

TACKLING TEMPTATIONS**#4 – TIPS AND TOOLS TO TACKLE TEMPTATION**

Intro: In tackling temptation, here are some tips and tools to give you success...

I. Why Tackle Temptation, Anyway?

Reasons we don't:

- ***The Stress of the*** _____ – Beating temptation is a long, stressful process. Sometimes we decide it's just not worth it.
- ***The*** _____ ***of the Temptation*** – Some of our temptations, and the resulting sins, are initially exciting.
- ***The Rationalization of Our*** _____ – We fool ourselves into thinking that the sin is no "big deal", or just don't admit the temptation to ourselves.

Reasons we should:

- ***To Avoid the*** _____ ***Consequences of Our Actions*** – There is always negative "blowback" to our giving in to temptation.
- ***Avoid Becoming a*** _____ ***to the Sin*** – The more we give in to temptation, the more that sin controls us.
- ***To Experience God's*** _____ – Every time we say no to temptation, God touches our lives in a positive spiritual way.

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to Him as instruments of righteousness. For sin shall not be your master, because you are not under law, but under grace. *Romans 6:11-14*

II. Count and Claim Your Sin-Death

As Christians, we are to count ourselves dead to sin. How does that work?

- ***The*** _____ ***Way: Believing sin has absolutely no power over us.*** The wrong way states that we are automatically immune to sin if we are spiritual. (I John 1:8-9)
- ***The*** _____ ***Way: Believe that the control of sin is broken, but its influence continues.*** Through the sin-death process, we can see sin's influence weaken, and our resistance strengthen.

Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. *Ephesians 5:15-18*

III. Connect to God's Spirit-Life

- ***Connect to the Spirit's*** _____ . The Spirit's wisdom will guide you through past experiences; present weakness and realities; and the unseen spiritual opportunities in every temptation situation.
- ***Connect the Spirit's*** _____ ***to*** – "Superpower" us to overcome the temptation. This most often comes through scripture knowledge and claiming.
- ***Practice the*** _____ ***principle that beating temptation is both 100% our effort, and 100% God's work within us.*** (See I Cor. 15:10, Phil. 2:12-13)

- **Practice the _____ principle.** We need to focus on a clear and present counterpoint virtue as an active alternative to the temptation.

<u>Sin</u>	<u>Counterpoint Virtue</u>
Anger	Flexibility, patience, forgiveness
Unhappiness	Contentment, thankfulness
Judgmentalism	Acceptance, empathy

IV. Putting It All Together – Beating Temptation

- _____ **your temptation** – Own up to the problem, no excuses! Ask and accept God’s forgiveness. (I John 1:9)
- _____ **sin’s stronghold broken** – Though sin still influences, your bondage to it is “dead”. You will eventually beat it by claiming “sin-death”.
- _____ **to beat the temptation through the 100/100 principle.** It’s all you, and it’s all God at the same time.
- _____ **to God’s Spirit-life.** For guidance and power, scripture memorization is a key part of this.
- _____ **your temptation with a counterpoint virtue.** Focus on the counterpoint virtue rather than the temptation.
- _____ **the process.** You won’t often have quick complete victory. It is more often two steps forward, one step back, gradual progress.

You can successfully tackle temptation using these tips and tools.

Answers: I. Struggle; thrill; desires; negative; slave; blessings. II. Wrong; right. III. Wisdom; power; 100/100; replacement. IV. Confess; claim; commit; connect; counter; continue.

Life Impact – Applying these truths to your life:

1. What spiritual temptations are you facing right now? What are the reasons you haven’t dealt with them seriously? What are some reasons you should?
2. Have you counted and claimed your sin-death over your temptation areas?
3. Have you practiced the “replacement principle” in your temptation areas? What would the counterpoint virtues be?