

THE SEASON OF TEMPTATION

Growing in the Seasons of Life

HOW TO HANDLE TEMPTATION

1. ANTICIPATE IT.

When temptation comes, we usually have **three** common reactions:

- 1) **Shock.** "How in the world could I think a thought like that?"
- 2) **Frustration.** "Why do I keep falling in the same area over and over?"
- 3) **Discouragement.** "I'll never change!"

"Watch and pray so that you will not fall into temptation..."
Matthew 26:41 (NIV)

"... If you are thinking, '[I'd] never behave like that' -- let [it] be a warning to you. For you too may fall into sin."
1 Corinthians 10:12 (TLB)

2. ACCEPT RESPONSIBILITY FOR IT.

"Temptation is the pull of [your] own evil thoughts and wishes. These evil thoughts lead to evil actions..." James 1:14-15 (TLB)

3. ASK GOD FOR HELP.

"[Jesus]... had the same temptations we do, though he never once gave [in]... and sinned. So let us come boldly... [to] God... and find grace to help in our times of need." Hebrews 4:15-16 (TLB)

"Call to Me when trouble comes..." Psalm 50:15 (GNT)

4. ADMIT MY STRUGGLE TO A FRIEND.

"... Remember this -- the wrong desires that come into your life aren't anything new and different. Many others have faced exactly the same problems before you..." 1 Corinthians 10:13 (TLB)

"Admit your sins to each other and pray for each other so that you may be healed..." James 5:16

***Benefits** of sharing your temptation with a trusted friend or small group.

- a) It helps you gain control.
- b) It relieves inner stress.
- c) It provides support and accountability.

5. AVOID TEMPTING SITUATIONS.

"A wise [man]... turns away from evil, but a fool is arrogant and careless." Proverbs 14:16 (NASB)

"I thought about the wrong direction in which I was headed, and turned around and came running back to you."
Psalm 119:59-60 (TLB)

6. AFFIRM GOD'S WORD.

"God... 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 Corinthians 10:13b (NIV)

"Accept salvation from God to be your helmet and receive the Word of God... to use as a sword." Ephesians 6:17 (JB)

