THE SPIRIT...TO BE TEMPTED BY THE DEVIL"
  - SO I WANT TO BE CLEAR AND SAY
  - "THAT TEMPTATION COMES FROM THE DEVIL.
  - BUT **GOD WILL ALLOW** FOR HIS CHILDREN TO BE TEMPTED FROM TIME TO TIME.
  - SO OUR JOB IS NOT TO FIND A WAY **HOW TO AVOID** TEMPTATIONS
  - BUT OUR JOB IS TO **OVERCOME TEMPTATIONS** WHEN THEY COME.

## 3 TYPES OF TEMPTATIONS

Satan tempts Jesus in the three main areas of life where we are also tempted:

### 1. LUST OF THE FLESH (physical.)

- *Matthew 4:1-4 (NLT) Then Jesus was led by the spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry. 3 During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread." 4 But Jesus told him, "No! The scriptures say, 'people do not live by bread alone, but by every word that comes from the mouth of God.'"*
- EXAMPLES:
  - TEMPTATION TO GET ANGRY
  - TEMPTATION TO SPLURGE ON FOOD
  - TEMPTATION TO GET LAZY
  - SEXUAL TEMPTATIONS
- We cannot allow our flesh to rule us (food, body, etc.)

### 2. LUST OF THE EYE (soul, mind, will and emotions.)

- *Matthew 4:5-7 (NLT) Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, 6 and said, "If you are the Son of God, jump off! For the scriptures say, 'He will order his angels to protect you. And they will hold you up with their hands so you won't even hurt your foot on a stone.'" 7 Jesus responded, "The scriptures also say, 'You must not test the lord your God.'"*
- Satan wants us to test God and not trust God from our heart.
- EXAMPLES:
  - TEMPTATION TO GIVE UP IN BELIEVING GOD THAT HE WILL PROVIDE, WE DO THINGS OUR WAY, OUR STRENGTH.
  - "OH I HAVE BEEN WAITING FOR GOD FOR A HUSBAND, BUT IM PUSHING 40, IM GOING TO DO IT MY WAY"
  - "OH IM TIRED OF WAITING ON GOD TO PROVIDE, SO IM GOING TO WORK WEEKENDS, ITS FINE"
  - TEMPTATIONS TO PUT OUR TRUST ON THE THINGS **OTHER THAN GOD**
  - TEMPTATIONS...TEMPTATIONS...TEMPTATIONS...

### 3. THE PRIDE OF LIFE

- *Matthew 4:8-11 (NLT) Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. 9 "I will give it all to you," he said, "if you will kneel down and worship me." 10 "Get out of here, Satan," Jesus told him. "For the scriptures say, 'You must worship the Lord you God and sere only him.'" 11 Then the devil went away, and angels came and took care of Jesus.*
- EXAMPLES:
  - TEMPTATIONS TO SAY "ALL I HAVE ACHIEVED, ITS ALL ME"
  - WE BECOME PRIDEFUL.
  - AS SOON AS PRIDE CREPT IN, WE NO LONGER RELY IN HIS STRENGTH.
  - AS SOON AS PRIDE CREPT IN, WE SAY 'I CAN DO THIS MY WAY!'
  - WE BEGAN TO TRY TO GAIN WORLDLY POSSESSIONS OR FAME BY SELLING OUR DEVOTION TO GOD.
  - TEMPTATIONS...TEMPTATIONS...TEMPTATIONS...

## WHY DOES GOD ALLOW US TO BE TEMPTED?

### 1. **OVERCOMING TEMPTATION PRODUCES STEADFASTNESS.**

- **WHAT IS BEING STEADFAST MEAN?**
  - **BEING RESOLUTE AND UNWAVERINGLY FIRM** "I AM FOLLOWING JESUS AND I HAVE NO TURNING BACK" "IM NOT WAVERING"
  - **BEING FIXED IN YOUR DIRECTION** - "IM NOT CONFUSED IN MY DIRECTION, IM CLEAR IN MY DIRECTION"
  - **TO HAVE AN UNWAVERING RESOLUTION** - 'THE SAME GOD THAT RESCUED ME FROM BEAR AND LIONS, WILL RESCUE ME FROM THIS GIANT"
  - **BEING FIXED IN PLACE** - THE DEVIL WANTS TO UPROOT YOU, UPROOT YOUR FAMILY, UPROOT YOU BELIEVE. BUT THE STEADFAST WILL SAY
    - 'IM FIXED IN THIS PLACE OF BLESSING, YOU CAN'T MOVE ME'
    - 'IM FIXED IN THIS PLACE OF PEACE, YOU CAN'T MOVE ME!'
    - OVERCOMING TEMPTATIONS WILL PRODUCE STEADFASTNESS.
  - **FULLY PERSUADED**
- Count it all joy, my brothers, when you meet trials of various kinds, for you know that **the testing of your faith produces steadfastness.** And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. **James 1:2-4**
- STEADFASTNESS CAN'T BE BOUGHT FROM KMART, STEADFASTNESS CAN ONLY BE **EARNED** WHEN YOU OVERCOME TEMPTATIONS.

