



Living the Christian Life Bible Study

Lesson 10 (NIV)

Overcoming Temptation

Student's Name _____ **Unit** _____

Instructor _____

Comments _____

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3.0 Practical Steps (cont'd)

5. Choose your friends wisely

Watch the company you keep, hang with those who will lift you up, who will set a good example, not those that will lead you to temptation.

Proverbs 1:10-19 - My son, if sinners entice you, do not give in to them. {11} If they say, "Come along with us; let's lie in wait for someone's blood, let's waylay some harmless soul; {13} we will get all sorts of valuable things and fill our houses with plunder; {14} throw in your lot with us, and we will share a common purse"-- {15} my son, do not go along with them, do not set foot on their paths; {16} for their feet rush into sin, they are swift to shed blood. {17} How useless to spread a net in full view of all the birds! {18} These men lie in wait for their own blood; they waylay only themselves! {19} Such is the end of all who go after ill-gotten gain; it takes away the lives of those who get it.

Proverbs 4:14-15 - Do not set foot on the path of the wicked or walk in the way of evil men. {15} Avoid it, do not travel on it; turn from it and go on your way.

1Corinthians 15:33 Do not be misled: "Bad company corrupts good character."

6. Be accountable

Join with a Christian brother (or sister if you are a woman) and become accountable to each other. Know each other's weak spots, ask about them, encourage the good, help overcome the bad. While our ultimate accountability is to God, sometimes the fact that somebody is going to ask us about that sin is enough to keep us from it.

Ecclesiastes 4:9-10 - Two are better than one, because they have a good return for their work: {10} If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!

7. Use your time for good

Fill your time with good things, "idle hands are the devil's workshop." We can't simply stop doing evil, we must also begin to do good. This is the "put off/put on" principle that Paul taught.

Ephesians 4:22-24 - You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

3.0 Practical Steps (cont'd)

3 Early Avoidance

Read the story of Joseph in Genesis 39:1-12.

Don't go to places that you know will be sources of temptation. You may think you are strong enough to resist, but you will find yourself being drawn into them again.

Proverbs 6:27-28 - Can a man scoop fire into his lap without his clothes being burned? {28} Can a man walk on hot coals without his feet being scorched?

4. watch the small things

Song of Songs 2:15 - *Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom.*

Begin eliminating the small sins in your life, such things as foul language, selfishness, little white lies. As soon as you say "a small sin is OK" then the line between small and large will inevitably move to the large.

On the contrary, do small good deeds - pick up dropped things, be polite, demonstrate a contrast with the world that seeks power.

If we think rightly about the small sins in life, then the large sins will become more abhorrent.

10 Introduction

When we come to faith in Jesus Christ, when we are born again, we come by repentance from sin and faith in Jesus Christ, believing that by dying on the cross, He paid the penalty that was due to us for our sins. When we come in repentance, we are not only saying that we are sorry for our sins, we are saying that we want to turn away from the sinful lifestyle we have been living and live a life pleasing to God and satisfying to ourselves. To repent is to change our minds about sin, about God, and about ourselves. Repentance is a statement to God that we want to live a different kind of life than we did in the past, a life of obedience to Him. But the common experience of us all is that, no matter how much we may wish to rid our lives of sin, we find ourselves failing time and again. While we know that God continues to forgive us, we still want to carry out the repentance that was our intention in coming to Him in the first place. Fortunately, God understands this and has provided the means for us to overcome temptation. Let us begin by reading some verses from Romans chapter 6.

2.0 Dead to Sin

Romans 6:1-7 - What shall we say, then? Shall we go on _____ so that grace may increase? 2 By no means! We _____ to _____; how can we live in it any longer? 3 Or don't you know that all of us who were baptized into Christ Jesus were baptized into his _____? 4 We were therefore buried with him through baptism into death in order that, just as Christ was _____ from the _____ through the glory of the Father, we too may _____ a _____.

