

**Said Paul: “It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all. And yet for this reason I found mercy, in order that in me as the foremost, Jesus Christ might demonstrate His perfect patience, as an example for those who should believe in Him for eternal life.”**

1 Timothy 1:15, 16

It's her birthday. The cake is magnificent with its pink frosting and dancing ballerina. Your toddler touches the icing edge and licks her finger. “Not yet,” you say, “Stay away from the cake.” She withdraws her hand for a moment. You turn your back. The hand sneaks again. “I saw that! Keep your hands away!” You turn your back. Her face moves forward, ever so slightly, until her nose caresses the velvety sugar. You laugh at her half-hearted obedience and whisk her off her feet, laughing and dancing in the kitchen.

Just as icing evokes an uncontrollable urge in a child, worldly temptations lure the Christian heart. Praise God that we have a patient Savior who loves us anyway.

This is one of the most serious subjects for Christians. Many will say, “I know that I am a Christian. I have been baptized. However, I still sin...I cannot seem to help it. What's wrong with me?” The apostle Paul would echo that sentiment. He stated, near the end of his life in 1 Timothy 1:15,16, *“It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all. And yet for this reason I found mercy, in order that in me as the foremost, Jesus Christ might demonstrate His perfect patience,*

*as an example for those who would believe in Him for eternal life.”* Indeed God demonstrates great patience with us all. We are His children and overcoming temptations of the flesh and making our bodies God's temple, is a learning and maturing process.

In Bob George's book, ***Growing In Grace*** (p. 109) he states; “When we first come to Christ, most of us need no convincing that we have committed sins. However, we usually have little understanding of what it really means to be a sinner by nature. We have only begun to see

our desperate need for a Savior – not only from the just punishment for our sins, but for One who would save us from ourselves. Over time He allows us to see more and more into our hearts.

He progressively opens our eyes to see new areas where we have not yet learned to trust Him. He allows us to discover that our hearts really are wicked and deceitful when left to themselves. And He allows us to discover by experience the truth that apart from Him we really can do nothing. But none of this is meant to drive us to despair, nor

for the purpose of condemning.”

In Romans 8:1 it states, “There is therefore now no condemnation for those who are in Christ Jesus.” We must first learn the truth about ourselves so we will learn to conduct our lives being dependent upon Him. As Bob George states, *“The Lord’s motive is to free us from the bondage of error, and to teach us to allow Him to live His life through us. Our failures do not shock or surprise Him. He knows us far better than we know ourselves, and loves us still.”*

1. The Holy Spirit helps us to battle against the power of the flesh. Record your thoughts from Romans 8:5-9. *“For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit./ For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,/ because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so,/ and those who are in the flesh cannot please God./ However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.”*
2. **We have been released from the power of sin and from the condemnation of the Law.** In Romans 7, many people are fascinated by Paul’s description of the human struggle and frustration. In the first six verses of Chapter 7, Paul uses the analogy of marriage. Romans 7:1-6. *“Or do you not know, brethren (for I am speaking to those who know the law), that the law has jurisdiction over a person as long as he lives?/ For the married woman is bound by law to her husband while he is living; but if her husband dies, she is released from the law concerning the husband./ So then, if while her husband is living she is joined to another man, she shall be called an adulteress; but if her husband dies, she is free from the law, so that she is not an adulteress though she is joined to another man. / Therefore, my brethren, you also were made to die to the Law through the body of Christ, so that you might be joined to another, to Him who was raised from the dead, in order that we might bear fruit for God. / For while we were in the flesh, the sinful passions, which were aroused by the Law, were at work in the*

*members of our body to bear fruit for death./ But now we have been released from the Law, having died to that by which we were bound, so that we serve in newness of the Spirit and not in oldness of the letter.”*

2.1. What does Paul mean by the Law?: \_\_\_\_\_  
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2.2 What is newness of the Spirit? \_\_\_\_\_  
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2.3. Do we have the power to overcome the sins of the flesh? \_\_\_\_\_  
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**3. What kind of person were you before becoming a Christian?**

3.1. Ephesians 2:1-2 \_\_\_\_\_  
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3.2. Colossians 1:13 *“For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son.”*

3.3. 1 Corinthians 6:9-11 *“Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God./ Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.”*



4. **As a Christian, you now have a new identity. You are a new person.** Our struggle is with our behavior. We do not always act in ways that would make God proud. Identity on the other hand is who we really are and can only be changed by losing the old identity through death and receiving a new identity through rebirth.

4.1. Can you trace your identity, your heritage, genetically and spiritually back to Adam? Genesis 2:17; 3:6-7 \_\_\_\_\_  
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4.2. Romans 5:12 “Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men”

4.3. Can you change your identity in Adam through your own power? 1 Corinthians 15:22

4.4. Romans 5:19 *“For as through the one man’s disobedience the many were made sinners, even so through the obedience of the One the many will be made righteous.”*

5. In Exodus, Chapters 25 through 27 God instructs Moses on **how to build His tabernacle (temple)**. By reading these chapters, you gain an appreciation of the beauty and the wonderful detail God gave Moses on how the tabernacle/sanctuary was to be constructed. Years later, a permanent temple replaced the tabernacle.

