



Fresh Start to Freedom

Winning The War For Your Heart

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ESCAPING TEMPTATION

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

I Corinthians 10:13 (NKJV)

I. ESCAPING TEMPTATION

A. TEMPT:

1. To try the strength of, to urge
2. To test; try
3. To try to persuade; induce or entice
4. To rouse desire in; be inviting to; attract
5. To incline strongly

B. TEMPTATION

The **proposition**, presented to the mind or to the intellect, to satisfy a God-given appetite in a “Non-God-Approved” way.

C. SIN

The **decision** to gratify a God-given appetite in a “Non-God-Approved” way.

II. THE “ZONES OF TEMPTATION”

James 1:13-15

A. THE “A ZONE”

Awareness:

1. **Be aware** of your God-given appetite
 - Food
 - Knowledge
 - Significance
 - Sex
 - Pleasure

2. **Be aware of the flesh:**

- The inner inclination to satisfy God-given appetites in a “Non-God- approved” way.
- Romans 6:6 - “We know that our old life died with Christ on the cross so that our sinful selves would have no power over us and we would not be slaves to sin”

3. **Be aware of the enemy’s schemes:**

- *“Your enemy the devil prowls around like a roaring lion looking for someone to devour.”* I Peter 5:8b

B. THE “B ZONE”

1. **Be prepared:**

2. Be alert

3. Be careful

4. Be self-controlled

- *“Be self-controlled and alert...”* I Peter 5:8

“But every man is tempted, when he is drawn away of his own lust, and enticed.”

James 1:14

***This is the pivotal point. Will we yield to sin at this point, or yield to God?**

Romans 6:13

We must be aware to avoid the next zone (and fall further into a bad place)

C. THE “C ZONE”

Conceived lust:

- Where the lust takes root
- Where temptation gives way to sin

“Then when lust has conceived, it gives birth to sin...” James 1:15a

D. THE “D ZONE”

Death:

- The result

“...and when sin is accomplished, it brings forth death.” James 1:15b

III. THE GREAT ESCAPE

A. DISCOVERY STEPS

1. Identify the temptation

- a. What temptation is common to you?
- b. I Corinthians 10:13

2. Buttons, triggers and the “scenes” of the temptation

- a. How does the temptation usually present itself?
- b. What is (are) the scene(s) of the temptation?

3. Typical responses to the temptation

- a. How do you typically respond to this temptation?
- b. How have you tried to resist this temptation?

4. The snares of the temptation

- a. Which Biblical mandates have you violated in relationship to the temptation, and how?
- b. “Make not provision for the flesh...” Romans 13:14
- c. “Abstain from all appearance of evil.” I Thessalonians 5:22
- d. Avoid the paths or scenes of temptation. Prov. 7:6-27
- e. “Flee also youthful lusts...” II Timothy 2:22

B. ACTION STEPS

1. Exercise your will

- a. **Decide now** what your choice will be in the face of temptation.

- b. *“Walk in the Spirit...”* Galatians 5:16
- c. Say “yes” to the “Divine Yes” in you... II Corinthians 1:19-20
(Amplified Bible)

2. **Exchange your life**

- a. Repent of all known sin, in thought, word or deed.
- b. Exchange your “self-life” for Christ’s Life.
 - 1) I John 1:9
 - 2) Ephesians 4:26-32
 - 3) Romans 6:1-14
 - 4) Galatians 2:20

3. **Renew your mind**

Renew your mind on the truth(s) of your Identity In Christ to counter the temptation.

See: **“The Christian’s Identity in Christ”**

See: **“Responding From Your New Identity in Christ”**

4. **Resist the devil**

Submit to God and resist the devil.

James 4:7

IV. APPLICATION

- A.** Referring to “**THE GREAT ESCAPE**” (Part III), please identify the temptation(s) common to you.
- B.** Please respond to the “discovery steps” and “action steps” related to the area of temptation that you have identified.
- C.** Please share with a trusted person how walking through these steps has made a difference in your life.

“TEMPTATION AND THE GREAT ESCAPE”

Discovery Steps

1. Identify the Temptation

- ♦ What temptation is common to you?
1 Corinthians 10:13

2. “Buttons”, “Triggers” and “Scenes” of the Temptation

- ♦ How does this temptation usually present itself?
- ♦ What is (are) the scene(s) of this temptation?

3. Typical Responses to the Temptation

- ♦ How do you typically respond to this temptation?
- ♦ How have you tried to resist this temptation?

