

How to Resist Temptation – Self-Denial Pt.1

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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*

HOW TO RESIST TEMPTATION

1. REGENERATION

2. GOD'S WORD

Renewing the mind, and the subsequent transformation, is:

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

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.

3. PRAYER

Jesus gave us two different examples and demonstrations of resisting temptation:

- 1. Resisting by the Word of God - Matthew 4:1-11 - "It is written..."*
- 2. Resisting by Prayer - Luke 22:39-46*

- **Habitual Prayer** "...as was His custom..."
- **Solitary Prayer** "...withdrew from them about a stone's throw..."
- **Dedicated Prayer** "...knelt down..."
- **Honest Prayer** "...remove this cup from me..."
- **Surrendered Prayer** "...not my will, but yours, be done."
- **Fervent Prayer** "...being in an agony he prayed more earnestly..."
- **Vigilant Prayer** "Why are you sleeping? Rise and pray that you may not enter into temptation."

Prayer focuses our faith and dependence upon God for the ability to resist sin, taking the focus off ourselves.

The communion of prayer is the channel through which God imparts the strength to resist sin.

Prayer causes God to be personal, making the sin personal.

4. **DENY SELF** - *count the cost in advance, you must make a willful, deliberate, thoughtful, life-long choice*

Mark 8:34–35

34 And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me.

35 For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it.

Jesus never made it easy to follow Him; in fact, He made it supernaturally hard.

To follow Jesus, you must:

1. *DENY yourself...*

- *Self has no authority, no ownership and no control; you become a slave.*
- *Self is no longer the one to be pleased and gratified.*

2. *take up your CROSS...*

The cross not only signifies certain death, but also:

- *pain, agony*
- *hated as a reproach and something to be despised*

Romans 12:1

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

Living sacrifices wholly surrender all:

1. *control*
2. *ownership*
3. *credit*

Christianity can NEVER be included along with, in addition to, attempted by experimentation.

Christianity can ONLY be exclusively and solely all-consuming, nothing less. "Jesus must be Lord of all or He's not Lord at all."

Luke 14:25–33

25 Now great crowds accompanied him, and he turned and said to them,

26 "If anyone comes to me and does not hate (*not relational, speaking of loyalty*) his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple.

Luke 16:13

"No servant can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money."

27 Whoever does not bear his own cross and come after me cannot be my disciple.

28 For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it?

29 Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him,
30 saying, 'This man began to build and was not able to finish.'
31 Or what king, going out to encounter another king in war, will not sit down first and deliberate whether he is able with ten thousand to meet him who comes against him with twenty thousand?
32 And if not, while the other is yet a great way off, he sends a delegation and asks for terms of peace.
33 So therefore, any one of you who does not renounce (set apart, take leave of, say goodbye) all that he has cannot be my disciple.

Do you have the sufficient conviction and commitment to finish the race and complete your course no matter what trials or failures may come?

Ecclesiastes 5:1–7

1 Guard your steps when you go to the house of God. To draw near to listen is better than to offer the sacrifice of fools, for they do not know that they are doing evil.
2 Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few.
3 For a dream comes with much business, and a fool's voice with many words.
4 When you vow a vow to God, do not delay paying it, for he has no pleasure in fools. Pay what you vow.
5 It is better that you should not vow than that you should vow and not pay.
6 Let not your mouth lead you into sin, and do not say before the messenger that it was a mistake. Why should God be angry at your voice and destroy the work of your hands?
7 For when dreams increase and words grow many, there is vanity; but God is the one you must fear.

Genesis 19:1–26

1 The two angels came to Sodom in the evening, and Lot was sitting in the gate of Sodom. When Lot saw them, he rose to meet them and bowed himself with his face to the earth
2 and said, "My lords, please turn aside to your servant's house and spend the night and wash your feet. Then you may rise up early and go on your way." They said, "No; we will spend the night in the town square."
3 But he pressed them strongly; so they turned aside to him and entered his house. And he made them a feast and baked unleavened bread, and they ate.
4 But before they lay down, the men of the city, the men of Sodom, both young and old, all the people to the last man, surrounded the house.
5 And they called to Lot, "Where are the men who came to you tonight? Bring them out to us, that we may know them."
6 Lot went out to the men at the entrance, shut the door after him,
7 and said, "I beg you, my brothers, do not act so wickedly.
8 Behold, I have two daughters who have not known any man. Let me bring them out to you, and do to them as you please. Only do nothing to these men, for they have come under the shelter of my roof."
9 But they said, "Stand back!" And they said, "This fellow came to sojourn, and he has become the judge! Now we will deal worse with you than with them." Then they pressed hard against the man Lot, and drew near to break the door down.
10 But the men reached out their hands and brought Lot into the house with them and shut the door.
11 And they struck with blindness the men who were at the entrance of the house, both small and great, so that they wore themselves out groping for the door.
12 Then the men said to Lot, "Have you anyone else here? Sons-in-law, sons, daughters, or anyone you have in the city, bring them out of the place.
13 For we are about to destroy this place, because the outcry against its people has become great before

the LORD, and the LORD has sent us to destroy it."

14 So Lot went out and said to his sons-in-law, who were to marry his daughters, "Up! Get out of this place, for the LORD is about to destroy the city." But he seemed to his sons-in-law to be jesting.