5.1. Why did God want Moses and his people to build the sanctuary? Exodus 25:8  
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5.2. **What is the holy of holies?** Exodus 26:31-34 *“You shall make a veil of blue and purple and scarlet material and fine twisted linen; it shall be made with cherubim, the work of a skillful workman. / You shall hang it on four pillars of acacia overlaid with gold, their hooks also being of gold, on four sockets of silver. / You*



*shall hang up the veil under the clasps, and shall bring in the ark of the testimony there within the veil; and the veil shall serve for you as a partition between the holy place and the holy of holies./ You shall put the mercy seat on the ark of the testimony in the holy of holies.”*

5.3. Who were the first priests? Exodus 28: 1? \_\_\_\_\_

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5.4. When Jesus died, the veil of the temple was torn. What did this signify? Matthew 27:51 \_\_\_\_\_

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5.5. As Jesus predicted, the temple was destroyed. Where is God’s temple now? 1 Corinthians 3:16 “Do you not know that you are a temple of God and that the Spirit of God dwells in you?”

5.6. 1 Corinthians 6:19 \_\_\_\_\_

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5.7. What insight does this give you in how to take care of your body? If your body is now God’s temple, what should you do with it? \_\_\_\_\_

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6. Many of us struggle with temptation. However, as **Christians we are given the power to overcome temptation.** How do you know that you have this power? 1 Corinthians 10:13 \_\_\_\_\_

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7. How did Jesus overcome temptation when tempted by the devil? Matthew 4:1-11  
*“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. / And after He had fasted forty days and forty nights, He then became hungry. /And the*

*tempter came and said to Him, ‘If You are the Son of God, command that these stones become bread.’ / But He answered and said, ‘It is written, MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.’” / Then the devil took Him into the holy city and had Him stand on the pinnacle of the temple, / and said to Him, ‘If You are the Son of God, throw Yourself down; for it is written, HE WILL COMMAND HIS ANGELS CONCERNING YOU; and ON their HANDS THEY WILL BEAR YOU UP, SO THAT YOU WILL NOT STRIKE YOUR FOOT AGAINST A STONE.’ / Jesus said to him, ‘On the other hand, it is written, YOU SHALL NOT PUT THE LORD YOUR GOD TO THE TEST.’ / Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their glory; /and he said to Him, ‘ All these things I will give You, if You fall down and worship me’ / Then Jesus said to him, ‘Go, Satan! For it is written, YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.’ / Then the devil left Him; and behold, angels came and began to minister to Him.”*

8. When we fall into temptation, **God sees all and is able to judge the thoughts and intentions of our hearts.** Hebrews 4:12-16 \_\_\_\_\_

8.1. Can the word of God help us with temptations? \_\_\_\_\_

8.2. Who is our High Priest? Who can we depend upon for intercession? \_\_\_\_\_

8.3. In time of need, when our temptations are great, can we find grace? \_\_\_\_\_



9. **The word of God is a great help in overcoming temptations.** Read Psalm 119:9-11, 13, 15, 23, 44, 55, 148 \_\_\_\_\_  
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10. **What kind of temptations do you struggle with?** What do you think would be the first step in overcoming these temptations? Matthew 6:13 \_\_\_\_\_  
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10.1. When we pray do not lead us into temptation, perhaps it would be better to say, "lead me not into the temptation of (name the temptation) \_\_\_\_\_  
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10.2. How often should we pray this prayer? \_\_\_\_\_  
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10.3. How sincere should you be? \_\_\_\_\_  
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10.4. Can you establish some accountability (a person) to help? \_\_\_\_\_  
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10.5. What do you do when you fail? \_\_\_\_\_  
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11. **There are many forms of temptation.** Food, drugs, strong drink, eating, movies, TV and lust, etc. can tempt us. Lust is one of the primary forms of temptation addressed in the Bible because it can be extremely destructive. James 1:14-15 \_\_\_\_\_  
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11.1. Having given our lives to Christ, we have a new identity. Look at the following scriptures and list the behaviors we are told to avoid.

