

HOW TO RESIST TEMPTATION - The Word of God

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If you are a regenerated child of God, there is NO temptation that can overpower you.

There are only two ways temptation can overpower you:

- 1. neglect to prepare*
- 2. willful choice*

1. REGENERATION - *without it you are powerless against sin's temptation*

The new birth provides you with all the power you need to live godly in the midst of a wicked, sinful world.

What the New Birth is:

- 1. brings the human spirit back to spiritual life from spiritual death*
- 2. is the birth of God's Spirit dwelling in the human spirit*
- 3. restores a spiritual union and communion with God*

What the New Birth does:

- 1. creates a spiritual hunger and thirst for God*
- 2. changes the purpose of life from pleasing self to pleasing God*
- 3. creates a repulsion to sin and a love for righteousness*

2. GOD'S WORD

Matthew 4:1-11 ESV

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

2 And after fasting forty days and forty nights, he was hungry.

3 And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread."

4 But he answered, "It is written, " 'Man shall not live by bread alone, but by every word that comes from the mouth of God.' "

5 Then the devil took him to the holy city and set him on the pinnacle of the temple

6 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, lest you strike your foot against a stone.' "

7 Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.' "

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory.

9 And he said to him, "All these I will give you, if you will fall down and worship me."

10 Then Jesus said to him, "Be gone, Satan! For it is written, " 'You shall worship the Lord your God and him only shall you serve.' "

11 Then the devil left him, and behold, angels came and were ministering to him.

In resisting temptation, the Word of God gives:

- *discernment to see (conviction)*
- *power to resist*

Hebrews 4:12-13 ESV

12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

13 And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

- *The Word of God, full of God's life and power, searches the heart to the most intimate levels and deepest recesses of thought, emotion, motive, desire and volition. No detail is missed.*
- *Though it cannot be perceived, understood or described, the Word of God cleanses, heals and transforms starting within and working out.*

Hebrews 8:10-11 ESV

10 For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my laws into their minds, and write them on their hearts, and I will be their God, and they shall be my people.

11 And they shall not teach, each one his neighbor and each one his brother, saying, 'Know the Lord,' for they shall all know me, from the least of them to the greatest.

Jeremiah 17:1 ESV

"The sin of Judah is written with a pen of iron; with a point of diamond it is engraved on the tablet of their heart, and on the horns of their altars."

Jeremiah 17:9 ESV

"The heart is deceitful above all things, and desperately sick; who can understand it?"

2 Corinthians 10:3-6 ESV

3 For though we walk in the flesh, we are not waging war according to the flesh.

4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

5 We destroy (take down, pull down) arguments (logismos - reasoning, accounting, speculation) and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

To Renew the Mind:

- *the old thought process must be destroyed*
- *the new thought process must be established line upon line, precept upon precept*

Romans 12:2 ESV

"Do not be conformed (to assume a certain form) to this world, but be transformed (metamorphoo - transformed, changed into another form) by the renewal (to make new) of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

Romans 8:5–6 ESV

5 For those who live according to the flesh set their minds (phroneo - to direct or exercise the mind) on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Renewing the mind is:

- *an act of our volition*
- *a supernatural work of the Holy Spirit*

Isaiah 28:9–10 ESV

9 "To whom will he teach knowledge, and to whom will he explain the message? Those who are weaned from the milk, those taken from the breast?

10 For it is precept upon precept, precept upon precept, line upon line, line upon line, here a little, there a little."

2 Corinthians 3:3–18 ESV

3 And you show that you are a letter from Christ delivered by us, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

4 Such is the confidence that we have through Christ toward God.

5 Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God,

6 who has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life.

7 Now if the ministry of death, carved in letters on stone, came with such glory that the Israelites could not gaze at Moses' face because of its glory, which was being brought to an end,

8 will not the ministry of the Spirit have even more glory?

9 For if there was glory in the ministry of condemnation, the ministry of righteousness must far exceed it in glory.

10 Indeed, in this case, what once had glory has come to have no glory at all, because of the glory that surpasses it.

11 For if what was being brought to an end came with glory, much more will what is permanent have glory.

12 Since we have such a hope, we are very bold,

13 not like Moses, who would put a veil over his face so that the Israelites might not gaze at the outcome of what was being brought to an end.

14 But their minds were hardened. For to this day, when they read the old covenant, that same

veil remains unlifted, because only through Christ is it taken away.

15 Yes, to this day whenever Moses is read a veil lies over their hearts.

16 But when one turns to the Lord, the veil is removed.

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

18 And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

Proverbs 2:10–20 ESV

10 for wisdom will come into your heart, and knowledge will be pleasant to your soul;

11 discretion will watch over you, understanding will guard you,

12 delivering you from the way of evil, from men of perverted speech,

13 who forsake the paths of uprightness to walk in the ways of darkness,

14 who rejoice in doing evil and delight in the perverseness of evil,

15 men whose paths are crooked, and who are devious in their ways.

16 So you will be delivered from the forbidden woman, from the adulteress with her smooth words,

17 who forsakes the companion of her youth and forgets the covenant of her God;

18 for her house sinks down to death, and her paths to the departed;

19 none who go to her come back, nor do they regain the paths of life.

20 So you will walk in the way of the good and keep to the paths of the righteous.

Proverbs 7:1–5 ESV

1 My son, keep my words and treasure up my commandments with you;

2 keep my commandments and live; keep my teaching as the apple of your eye;

3 bind them on your fingers; write them on the tablet of your heart.

4 Say to wisdom, “You are my sister,” and call insight your intimate friend,

5 to keep you from the forbidden woman, from the adulteress with her smooth words.

Psalms 1:1-3

1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;

2 but his delight is in the law of the Lord, and on his law he meditates day and night.

3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

Our greatest enemy is not Satan, but our own mind! We can defeat Satan, but if our mind and our thinking is defiled or corrupted, there is little hope.