

When Tempted and Tried

June 19, 2014

1. Run to the clarity and focus of God's Word (*temptations & trials bring distraction & confusion*)

- *The Word of God contains the life and power of God to resist any temptation and endure any trial.*
- *Therefore it is the supreme target of the enemy, to do whatever it takes to distract and divide you from your lifeline.*

Psalm 119:23

Even though princes sit plotting against me, **your servant will meditate on your statutes.**

Psalm 119:157

Many are my persecutors and my adversaries, but **I do not swerve from your testimonies.**

Psalm 119:10–11

10 With my whole heart I seek you; **let me not wander (go astray) from your commandments!**

11 **I have stored (hide, conceal, treasure up) up your word in my heart,** that I might not sin against you.

Psalm 119:15–16

15 **I will meditate on your precepts and fix my eyes on your ways.**

16 I will delight in your statutes; **I will not forget your word.**

Psalm 119:30–31

30 **I have chosen the way of faithfulness; I set your rules before me.**

31 **I cling to your testimonies,** O LORD; let me not be put to shame!

2. Cling to the comfort and companionship of the Holy Spirit (*instead of turning to creature comforts & vices*)

- *The lust of every enticement and the oppression of every trial is resolved in the fellowship of the Holy Spirit.*

John 14:16–18

16 And I will pray the Father, and **he shall give you another Comforter, that he may abide with you for ever;**

17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but **ye know him; for he dwelleth with you, and shall be in you.**

18 **I will not leave you comfortless:** I will come to you.

2 Corinthians 1:3–4

3 Blessed be the God and Father of our Lord Jesus Christ, the **Father of mercies** and **God of all comfort,**

4 **who comforts us in all our affliction,** so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

3. Eliminate the triggers of temptation and stress (*don't keep feeding the problem!*)

Triggers can include:

- *media*

- *people*
- *conversations*
- *places & environments*

2 Peter 2:6–9

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,

Psalm 119:37

“Turn my eyes from looking at worthless things; and give me life in your ways.”

Psalm 119:115

Depart from me, you evildoers, that I may keep the commandments of my God.

Hebrews 12:1–3

1 Therefore, since we are surrounded by so great a cloud of witnesses, **let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,**

2 **looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.**

3 Consider him who endured from sinners such hostility against himself, so that **you may not grow weary or fainthearted.**

4. Stay refreshed and rested (*spiritually, psychologically, emotionally, physically*)

The principle of the Sabbath is time wholly devoted to God through abstaining from one’s personal business and pleasure. It is time when He receives our full and undivided attention and consequently we become re-grounded, re-centered, refocused, refreshed and recharged.

Exodus 31:12–17

12 And the LORD said to Moses,

13 “You are to speak to the people of Israel and say, ‘**Above all you shall keep my Sabbaths**, for this is a sign between me and you throughout your generations, **that you may know that I, the LORD, sanctify you.**

14 **You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death.**

Whoever does any work on it, that soul shall be cut off from among his people.

Isaiah 58:13–14

13 “If you turn back your foot from the Sabbath, **from doing your pleasure on my holy day**, and **call the Sabbath a delight** and **the holy day of the LORD honorable**; if you honor it, **not going your own ways, or seeking your own pleasure, or talking idly**;

14 **then you shall take delight in the LORD, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken.”**