



Handle Your Temptations

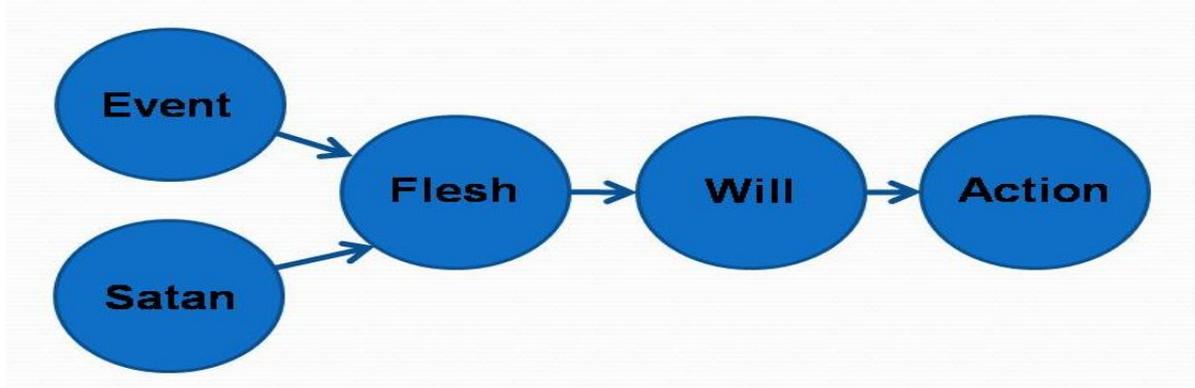
Everyone encounters moments of temptation that possess the ability to distract, and draw us away from GOD. The sin is not in being human; it is in allowing the tricks of the devil to constantly hinder your forward progression. Here are some simple points and steps that will assist you to "Handle Your Temptations."

- 1. You cannot be tempted by what you do not desire.** Stop playing the enemy's mind games, and acknowledge your areas of curiosity, desire and interest. *Read **Philippians 2:5-11**.*
- 2. Avoid people, places and situations that you know are your weaknesses.** No one knows you better than **you!** Don't try to prove how spiritual or strong that you have become by flirting with your weaknesses. When you hear or see your weakness **RUN AWAY!** *Read **Romans 13:11-14**.*
- 3. Flee/Run from temptations instead of trying to defeat them.** The Bible declares that we should flee sexual immorality (sex outside of marriage, inappropriate sexual relationships, masturbation), idolatry (worshipping false gods) and from youthful lusts (desires to repeat the behaviors of our youth). *Read **1 Corinthians 6:18, 1 Corinthians 10:14, 1 Timothy 6:9-11 and 2 Timothy 2:22**.*
- 4. Actively PRAY ABOUT YOUR TEMPTATIONS!** We cannot defeat temptation by ourselves. We need the Help of GOD at all times in order to live, but **ESPECIALLY** when we are tempted. GOD ALWAYS provides a door to escape temptation. *Read **1 Corinthians 10:13**.*
- 5. Speak The Word of GOD (Scriptures) into and over your life to defeat the specific temptation that you are fighting against.** This particular formula worked for Jesus Christ while he was being tempted in the wilderness, and **IT WILL WORK FOR YOU!** *Read **Matthew 4-10 and Luke 4:4-14**.*
- 6. Be mindful that yielding to temptation produces sin, and sin ALWAYS comes with consequences.** While temptation is bold and we can recognize it, the sin that is a result of our temptation is subtle, but not a secret. Remember that all sin has a consequence with it. *Read **Romans 6:23**.*



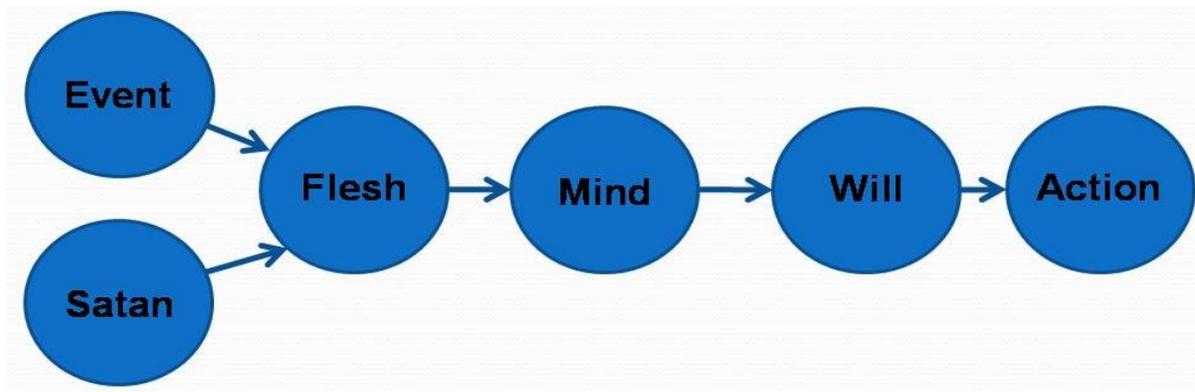
7. Understand exactly how temptation and sin work together in your life.

We unconsciously believe that when temptation comes that there is nothing that we can do except give in to it. THAT IS A LIE! We CAN RESIST temptation and the sin that accompanies it, and when. The “Event” in the picture below is “Temptation”, and the “Action” as a result is the “Consequences or Sin.”



An “Event or Temptation” will trigger the flesh to lust about something that is not good for us. This can happen by something that we hear, see, taste, touch, smell or think. It can also be a result of what someone else may say or do. Regardless, the temptation working in partnership with Satan causes the flesh to be weak, which fights against our conscious thoughts. Generally, we think that we are defeated already because our body is already responding to the temptation, so we give in and do the action resulting in the sin. ***Read Romans 7:15-21.***

Below is the way that **we should handle temptations** whenever it comes our way. The “Event” represents “Temptation”, the “Mind” represents “Our Consciousness”, the “Will” represents “Our Choices” and the “Action” represents “The Consequences.”



We have VICTORY when we choose GOD’s Word of our desires. ***Read Romans 7:22-25 and Romans 8:11-18.***