15 As morning dawned, the angels urged Lot, saying, "Up! Take your wife and your two daughters who are here, lest you be swept away in the punishment of the city."

16 But he lingered. So the men seized him and his wife and his two daughters by the hand, the LORD being merciful to him, and they brought him out and set him outside the city.

17 And as they brought them out, one said, "Escape for your life. Do not look back or stop anywhere in the valley. Escape to the hills, lest you be swept away."

18 And Lot said to them, "Oh, no, my lords.

19 Behold, your servant has found favor in your sight, and you have shown me great kindness in saving my life. But I cannot escape to the hills, lest the disaster overtake me and I die.

20 Behold, this city is near enough to flee to, and it is a little one. Let me escape there—is it not a little one?—and my life will be saved!"

21 He said to him, "Behold, I grant you this favor also, that I will not overthrow the city of which you have spoken.

22 Escape there quickly, for I can do nothing till you arrive there." Therefore the name of the city was called Zoar.

23 The sun had risen on the earth when Lot came to Zoar.

24 Then the LORD rained on Sodom and Gomorrah sulfur and fire from the LORD out of heaven.

25 And he overthrew those cities, and all the valley, and all the inhabitants of the cities, and what grew on the ground.

26 But Lot's wife, behind him, looked back, and she became a pillar of salt.

Joshua 24:14–31

14 "Now therefore fear the LORD and serve him in sincerity and in faithfulness. Put away the gods that your fathers served beyond the River and in Egypt, and serve the LORD.

15 And if it is evil in your eyes to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the LORD."

16 Then the people answered, "Far be it from us that we should forsake the LORD to serve other gods,
17 for it is the LORD our God who brought us and our fathers up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight and preserved us in all the way that we went, and among all the peoples through whom we passed.

18 And the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God."

19 But Joshua said to the people, "You are not able to serve the LORD, for he is a holy God. He is a jealous God; he will not forgive your transgressions or your sins.

20 If you forsake the LORD and serve foreign gods, then he will turn and do you harm and consume you, after having done you good."

21 And the people said to Joshua, "No, but we will serve the LORD."

22 Then Joshua said to the people, "You are witnesses against yourselves that you have chosen the LORD, to serve him." And they said, "We are witnesses."

23 He said, "Then put away the foreign gods that are among you, and incline your heart to the LORD, the God of Israel."

24 And the people said to Joshua, "The LORD our God we will serve, and his voice we will obey."

25 So Joshua made a covenant with the people that day, and put in place statutes and rules for them at Shechem.

26 And Joshua wrote these words in the Book of the Law of God. And he took a large stone and set it up there under the terebinth that was by the sanctuary of the LORD.

27 And Joshua said to all the people, “Behold, this stone shall be a witness against us, for it has heard all the words of the LORD that he spoke to us. Therefore it shall be a witness against you, lest you deal falsely with your God.”

28 So Joshua sent the people away, every man to his inheritance.

29 After these things Joshua the son of Nun, the servant of the LORD, died, being 110 years old.

30 And they buried him in his own inheritance at Timnath-serah, which is in the hill country of Ephraim, north of the mountain of Gaash.

31 Israel served the LORD all the days of Joshua, and all the days of the elders who outlived Joshua and had known all the work that the LORD did for Israel.

2 Chronicles 15:1–15

1 The Spirit of God came upon Azariah the son of Oded,

2 and he went out to meet Asa and said to him, “Hear me, Asa, and all Judah and Benjamin: The LORD is with you while you are with him. If you seek him, he will be found by you, but if you forsake him, he will forsake you.

3 For a long time Israel was without the true God, and without a teaching priest and without law,

4 but when in their distress they turned to the LORD, the God of Israel, and sought him, he was found by them.

5 In those times there was no peace to him who went out or to him who came in, for great disturbances afflicted all the inhabitants of the lands.

6 They were broken in pieces. Nation was crushed by nation and city by city, for God troubled them with every sort of distress.

7 But you, take courage! Do not let your hands be weak, for your work shall be rewarded.”

8 As soon as Asa heard these words, the prophecy of Azariah the son of Oded, he took courage and put away the detestable idols from all the land of Judah and Benjamin and from the cities that he had taken in the hill country of Ephraim, and he repaired the altar of the LORD that was in front of the vestibule of the house of the LORD.

9 And he gathered all Judah and Benjamin, and those from Ephraim, Manasseh, and Simeon who were residing with them, for great numbers had deserted to him from Israel when they saw that the LORD his God was with him.

10 They were gathered at Jerusalem in the third month of the fifteenth year of the reign of Asa.

11 They sacrificed to the LORD on that day from the spoil that they had brought 700 oxen and 7,000 sheep.

12 And they entered into a covenant to seek the LORD, the God of their fathers, with all their heart and with all their soul,

13 but that whoever would not seek the LORD, the God of Israel, should be put to death, whether young or old, man or woman.

14 They swore an oath to the LORD with a loud voice and with shouting and with trumpets and with horns.

15 And all Judah rejoiced over the oath, for they had sworn with all their heart and had sought him with their whole desire, and he was found by them, and the LORD gave them rest all around.

Matthew 11:28–30

28 Come to me, all who labor and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 For my yoke is easy, and my burden is light."