



- The power of prayer is based on **who** we pray to, not **how well** we pray. And we are sure of this, that he will listen to us whenever we ask him for anything in line with his will. And if we really know he is listening when we talk to him and make our requests, then we can be sure that he will answer us. 1 John 5:14-15 (TLB)

- We fight temptation with **prayer**.
“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” Matthew 26:41 (NIV)

Definition of Temptation:

An enticement to do something that compromises or leads us away from what is good.

Biblical standpoint:

- Temptation is anything that promises **satisfaction** at the cost of **obedience** to God.
Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. Matthew 4:1 (NLT)

A couple of things about temptation:

- It's not a **sin** to be **tempted**.
This High Priest of ours [Jesus] understands our weaknesses since he had the same temptations we do, though he never once gave way to them and sinned. Hebrews 4:15 (TLB)

☐ The sin of temptation is **acting** on it.

- We're never **above** temptation.
If you think you are strong, you should be careful not to fall. 1 Corinthians 10:12 (NLT)

How we deal with temptation:

- Understand, **Will** power is not **enough** power.
- Identify the **source** of temptation.

Understanding Temptation:

☐ We are **not** tempted by **God**.
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. James 1:13 (NLT)

Sources that contribute to our temptation:

- **Satan**.
... I sent Timothy to find out whether your faith was still strong. I was afraid that the tempter had gotten the best of you and that our work had been useless. 1 Thessalonians 3:5 (NLT)

So place yourselves under God's authority. Resist the devil, and he will run away from you. James 4:7 (GWT)

• Our desires.

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 1:14-15 (NLT)

• The **World** we live in.

For the world offers only the lust for physical pleasure, the lust for everything we see, and pride in our possessions. These are not from the Father. They are from this evil world. 1 John 2:16 (NLT)

The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. Romans 8:11-12 (NLT)

• God always provides a **way out**.

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)

Action Steps to overcoming temptation:

- **Pray** to God.
“Pray that you don't give in to temptation.” Luke 22:40

• **Envision** the consequences of sin.

So she seduced him with her pretty speech, her coaxing and her wheedling, until he yielded to her. He couldn't resist her flattery. 22 He followed her as an ox going to the butcher or as a stag that is trapped, 23 waiting to be killed with an arrow through its heart. He was as a bird flying into a snare, not knowing the fate awaiting it there. Proverbs 7:21-23

• **Run** for your life.

Run from anything that gives you the evil thoughts that young men often have, but stay close to anything that makes you want to do right. Have faith and love, and enjoy the companionship of those who love the Lord and have pure hearts. 2 Timothy 2:22 (TLB)

TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Have you been proactive in dealing with temptation in your life? Explain.
- Do you think there are some temptations we allow and some temptations we deal with?
- Read James 1: 14-15 and talk about the progression of temptation. How does this help us to deal with it differently?
- What does it mean that God always provides a way out of temptation?
- Have you consistently prayed for God to help you in times of temptation? How can we commit ourselves to do this? Does having people who know our temptations help us to deal with it? Explain.
- What does it mean to envision the consequences of temptation? How does this help us to fight temptation?
- Have you ever ran from temptation? Read Genesis 39 (Joseph ran from Potiphar's Wife). What will motivate us to run from temptation?

For more Talks, visit us at:
fresnoquest.com



Today's Talk..



**“How to Pray
in Temptations”**