

Lesson Notes:

### **Facing Temptation:**

Temptation is Satan's way of interfering with our relationship and service to the Lord. Satan is the ultimate tempter as he revealed in the Garden of Eden and when Jesus was at his physically weakest point at the end of his 40 day fast in the wilderness. Following is a brief discussion of temptation and how we may overcome it to better serve our Lord and Savior Jesus Christ.

### **Scriptural Principles**

#### **1) We all will face attacks from Satan**

Paul tells us in **2 Timothy 2:4** that temptation is Satan's way of diverting our attention from what is really important. Paul also tells us in **Ephesians 6:12** that our struggle is not against flesh and blood but against principalities and powers not of this world.

#### **2) Temptation is from Satan, Not God**

James tells us in **James 1:13** that God does not tempt man, Satan does.

#### **3) There is Strength in numbers.**

In **1 Peter 5:8** Peter uses an analogy of Satan to a Lion. He indicates that Satan prowls about like a roaring lion waiting to devour whomever he may. If you have ever seen a television wildlife show about lions they stalk a herd of wildebeest until one of the weak strays away from the herd. Then they attack the weak one which has strayed away from the herd. This analogy fits Satan. He attacks us at our weakest point especially when we have strayed away from our fellowship with fellow believers. That is why it is so important for us as Christians to remain well grounded in the word, faithful in our walk and in fellowship with other Christians, and faithfully in prayer each day with the Lord so that we don't fall into Satan's traps that lie along the way. Fellowship with the saints is so important. Admonish each other in the Lord. Encourage one another. James tells us in **James 5:16** to pray for one another.

#### **4) Beware of lusts of the flesh.**

James tells us in **James 1:15** to be ware of the lust of the flesh. Beware of "wandering eyes". In this day in which Pornography and "suggestive pictures" are common on the internet, on tabloids and wherever we go we must cautiously "avoid all occasions of sin". This is the type of sin that can destroy families and our closest relationships. Also, be wary of close friendships with those of the opposite sex if you are committed to another. A close friendship can easily become something more if not held in check. Do you know that Billy Graham would not get onto an elevator alone with another woman. He was that devoted to Ruth Graham and did not want to put himself into a precarious position. Luke

tells us in **Luke 4:13**; after tempting Christ with “Common temptation” Satan departed for a season.

**5) Beware of sinful habits,**

Habits such as alcohol or substance abuse are difficult to overcome and must be continually battled. A “straight and narrow lifestyle” is the best way to overcome sinful habits. Paul tells us in **Galatians 5:16** that only by “walking in the spirit can we keep from fulfilling the lust of the flesh”.

**6) Prayer is important during times of temptation.**

Jesus faced his greatest hour of temptation just before his death in the Garden of Gethsemane. Luke tells us (**Luke 22:44**) that as Jesus prayed in agony his sweat was as great drops of blood. During Jesus greatest hour of temptation he prayed to his father in earnest.

**7) What do we do in times of temptation?**

Stay close to God in prayer. Seek his love, his presence, his strength and guidance. Secondly, remember that your temptation is no different than the temptation other men and women face (**1 Corinthians 10:13**).