

SON OF GOD
Pt. 2 - Jesus' Temptation and Your Temptation
Pastor Vernie Fletcher
March 30th, 2014

1. It is not a SIN to be tempted

Hebrews 4:15 (NIV)

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet was without sin.

Hebrews 2:18 (NIV)

Because he himself suffered when he was tempted, he is able to help those who are being tempted.

2. You will never OUTGROW temptation

Temptation is not a sign of weakness.

It is a sign that you are a threat to the Devil.

3. After a spiritual HIGH, you can expect a spiritual TEST

Luke 4:1-2 (NIV)

^[1] Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert,

^[2] where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

4. Temptation isn't always about your WEAKNESSES. Many times, temptation is about MISUSING YOUR STRENGTHS.

1 Corinthians 10:13 (NIV)

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.

SEVEN STEPS TO ESCAPE TEMPTATION

Step #1: Get into the WORD

You cannot say, "It is written," if you don't know what is written.

Psalm 119:11 (NIV)

I have hidden your word in my heart that I might not sin against you.

Step #2: Identify your VULNERABILITIES

Matthew 26:41 (NIV)

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

- Ø **WHEN am I most tempted?**
- Ø **WHERE am I most tempted?**
- Ø **Who is WITH ME when I'm most tempted?**
- Ø **How do I FEEL before I'm tempted?**

Step #3: PLAN what you're NOT going to do

Proverbs 4:26-27 (TEV)

Plan carefully what you do,... Avoid evil and walk straight ahead. Don't go one step off the right way.

**Plan in advance to stay away from people, places, or circumstances
that cause you to be vulnerable to temptation.**

Step #4: Guard your HEART

James 1:14 (NIV)

...But each one is tempted when, by his own evil desire, he is dragged away and enticed.

Proverbs 4:23 (NIV)

Above all else, guard your heart, for it is the wellspring of life.

Step #5: Pray for DELIVERANCE

1 Corinthians 10:13 (NIV)

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.

Step #6: Refocus your ATTENTION

Whatever gets your attention gets you. The only way to escape temptation is to change your focus and think about something else.

Step #7: Find a FRIEND

If we had more people in our lives to whom we could confess our temptations, we would have less need to confess our sins.