5 If we have been united with him like this in his _____, we will certainly also be united with him in his _____. 6 For we know that our old self was crucified with him so that the body of _____ might be done away with, that we should no longer be _____ to _____ 7 because anyone who has _____ has been _____ from sin.

These verses teach us that when we were saved (baptized into Christ) we were united with Him in His death, burial, and resurrection. Therefore, because in His resurrection, He lives a new life, we too, are living a new life with Him. Furthermore, in this new resurrected life, we are no longer slaves to sin; we are no longer under its power. While it may be true that sin remains, it no longer reigns!

2.0 Dead to Sin (cont'd)

Romans 6:8-14 - Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has _____ over him. 10 The death he died, he died to sin once for all; but the life he lives, he lives to God.

11 In the same way, _____ yourselves _____ to sin but _____ to God in Christ Jesus. 12 Therefore do not let sin _____ in your mortal body so that you obey its evil desires. 13 Do not offer the parts of your body to sin, as instruments of wickedness, but rather _____ yourselves to _____, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. 14 For sin shall not be your _____, because you are not under law, but under grace.

Paul here tells us that we must “count yourselves dead to sin,” or in some Bibles, “reckon yourselves dead to sin.” This word count (or reckon) is a word that tells us to act according to a truth we know. The word is an accounting term, meaning that a transaction has been recorded. When your family sends money, it is recorded on your account at the commissary. Once it is recorded you can order product from the commissary; that is, you can reckon on it, or count on it by filling out the commissary form. So it is with our power to overcome temptation. God says the power is available by counting ourselves dead to sin; that is, to recognize and act upon the fact that we are no longer subject to sin, we are no longer slaves to sin. We have the power to overcome temptation. In the past, we were slaves to sin, but now we have been freed from sin and are slaves to God, to live righteous lives in His power. Read and memorize 1 Corinthians 10:13

Read Romans 6:15 - 23. Identify as many contrasting things as you can on the following lines.

Things associated with sin

Things associated with righteousness

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

3.0 Practical steps

The previous discussion lays the foundation of understanding how and why we are able to resist temptation. Now we want to look at some practical steps; things we can do on a daily basis that will help strengthen us for the inevitable time of temptation. These steps will all require effort and discipline on your part, as Paul reminded Timothy (1 Timothy 4:7b), *train yourself to be godly.*

1. Daily Quiet Time

Billy Graham said that he never knew a Christian who accomplished anything for God who did not have a daily quiet time; that is, time spent consciously in the presence of God. This must be a significant amount of time in serious prayer and Bible reading, not simply “God bless me and my family” and read a chapter of the Bible. While it is possible to have a devotional time with the Lord at any time, most people find it helpful to do it at the start of the day - to get them started on the right foot. When we do this, we are following the example of Jesus Christ, Himself, *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.* Mark 1:35

For help in this area, re-read some of the previous lessons:

3. Developing a Devotional Life
5. “Beginners’ Bible Reading Plan”
6. Understanding Prayer

2. Pure thought life

Watch your thought life. Every sin is a thought before it is an action.

James 1:14-15 - but each one is tempted when, by his own evil desire, he is dragged away and enticed. {15} Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Therefore, we must always focus our minds in the right direction. (Also Philippians 4:8)

Colossians 3:1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory.

An old Scottish proverb says “Sow a thought, reap an action; sow an action, reap a habit, sow a habit, reap a lifestyle; sow a lifestyle, reap a destiny.” It all begins with a thought.

The area of the thought life is a particular struggle because the constant bombardment of television, movies, and magazines, all portraying various forms of sin as the commonly accepted way of life. This affects our thought life. We tend to accept as normal what God calls sin if we watch it continually. A good rule for entertainment is that if the story is based on anything God calls sin, we should not call it humor or entertainment.

The mind is the incubator of sin, but it can be the incubator of godliness, if you **reckon** right.