

## DAILY BIBLE VERSES AND PRAYER THOUGHTS

**MONDAY** - VERSES: Matthew 4:3-11; Psalm 119:11-13

PRAYER THOUGHT: Thank God for providing the scriptures as an avenue to escape temptation and ask for His help using them to escape.

**TUESDAY** - VERSES: Psalm 143:9; 1 Corinthians 6:18; 10:14; 1

Timothy 6:9-11; 2 Timothy 2:22; Genesis 39:7,11-13 PRAYER THOUGHT: Thank God for the ability to flee temptation and ask Him for the courage to run.

**WEDNESDAY** - VERSES: Genesis 39:7-10; James 1:12; 4:7-8; 1

Peter 5:8-9 PRAYER THOUGHT: Thank God for giving you the ability and will to resist Satan and ask Him for the strength to resist temptation and escape.

**THURSDAY** - VERSES: Proverbs 4:14-17; Matthew 6:13; 1

Corinthians 7:2; 2 Timothy 2:23; Titus 3:9 PRAYER THOUGHT: Thank God for the ability to avoid tempting situations. Ask Him to give you the wisdom to recognize them and ask Him to lead you away from temptation.

**FRIDAY** - VERSES: Psalm 6:2; 25:18; 86:5; Matthew 26:41;

Revelation 3:10 PRAYER THOUGHT: Ask God to forgive you for the times you have not taken one of the ways of escape He offered and rededicate yourself to looking for them more diligently in the future.

**SATURDAY** - VERSES: Acts 20:35; Romans 14:1; 15:1; 1 Corinth.

8:9-12; Galatians 4:14; 1 Thessalonians 5:14 PRAYER THOUGHT: Ask God to help you be an encouragement to someone else who is struggling with temptation and needs help finding ways to escape.



Playing with forbidden fruits gets you in bad jams.



### ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Think of ways you have given in to temptation instead of taking the way of escape.
4. Write down the ways you have resisted temptation.
5. Plan to tell the class how you have resisted temptation and found ways of escape, or tell how you have, in the past, failed to take the way of escape.

## SPIRITUAL HEALTH REGIMEN - WEEK 48

### ESCAPE SIN - 6-23-13 TO 6-29-13

**SCRIPTURE** - 1 Corinthians 10:13 No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

**COMMENT** – We are all tempted in basically the same ways, through the lust of the eyes, lust of the flesh, and pride of life. But God has promised that he will not allow us to be tempted beyond our capability to resist the temptation and that he will see that we have a way of escape from the temptation.

### SONG – YIELD NOT TO TEMPTATION

1. Yield not to temptation, For yielding is sin; Each victory will help you Some other to win; Fight manfully onward, Dark passions subdue, Look ever to Jesus: He'll carry you through.

REFRAIN: Ask the Savior to help you, Comfort, strengthen, and keep you; He is willing to aid you, He will carry you through.

### THOUGHTS

Did you read the one about the overweight guy who always stopped by the bakery on his way to work in the morning to pick up some goodies for the staff coffee break? It seems he finally decided to go on a diet and in order to avoid the temptation he devised a different route to work so he didn't have to go by the bakery and be tempted. All the office staff was aware of his new plan and they encouraged him in his diet. One day, however, he had to do an errand in the neighborhood of the bakery on the way to work. As he approached the old bakery he said to himself, "Maybe God wants me to stop by the bakery this morning and pick up some goodies for the office staff. So he prayed, "Lord, if you want me to stop at the bakery this morning make a parking spot available right in front of the bakery so there is no question in my mind." And, sure enough, on his eighth trip around the block, there it was, a parking spot, right in front of the bakery.



A man consulted a psychiatrist. He complained, "I've been misbehaving, Doc, and my conscience is troubling me." The doctor

asked, "And you want something that will strengthen your willpower?" The fellow replied, "Well, no, I was thinking of something that would weaken my conscience."



