

How to Resist Temptation - Boundaries

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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** - *we are powerless against temptation without this fundamental change in nature*
- 2. GOD'S WORD** - *we are transformed by the renewing of our mind by exercising the mind on God's Word*
- 3. PRAYER** - *is the channel through which God imparts His life and power*
- 4. DENY SELF** - *a deliberate, life-long choice to surrender all control, authority, ownership and rights*
- 5. SET BOUNDARIES**

Boundaries are strategic decisions made in advance of the foreseen confrontation with temptation.

Boundaries are not legalism when they are the expression and the extension of the Word of God and prayer working in your heart.

Boundaries can become legalistic when they become a formula which merits God's love or makes you more spiritual.

2 Corinthians 6:14–18 ESV

14 Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness?

15 What accord has Christ with Belial? Or what portion does a believer share with an unbeliever?

16 What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people."

17 Therefore go out from their midst, and be separate from them, says the Lord, and touch no unclean thing; then I will welcome you,

18 and I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty."

Our separateness starts in the heart during our communion with God and is demonstrated in our lifestyle and conduct, producing an unmistakable distinction.

Our separateness is a direct result of our communion with a holy God in His holy presence. As His children we can't bear the thought of jeopardizing that communion or His dwelling in our midst.

BOUNDARIES:

1. **decisions made in advance of the temptation to prevent being overcome in the impassioned moment of temptation - you will always lose if you have to deliberate in the heat of the moment**
2. **recognition that certain actions and activities, even though they are not wrong or sin in themselves, will plant the seed that will grow and lead to sin (*compromising situations*)**
3. **recognition that certain actions and activities, even though they are not wrong or sin in themselves, could be misunderstood, compromise our testimony and bring a reproach upon the Church**

Proverbs 22:3 ESV

"The prudent sees danger and hides himself, but the simple go on and suffer for it."

Matthew 18:7-9 ESV

7 "Woe to the world for temptations to sin! For it is necessary that temptations come, but woe to the one by whom the temptation comes!

8 And if your hand or your foot causes you to sin, cut it off and throw it away. It is better for you to enter life crippled or lame than with two hands or two feet to be thrown into the eternal fire.

9 And if your eye causes you to sin, tear it out and throw it away. It is better for you to enter life with one eye than with two eyes to be thrown into the hell of fire.

1 Corinthians 9:24-27 ESV

24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.

25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

26 So I do not run aimlessly; I do not box as one beating the air.

27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Paul is not resorting to a self-discipline or asceticism (trusting in rigorous self-denial and self-restraint to obtain a higher spiritual state), but rather, employing a God-restraint which results from relationship and communion with God.

Romans 8:13 ESV

"For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live."

Paul is not trusting in self-discipline, yet he knows disciplines must be in place and operating by the Spirit of God.

Galatians 6:7-9 ESV

7 Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.

8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

1 Corinthians 6:12 ESV

“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.

2 Timothy 2:15–18 ESV

15 Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.

16 But avoid irreverent babble, for it will lead people into more and more ungodliness,

17 and their talk will spread like gangrene. Among them are Hymenaeus and Philetus,

18 who have swerved from the truth, saying that the resurrection has already happened. They are upsetting the faith of some.

Ephesians 5:3–6 ESV

3 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints.

4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

5 For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God.

6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

1 Corinthians 10:23–24 ESV

23 “All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up.

24 Let no one seek his own good, but the good of his neighbor.

Romans 14:15–19 ESV

15 For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died.

16 So do not let what you regard as good be spoken of as evil.

17 For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

18 Whoever thus serves Christ is acceptable to God and approved by men.

19 So then let us pursue what makes for peace and for mutual upbuilding.

AREAS WHERE FIRM BOUNDARIES NEED TO BE SET:

● **Ten Commandments: idolatry, murder, adultery, theft, lying, covetousness**

Ephesians 5:3 “... must not even be named among you, as is proper among saints.”

● **illicit, immoral, illegal activity**

Titus 3:1 “Remind them to be submissive to rulers and authorities, to be obedient...”

● **addictions, drugs, alcohol, pornography, violence (mayhem)**

1 Corinthians 6:12 “All things are lawful for me,” but I will not be dominated by anything.

● alliances with the world system

2 Corinthians 6:14 “Do not be unequally yoked with unbelievers.”

Numbers 33:55

But if you do not drive out the inhabitants of the land from before you, then those of them whom you let remain shall be as barbs in your eyes and thorns in your sides, and they shall trouble you in the land where you dwell.

● relationships with the opposite sex

1 Timothy 5:1-2

1 Do not rebuke an older man but encourage him as you would a father, younger men as brothers,

2 older women as mothers, younger women as sisters, in all purity.

2 Peter 2:6–9 ESV

6 if by turning the cities of Sodom and Gomorrah to ashes he condemned them to extinction, making them an example of what is going to happen to the ungodly;

7 and if he rescued righteous Lot, greatly distressed by the sensual conduct of the wicked

8 (for as that righteous man lived among them day after day, he was tormenting his righteous soul over their lawless deeds that he saw and heard);

9 then the Lord knows how to rescue the godly from trials, and to keep the unrighteous under punishment until the day of judgment,

DANGERS OF VEXATION:

1. Identification “...living among them...”
2. Fatigue “...day after day...”
3. Agitation “...tormenting his righteous soul...”
4. Sensory Perception “...that he saw and heard...”

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.

Numbers 33:50-56 ESV

50 And the Lord spoke to Moses in the plains of Moab by the Jordan at Jericho, saying,

51 "Speak to the people of Israel and say to them, When you pass over the Jordan into the land of Canaan,

52 then you shall drive out all the inhabitants of the land from before you and destroy all their figured stones and destroy all their metal images and demolish all their high places.

53 And you shall take possession of the land and settle in it, for I have given the land to you to possess it.

54 You shall inherit the land by lot according to your clans. To a large tribe you shall give a large inheritance, and to a small tribe you shall give a small inheritance. Wherever the lot falls for anyone, that shall be his. According to the tribes of your fathers you shall inherit.

55 But if you do not drive out the inhabitants of the land from before you, then those of them whom you let remain shall be as barbs in your eyes and thorns in your sides, and they shall trouble you in the land where you dwell.

56 And I will do to you as I thought to do to them."

Judges 2:1-4 ESV

1 Now the angel of the LORD went up from Gilgal to Bochim. And he said, "I brought you up from Egypt and brought you into the land that I swore to give to your fathers. I said, 'I will never break my covenant with you,

2 and you shall make no covenant with the inhabitants of this land; you shall break down their altars.' But you have not obeyed my voice. What is this you have done?

3 So now I say, I will not drive them out before you, but they shall become thorns in your sides, and their gods shall be a snare to you."

4 As soon as the angel of the LORD spoke these words to all the people of Israel, the people lifted up their voices and wept.