

Keys to Overcoming Temptation

Hebrews 4:14-15

When the devil had finished all this tempting, he left him until an opportune time.

—Luke 4:13

Then the devil left him, and angels came and attended him.

—Matthew 4:11

- If we truly desire to live a godly life.
- If we say, WWJD and mean it.
- If we understand the Lord's Prayer as we say, "Lead us not into temptation and deliver us from evil."

Then there is power, help, and hope for us.

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

—2 Timothy 1:7

1. **Scripture** and prayer—all means of grace.

"It is written ..., it is written ..., it says...."

—Luke 4:4, 8, 12

2. Accountable **relationships**.

³⁷He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

—Matthew 26:37-38

3. **Recognizing** Satan's schemes.

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

—1 Corinthians 10:13

4. Spirit's **healing** and power.

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.

—1 Peter 2:24

Do your part to—Win the little battles.

Win the battle over the mind.

Win the battle over personal spiritual disciplines.

Win the battle over personal habits.

Memory Verse:

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.

—Hebrews 4:15