Ronald Meredith, in his book "Hurryin' Big for Little Reasons" describes one quiet night in early spring: Suddenly out of the night came the sound of wild geese flying. I ran to the house and breathlessly announced the excitement I felt. What is to compare with wild geese across the moon? It might have ended there except for the sight of our tame mallards on the pond. They heard the wild call they had once known. The honking out of the night sent little arrows of prompting deep into their wild yesterdays. Their wings fluttered a feeble response. The urge to fly - to take their place in the sky for which God made them - was sounding in their feathered breasts, but they never raised from the water. The matter had been settled long ago. The corn of the barnyard was too tempting! Now their desire to fly only made them uncomfortable. Temptation is always enjoyed at the price of losing the capacity for flight.



Steve Green, who sang six years with Bill and Gloria Gaither, tells about getting to know some of the work crews in the large auditoriums where their concerts were held. The Gaithers prefer concerts-in-the-round, which means extra work for the "riggers," who walk the four-inch rafter beams-often a hundred feet above the concrete floor-to hang sound speakers and spotlights. For such work, understandably, they are very well paid. "The fellows I talked to weren't bothered by the sight of looking down a hundred feet," says Green. "What they "didn't" like, they said, were jobs in buildings that had false ceilings-acoustical tile slung just a couple of feet below the rafters. They were still high in the air, and if they slipped, their weight would smash right through the flimsy tile. But their minds seemed to play tricks on them, lulling them into carelessness." Satan's business is not so much in scaring us to death as persuading us that the danger of a spiritual fall is minimal. No wonder Peter advised us to "resist him, standing firm in the faith"



A minister parked his car in a no-parking zone in a large city

because he was short of time and couldn't find a space with a meter. So he put a note under the windshield wiper that read: "I have circled the block ten times. If I don't park here, I'll miss my appointment. 'Forgive us our trespasses.'" When he returned, he found a citation from a police officer along with this note: "I've circled this block for ten years. If I don't give you a ticket, I'll lose my job. 'Lead us not into temptation.'"



A preacher warned his handsome new assistant about the dangers of immorality in the ministry. The assistant said that he always did his socializing in a group setting and concluded that "there is safety in numbers." The wise older preacher replied, "Yes, that is so, but there is more safety in Exodus!"



If you keep courting trouble, you'll soon be married to it.



Avoiding the mud hole is easier than scraping off the mud.



On the TV show "Hee Haw", Doc Campbell is confronted by a patient who says he broke his arm in two places. The doc replies, "Well then, stay out of them places!" He may have something there. We cannot regularly put ourselves in the face of temptation and not be affected. When faced with the problem of temptation, we need to take the good doctor's advice and "stay out of them places."



"When you're lookin' at your neighbor's watermelon patch, you can't keep your mouth from waterin' but you sure can run!"



#### THE WAY OF ESCAPE

INTRODUCTION - 1 CORINTHIANS 10:1-14

I. THESE EXAMPLES SHOW US THAT WE CAN FALL - VS. 6

II. BUT THERE IS A WAY OF ESCAPE – WE DON'T HAVE TO FALL - VS. 13

III. IF WE DO FALL & FAIL TO TAKE THE WAY OF ESCAPE  
GOD HAS PROVIDED ANOTHER ESCAPE - ROMANS 5:8-11

CONCLUSION

## THE WAY OF ESCAPE

### INTRODUCTION

SCRIPTURE - (1 Cor 10:1-14) Moreover, brethren, I do not want you to be unaware that all our fathers were under the cloud, all passed through the sea, {2} all were baptized into Moses in the cloud and in the sea, {3} all ate the same spiritual food, {4} and all drank the same spiritual drink. For they drank of that spiritual Rock that followed them, and that Rock was Christ. {5} But with most of them God was not well pleased, for their bodies were scattered in the wilderness. {6} Now these things became our examples, to the intent that we should not lust after evil things as they also lusted. {7} And do not become idolaters as were some of them. As it is written, "The people sat down to eat and drink, and rose up to play." {8} Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell; {9} nor let us tempt Christ, as some of them also tempted, and were destroyed by serpents; {10} nor complain, as some of them also complained, and were destroyed by the destroyer. {11} Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come. {12} Therefore let him who thinks he stands take heed lest he fall. {13} No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. {14} Therefore, my beloved, flee from idolatry.

