

Overcoming Temptation

Matthew 26:41; Luke 4:13; 1 Corinthians 10:13-14; 1 Peter 5:8-9

East Berlin Community Church

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Introduction

- Professionals make the difficult look easy.
- Jesus makes overcoming temptation look so easy.
- But we know how difficult resisting temptation can be!
 - Our sinful nature is a ready ally in temptation
 - The 1 John 1:9 Cycle of living
 - The power of sin was broken at the cross
 - The presence of the Spirit of God
 - Our need for a plan to counteract temptation

Overcoming Temptation

A. Preventative Measures—Matthew 26:41

1. **WATCH**—1 Peter 5:8
 - a. Watch for the Seasons of Temptation
 - b. Watch for the Suspension of Temptation—Luke 4:13
2. **PRAY**—Matthew 26:41
 - a. Jesus modeled this approach in Gethsemane
 - b. Jesus prayed for his followers
 - 1) For All of us—John 17
 - 2) For Peter—Luke 22:31
 - c. Jesus' High Priestly ministry of praying for us
Hebrews 2:17-18; 4:5-6
 - d. For what should we pray?—Matthew 6:13

B. Remedial Measures—1 Corinthians 10 and 1 Peter 5

1. **RUN**—1 Corinthians 10:13-14
 - a. God always provides an exit.
 - b. Scriptural basis: 1 Cor. 6:18; 1 Tim 6:11; 2 Tim 2:22
 - c. Illustration: Joseph -- Gen. 39:12
 - d. The Process of Temptation-Sin – James 1:14
2. **RESIST**—1 Peter 5:8-9
 - a. Modeled by Jesus in the wilderness
 - b. Commanded for us in James 4:7
 - c. Resist, not rebuke