### 2. **OVERCOMING TEMPTATION PRODUCES POWER!**

- Jesus returned to Galilee. The power of the Spirit was with him, and the news about him spread throughout the surrounding country. **15** He taught in the synagogues, and everyone praised him. Luke 4:14
- **YOU CAN'T WALK OUT FROM WINNING TEMPTATION IN YOUR LIFE WITHOUT AN INCREASE OF POWER IN YOUR LIFE.**
- WHEN YOU HAVE GONE THROUGH **SICKNESS** AND CAME OUT VICTORIOUSLY, YOU CAN'T WALK OUT FROM THAT WITH THE SAME LEVEL OF POWER.
- WHEN YOU HAVE GONE THROUGH **TEST IN YOUR FAMILY** AND CAME OUT VICTORIOUSLY, YOU CAN'T WALK OUT FROM THAT WITH THE SAME LEVEL OF POWER.
- WHEN YOU HAVE GONE THROUGH **TEST IN YOUR FINANCE** AND CAME OUT VICTORIOUSLY, YOU CAN'T WALK OUT FROM THAT WITH THE SAME LEVEL OF POWER.
- THERE IS NO OTHER OPTION, YOU WILL WALK OUT OF THAT FIRE, WITH AN **INCREASE** OF POWER (FAITH).
- THE WAY YOU TALK IS DIFFERENT - '*THE SAME GOD THAT RESCUED ME FROM BEAR AND LIONS, WILL RESCUE ME FROM THIS GIANT*'"
- THE WAY YOU PRAISE IS DIFFERENT - '*EVEN IF MY GOD DOESN'T SAVE ME, I WILL NOT BOW DOWN*'

### 3. **OVERCOMING TEMPTATION PRODUCES CROWN OF LIFE.**

- Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. **James 1:12**

- SO OUR JOB IS NOT TO FIND A WAY **HOW TO AVOID** TEMPTATIONS
- AND HAVE **AS LITTLE TEMPTATION AS POSSIBLE**
- BUT OUR JOB IS TO LEARN FROM THE BIBLE HOW TO OVERCOME TEMPTATIONS WHEN THEY COME.

## HOW DO YOU WIN AGAINSTS TEMPTATION?

### BY BUILDING YOUR SPIRITUAL BEING.

- THE KEY TO OVERCOMING TEMPTATION IN LIFE IS ALWAYS CONNECGTED TO OUR SPIRITUAL DEVELOPMENT
- [Galatians 5:16 Walk in the spirit, and you shall not fulfill the lust of the flesh.](#)

## HOW TO BUILD YOUR SPIRITUAL BEING?

### 1. **INTENSIFY YOUR PRAYER LIFE**

- *Mark 14:38 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.*
- WATCH AND PRAY SO YOU DON'T FALL INTO TEMPTATION
- PS JUAN MOGI 'HIDUPMU HANYA SEKUAT DOA'
- YOUR STRENGTH IN LIFE, IS DETERMINED BY YOUR STRENGTH IN PRAYER.

### 2. **EXERCISE SELF CONTROL**

- *Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. 1 Chor 9:25-27*
- WHEN I WANT TO GET ANGRY,,,STRIKE A BLOW TO YOUR FLESH
- WHEN I FEEL LIKE GIVING UP....STRIKE A BLOW TO YOUR FLESH
- WHEN I WANT TO EAT TOO MUCH FOOD....STRIKE A BLOW TO YOUR FLESH
- SELF CONTROL = MUSCLE.
- Like a city whose walls are broken through is a person who lacks self-control. Proverbs 25:28
- FAST

### 3. **INTENSIFY THE WORD**

- "Faith comes by hearing the Word"
- WAKE UP WITH THE WORD
- DRIVE WITH THE WORD
- SLEEP WITH THE WORD

## TEMPTATIONS COMES WITH A PROMISE

- **YOU WILL ALWAYS HAVE A WAY OUT. YOU WILL ALWAYS BE ABLE TO ENDURE IT.**
  - No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. **1 Corinthians 10:13**
- **YOU HAVE GOD ON YOUR SIDE!**
  - For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has himself tempted as we are, yet without sin. Hebrew 4:15 For because he himself has suffered when tempted, he is able to help those who are being tempted. Hebrews 2:18
- **WHEN TEMPTATION COMES, YOU DON'T NEED TO BE SCARED. YOUR JOB IS TO OVERCOME.**