

St. Paul's Notes

HOW TO OVERCOME TEMPTATION

God's Answer to Your Needs

August 12, 2007

"And lead us not into temptation, but deliver us from the evil one."

Matthew 6:13

"Every temptation that comes your way is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tempted beyond your power to resist; at the time you are tempted, he will give you the strength to endure it, and so provide you with a way out." 1 Corinthians 10:13 (GN)

FIVE STEPS TO OVERCOMING TEMPTATION

1. Refuse _____

"Be strong in the Lord and in his mighty power. Put on the full armor of God so you can take your stand against the devil's schemes." Ephesians 6:10-11 (GN)

2. Request _____

"Call to me when trouble comes; I will save you, and you will praise me." Psalm 50:15 (GN)

"(Jesus) . . . had the same temptations we do, though he never once gave way to them and sinned. So let us come boldly . . . to God . . . and find grace to help us in our times of need."

Hebrews 4:15-16 (LB)

3. Refocus _____

"Temptation is the pull of your own evil thoughts and wishes. These evil thoughts lead to evil actions. . ." James 1:14-15 (LB)

"Be careful how you think; your life is shaped by your thoughts."

Proverbs 4:23 (GN)

4. Reveal _____

"Two are better than one, because together . . . if one falls down, the other can help him up. But if someone is alone and falls . . . there's no one to help him." Ecclesiastes 4:9-10 (GN)

"Admit your sins to each other and pray for each other so that you may be healed." James 5:16

5. Resist _____

"Give in to God then resist the devil and he will run away from you." James 4:7 (JB)

". . . accept salvation from God to be your helmet and receive the word of God . . . to use as a sword." Ephesians 6:17 (JB)