11.1.1 Thessalonians 4:3 *“For this is the will of God, your sanctification; that is, that you abstain from sexual immorality”*

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11.1.2. Ephesians 4:25-31 *“Therefore, laying aside falsehood SPEAK TRUTH EACH ONE OF YOU WITH HIS NEIGHBOR, for we are members of one another./ BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, / and do not give the devil an opportunity. / He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need./ Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear./ Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. /Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.”*

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11.1.3. Colossians 3:5-10 - 5 *“Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. /For it is because of these things that the wrath of God will come upon the sons of disobedience,/ and in them you also once walked, when you were living in them. / But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. / Do not lie to one another, since you laid aside the old self with its evil practices,/ and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him.”*

11.1.4.Ephesians 5:3-4 \_\_\_\_\_  
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11.2. How should we behave? Read Colossians 3:12-17 and record how God's chosen people are to conduct themselves. \_\_\_\_\_  
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12. **Overcoming some temptations can be very difficult.** In Matthew 17:14f, a request is made by a man on behalf of his son. He appeared to be a lunatic and was very ill. Jesus' disciples could not cure him and so the man appealed to Jesus directly. Jesus answered in verse 20 and 21 that we are not successful sometimes because we have so little faith. He goes on to say that some things also require **prayer and fasting**. When your temptation is continually repeated after concerted effort, you might try fasting. It is important to consult a doctor before fasting. You should not fast over 24-36 hours when your first begin.

12.1. Matthew 6:16-18 \_\_\_\_\_  
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12.2. When you fast, you fast with hope. Ruth 3:3 *“Wash yourself therefore, and anoint yourself and put on your best clothes, and go down to the threshing floor; but do not make yourself known to the man until he has finished eating and drinking.”*

12.3. Isaiah 58:1-12 \_\_\_\_\_  
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12.4. 2 Samuel 12:16-20 What do we learn from this story? *“David therefore inquired of God for the child; and David fasted and went and lay all night on the ground. / The elders of his household stood beside him in order to raise him up from the ground, but he was unwilling and would not eat food with them. /Then it hap-*

*pened on the seventh day that the child died. And the servants of David were afraid to tell him that the child was dead, for they said, 'Behold, while the child was still alive, we spoke to him and he did not listen to our voice. How then can we tell him that the child is dead, since he might do himself harm!' /But when David saw that his servants were whispering together, David perceived that the child was dead; so David said to his servants, 'Is the child dead?' And they said, 'He is dead.' /So David arose from the ground, washed, anointed himself, and changed his clothes; and he came into the house of the LORD and worshiped. Then he came to his own house, and when he requested, they set food before him and he ate."*

12.5. Psalm 69 is a chapter dedicated to the cry of a lonely sufferer. Read this chapter and record your thoughts. \_\_\_\_\_

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13. The following is a list of scriptures that you can **memorize in your fight to overcome temptation**.

13.1. Matthew 11:28-30 *"Come to Me, all who are weary and heavy-laden, and I will give you rest. /Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS./"For My yoke is easy and My burden is light"*.

13.2. Psalm 38:18 *"For I confess my iniquity; I am full of anxiety because of my sin."*

13.3. Psalm 25:18 *"Look upon my affliction and my trouble, And forgive all my sins."*

13.4. 1 John 1:8 *"If we say that we have no sin, we are deceiving ourselves and the truth is not in us."*

13.5.1 Peter 5:8-11 *"Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. /But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. /After you have suffered for a little*

*while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you. /To Him be dominion forever and ever. Amen.”*

- 13.6. Philippians 3:12-14 *“Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. /Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, / I press on toward the goal for the prize of the upward call of God in Christ Jesus.”*
- 13.7. Psalm 68:19 *“Blessed be the Lord, who daily bears our burden, The God Who is our salvation”.*
- 13.8. Isaiah 58:8 *“Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the LORD will be your rear guard.”*
- 13.9. Psalm 32:5 *“I acknowledged my sin to You, And my iniquity I did not hide; I said, ‘I will confess my transgressions to the LORD’; And You forgave the guilt of my sin.”*
- 13.10. Proverbs 26:11 *“Like a dog that returns to its vomit Is a fool who repeats his folly.”*
- 13.11.2 Corinthians 2:14 *“But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.”*
- 13.12. Psalm 51:4 *“Against You, You only, I have sinned And done what is evil in Your sight, So that You are justified when You speak And blameless when You judge.”*

14. **God will provide the way of escape from all temptations.** We must be faithful. In Ephesians 3:22-24 it states, *“that in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.”*

14.1. Read 1 Corinthians 10:13 \_\_\_\_\_  
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**During the week read/sing the following song as a reminder of this lesson.**

**Yield Not To Temptation - Horatio R. Palmer**

Yield not to temptation, for yielding is sin, each victory will help you, some others to win. Fight manfully onward, dark passions subdue, look ever to Jesus - He'll carry you through. Shun evil companions, bad language disdain, God's name hold in rev'ence, nor take it in vain. Be thoughtful and earnest, kind-hearted and true, look ever to Jesus - He'll carry you through. To him that o'ercometh, God giveth a crown, through faith we will conquer; though often cast down. He who is our Savior, our strength will renew, look ever to Jesus, he'll carry you through. Ask the Savior to help you, comfort, strengthen and keep you. He is willing to aid you; He will carry you through. Grace, grace, God's grace, Grace that is greater than all our sin.