

# Overcoming Temptation

Growing Through the Tough Stuff, Part 1

We're launching a series today on growing through the tough stuff.

*"Dear brothers and sisters, when **trouble** comes your way, consider it an **opportunity for great joy**. For you know that when your faith is tested, **your endurance has a chance to grow**. So let it grow, for when your endurance is fully developed, you will be **perfect and complete**, needing nothing."*

– James 1:2-4 NLT

God means to turn the **tough stuff** into **joy**, but I need to commit to "hang on for the ride."

The first area of tough stuff we're going to talk about is **overcoming temptation**, something that is **universal** to all of us. It plagues us all.

## THREE FACTS ABOUT TEMPTATION

*"And remember, when you are being tempted, do not say, 'God is tempting me.' God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death." – James 1:13-15 NLT*

1. **Temptation comes from within me** (and always starts in my mind).
2. **My behavior flows out of my beliefs.**
3. **Repeated behavior has a destructive effect in my life.**

## THREE AREAS OF TEMPTATION

*"For the world offers only a craving for **physical pleasure**, a craving for **everything we see**, and **pride in our achievements and possessions**. These are not from the Father, but are from this world."*

- 1 John 2:16 NLT

1. **The temptation of physical pleasure.**
2. **The temptation of everything we see.**
3. **The temptation of pride in ourselves.**

In the temptation of Eve... in the temptation of Jesus... in the temptation of you and I, in our culture today, these are always the three areas where we are tempted. Why hasn't Satan adopted any new methods in thousands of years? He doesn't have to! These three things work like a charm!

## THREE WAYS TO OVERCOME TEMPTATION

### 1. You are not immune – so be on guard.

*“Therefore let anyone who thinks that he stands take heed lest he fall.” – 1 Corinthians 10:12 ESV*

One of the biggest mistakes I make is thinking that once I overcome something, it will never come back around. That's really never the case. Rarely does God remove our cravings, and when we are off guard, we're in trouble.

#### ***How can I be on guard?***

- Growing in my walk with God daily.
- Storing Scripture in my heart.
- Being aware of my own weaknesses.
- Being aware of my surroundings.
- Staying in community for accountability.

### 2. You are not alone – so trust God and His people.

*“The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.” – 1 Corinthians 10:13 NLT*

*“So let God work his will in you. Yell a loud no to the Devil and watch him scamper. Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Quit playing the field. Hit bottom, and cry your eyes out. The fun and games are over. Get serious, really serious. Get down on your knees before the Master; it's the only way you'll get on your feet.”  
– James 4:7-10 MSG*

### 3. You are not bound – so run away!

*“Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace.” – 2 Timothy 2:22 NLT*