

**The attack can come anytime and from anywhere! Temptation! Culture doesn't motivate us to resist temptation, it encourages us to embrace temptation and the sin that follows. Sadly, yielding to temptation leads to soul sickness and a life littered with remorse, shame, and regret. The good news is that God empowers and equips us to overcome temptation. Joseph is a great example of one who resisted persistent temptation in favor of righteousness. Joseph overcame temptation because he cultivated the right heart attitude and chose the right actions when tempted.**

**You can overcome temptation when you first cultivate a right heart attitude and choose right actions.**

## UNDERSTANDING TEMPTATION:

### 3 statements: (*Ephesians 5:3*)

1. Temptation is not a sin. (*Matthew 4:1-11*)
2. Sin is not the result of conditions.
3. Sin is the result of character.

*James 1:13-15 (NASB95)* — Let no one say when he is tempted, "I am being tempted by God"; for God cannot be tempted by evil, and He Himself does not tempt anyone. But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.

### 3 sources of temptation: (1 *John 2:15*; *Romans 12:2*; *Galatians 5*; 1 *Peter 5:8-9*)

In 1957, Bible expositor Donald Grey Barnhouse (1895-1960) preached a sermon entitled Temptation And How To Meet It. He ended his sermon with this summary statement:

"You're going to be tempted by the flesh. Run away. You're going to be tempted by the devil. Stand up and fight with the Word of God in your hand, the sword of the Spirit, and the shield of faith wherewith you shall be able to quench all the fiery darts of the evil one (*Ephesians 6:16*). And as to the world round about you, be not conformed, but day by day, ask God to pour you into the mold of Christ."

1. World
2. Flesh
3. Devil

## OVERCOMING TEMPTATION INVOLVES: (*GENESIS 39:6-15*)

### 1. The Right Heart Attitude – Spiritual Bent

- Love God first and most (verse 9)

R.T. Kendall – "If you do not have a love for God that is greater than the intensity of that temptation, you will give in. It is then that you discover what you are really like."

- Value and respect what God values (verses 8-9)

### 2. The Right Actions – Practical Behavior (*Romans 13:14*; 2 *Timothy 2:22*; 1 *Corinthians 6:18, 10:14*; 1 *Timothy 6:98-11*)

- Embrace truth/reject lies
- Run from temptation (verse 12)
- Avoidance

## FINAL THOUGHTS: (1 *CORINTHIANS 10:13*)

Why is it important to overcome temptation?

1. The damage sin does to your relationship with God and with others.
2. A defeating sin habit will rob you of your confidence in the power of God to give victory over sin.
3. As a result, you will be hesitant to offer Christ as the answer to others.
4. A sinful habit will destroy your incentive to share your faith.
5. You will feel like a hypocrite.
6. One sin leads to another.
7. Sin leads to death! (*James 1:14-16*)