4. The Snares of the Temptation

- ♦ Indicate which of the following Biblical mandates you have violated and how:
 - ♦ “Make not provision for the flesh...”
Romans 13:14 KJV
 - ♦ “Abstain from all appearance of evil.”
1 Thessalonians 5:22 KJV
 - ♦ Avoid the paths or scenes of temptation.
Proverbs 7:6-27 (paraphrase)
- ♦ “Flee also youthful lusts...”
2 Timothy 2:22 KJV

“TEMPTATION AND THE GREAT ESCAPE”

Action Steps

8. Resist The Devil

- ◆ Submit to God and resist the Devil.
James 4:7
Ephesians 1:17-23
Ephesians 2:6

7. Renew Your Mind

- ◆ Renew your mind on the truth(s) of your identity in Christ to counter the temptation.
1 Corinthians 1:30
2 Corinthians 5:21
Ephesians 1:6
Romans 8:1

6. Exchange Your Life

- ◆ Repent of all sin(s) committed in thought, word or deed, and exchange your “self life” for Christ’s Life.
1 John 1:9
Ephesians 4:26-32
Romans 6:1-14
Galatians 2:20

5. Exercise Your Will

- ◆ List the practical choices that you will make to avoid repeating future violations.
Galatians 5:16

◆ The Christian's Identity In Christ ◆

<i>Matthew 5:13, 14</i>	I am the salt of the earth and the light of the world
<i>John 1:12, 13</i>	I am a child of God , born of God
<i>John 15:15</i>	I am Christ's friend
<i>John 17:23</i>	I am loved
<i>Romans 6:1-10</i>	I am crucified, buried , and risen with Christ
<i>Romans 8:1, 2</i>	I am free forever from condemnation
<i>Romans 8:15</i>	I am adopted into God's family
<i>Romans 8:17</i>	I am an heir of God, co-heir with Christ
<i>Romans 8:37</i>	I am more than a conqueror through Him
<i>1 Cor. 1:2</i>	I am sanctified
<i>1 Cor. 2:16</i>	I am a possessor of the mind of Christ
<i>1 Cor. 3:16</i>	I am God's temple ; God's Spirit lives in me
<i>1 Cor. 6:17</i>	I am united with the Lord, one with Him in spirit
<i>1 Cor. 6:19, 20</i>	I am one bought with a price ; I belong to God
<i>1 Cor. 12:27</i>	I am a member of Christ's body
<i>1 Cor. 15:57</i>	I am victorious in Christ
<i>2 Cor. 5:17</i>	I am a new creation in Christ
<i>2 Cor. 5:18</i>	I am a minister of reconciliation for God
<i>2 Cor. 5:18</i>	I am reconciled to God
<i>2 Cor. 5:20</i>	I am an ambassador of Christ
<i>2 Cor. 5:21</i>	I am the righteousness of God in Christ Jesus
<i>2 Cor. 6:1</i>	I am God's fellow worker
<i>Galatians 2:16</i>	I am justified by faith in Christ
<i>Galatians 2:20</i>	I am crucified with Christ
<i>Ephesians 1:1</i>	I am a saint
<i>Ephesians 1:4</i>	I am one chosen in Christ to be holy and blameless
<i>Ephesians 1:5</i>	I am one adopted by God through Jesus Christ
<i>Ephesians 1:6</i>	I am accepted in the Beloved
<i>Ephesians 1:13</i>	I am sealed with the Holy Spirit of promise
<i>Ephesians 2:6</i>	I am seated with Christ in the heavenly realms
<i>Ephesians 2:10</i>	I am God's workmanship, created in Christ Jesus to do good works
<i>Philippians 3:20</i>	I am a citizen of heaven
<i>Colossians 1:14</i>	I am one redeemed and forgiven of all my sins
<i>Colossians 2:10</i>	I am one who is complete in Christ
<i>Hebrews 7:25</i>	I am saved to the uttermost
<i>1 Peter 2:9</i>	I am a member of a royal priesthood, a holy nation
<i>1 Peter 2:9, 10</i>	I am one belonging to God , part of His chosen people
<i>2 Peter 1:4</i>	I am a partaker of the Divine Nature

RESPONDING FROM YOUR NEW IDENTITY IN CHRIST

Situation	Responding After The Desire Of The Flesh	Walking After The Spirit	Real Identity Truth
You do not feel valued or accepted by a “significant other”.	Anger, resentment, bitterness, hatred, self-pity	Humility, meekness, forgiveness	Ephesians 1:6 KJV In Christ, <u>ACCEPTED</u> is who you are!
Someone is speaking ill of you to others.	Anger, resentment, bitterness, hatred, slander, fear	Humility, meekness, forgiveness	Philippians 2:3-8 KJV In Christ, <u>HUMILITY</u> is who you are!
You are feeling hurt or offended because of a wrong doe to you.	Anger, resentment, bitterness, hatred	Humility, meekness, forgiveness	1 Peter 2:21-23 In Christ, <u>MEEKNESS</u> is who you are!
You are looking at someone of the opposite sex who is “attractive” to you.	Lust, and/or committing adultery in your heart	Love, purity of heart	1 Corinthians 1:30 James 3:17 In Christ, <u>PURITY</u> is who you are!
As a victim of sexual abuse, you feel violated or unclean, dirty and sometimes even evil.	Anger, resentment, bitterness, hatred (of self and/or other), lust, sexual sin	Forgiveness, purity	Colossians 1:21 In Christ, <u>HOLY</u> and <u>WITHOUT BLEMISH</u> is who you are!