

TACKLING TEMPTATIONS
#2 – THE GOOD NEWS ABOUT TEMPTATION

Intro: *There's good news concerning temptation. God is with us to successfully defeat temptation. Here's how...*

So, if you think you are standing firm, be careful that you don't fall! 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.

1 Corinthians 10:12-13

I. You Don't Have to Be Caught By Surprise.

- ***Don't be over*** _____ **–** Never say the temptation and possible sin can't happen to you; or that you're too strong to lose the struggle.
- ***Don't let down your*** _____ **–** Be careful! Temptation often comes when we least expect it, or are unprepared.
- ***Tell yourself the*** _____ **–** We are often not honest with ourselves that we are experiencing temptation. We won't consciously admit it to ourselves. Why? We don't want to admit the weak area, or we're enjoying the lure of temptation too much. (Jeremiah 17:9)

II. You're Not Alone. Temptation Happens to Everyone.

- ***You're not being*** _____ ***out.*** Your particular temptation is common, and happens to many others. This means you:
 - 1) Don't need to be overly shocked, discouraged, and defeated over your weakness; and
 - 2) Others have beaten it. You can, too.
- ***Even Jesus experienced temptation – and*** _____ ***it!*** He understands, and is there to sympathize and encourage. (Hebrews 4:15)
- ***Count on others who have beaten temptation to*** _____. They can help you through understanding, encouragement, accountability, and advice. Don't try to fly solo in dealing with your temptation.
- ***You can help*** _____ ***through your temptation experiences.***

III. God Places Limits on Your Temptations.

- ***Satan and your feelings want you to believe that resistance is futile, and failure is*** _____.
- ***But God will*** _____ ***you from excessive temptation stress.*** He is present and involved, and will not allow temptation beyond your breaking point.
- ***When we believe we have reached or*** _____ ***our temptation breaking point, we've just not depended on God's presence and power to help in our struggle.*** Claim and believe in God's promise that He will not allow excessive temptations or trials.

IV. Find God's Way Out of Your Temptation.

- **God has a _____ of your temptation.** This “escape plan” is a process, not an instantaneous event.
- **God's way out includes:**
 - 1) **His power to _____ (stand-up)** and
 - 2) **His guidance through His escape plan for you (the way out).**
- **God's written _____ is often the key tool in His way out.** We need to know it, believe it, and live it.
- **The way out of temptation will include _____ it.** We have to make the decision to just say “no”! (James 4:7)
- **The way out of temptation will include “_____” it.** We need to run away from the temptation source. This includes both situations and people that cause temptation. (II Timothy 2:22)

The Bad News – Temptation Happens.

The Good News – God has given us ways to beat it!

Answers: I. Confident; guard; truth. II. Singled; beat; help; others. III. Inevitable; protect; exceeded. IV. Way out; overcome; word; resisting; fleeing.

Life Impact – Applying these truths to your life:

1. Do you really believe that God is present and protects you from reaching your breaking point?
2. Do you look for God's escape plan in your temptations?
3. Do you ask for God's help in resisting temptation?