A. THE THINGS THAT HAPPENED TO ISRAEL IN THE WILDERNESS ARE EXAMPLES, WARNINGS, AND ADMONITIONS TO US.

B. WE'RE IN THE LAST DAYS (VS 11)

1. JESUS CHRIST IS THE FINAL REVELATION OF GOD
2. THE ONLY WAY TO GOD IS THROUGH JESUS
3. OUR FAITH MUST BE IN CHRIST
4. GOD'S GRACE IS NOW AVAILABLE TO ALL MEN

I. THESE EXAMPLES SHOW US THAT WE CAN FALL - {6}

Now these things became our examples, to the intent that we should

not lust after evil things as they also lusted.

A. BECOME IDOLATERS - {7} And do not become idolaters as were some of them. As it is written, "The people sat down to eat and drink, and rose up to play." EXO 32:1-5

B. COMMIT SEXUAL IMMORALITY - {8} Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell; NUM 25:1-9

C. TEMPT CHRIST - {9} nor let us tempt Christ, as some of them also tempted, and were destroyed by serpents; TEMPT HIS PATIENCE

D. COMPLAIN - {10} nor complain, as some of them also complained, and were destroyed by the destroyer. NUM 11:1-5

II. BUT THERE IS A WAY OF ESCAPE – WE DON'T HAVE TO FALL

A. ALL TEMPTATION IS COMMON TO MAN

1. NO TEMPTATION IS SUPERHUMAN
2. NO TEMPTATION IS UNIQUE
3. NO TEMPTATION IS BEYOND OUR ABILITY TO HANDLE
4. NO TEMPTATION IS TO TERRIFYING
5. ALL TEMPTATIONS FALL INTO THREE CATEGORIES COMMON TO MAN
  - a. LUST OF THE EYES
  - b. LUST OF THE FLESH
  - c. PRIDE OF LIFE

B. GOD IS FAITHFUL – HE LIMITS TEMPTATION – HE DOESN'T ALLOW A TEMPTATION TO BE ...

1. TOO ENTICING
2. TOO FORCEFUL
3. TOO PLEASING
4. TOO EGO-BOOSTING
5. TOO APPEALING
6. TOO SATISFYING
7. TOO SELF-EXALTING
8. TOO STIMULATING
9. TOO ATTRACTIVE

- 10. TOO FULFILLING
- 11. TOO PROMISING
- 12. TOO AROUSING
- 13. GOD IS FAITHFUL & KNOWS WHAT AND HOW MUCH WE CAN BEAR

C. GOD PROVIDES A WAY OF ESCAPE

1. HE GIVES US STRENGTH TO GET THROUGH THE TEMPTATION - (James 4:7) Therefore submit to God.

Resist the devil and he will flee from you.

2. OR HE GIVES US A WAY OUT – AN OPPORTUNITY TO TURN & FLEE –

- a. FLEE YOUTHFUL LUSTS - (2 Tim 2:22) Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.
- b. FLEE LOVE OF MONEY - (1 Tim 6:10-11) For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows. {11} But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness.
- c. FLEE IDOLATRY - (1 Cor 10:14) Therefore, my beloved, flee from idolatry.
- d. FLEE SEXUAL IMMORALITY - (1 Cor 6:18-20) Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. {19} Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? {20} For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

III. IF WE DO FALL & FAIL TO TAKE THE WAY OF ESCAPE GOD HAS PROVIDED ANOTHER ESCAPE

A. JESUS DIED BECAUSE WE DO FAIL - (Heb 10:10-14) By

that will we have been sanctified through the offering of the body of Jesus Christ once for all. {11} And every priest stands ministering daily and offering repeatedly the same sacrifices, which can never take away sins. {12} But this Man, after He had offered one sacrifice for sins forever, sat down at the right hand of God, {13} from that time waiting till His enemies are made His footstool. {14} For by one offering He has perfected forever those who are being sanctified.

B. JESUS DIED FOR THOSE WHO HAD AND WERE FALLEN - (Rom 5:8) But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

C. JESUS DIED TO SAVE US FROM THE RESULT OF OUR FAILURES - (Rom 5:9-11) Much more then, having now been justified by His blood, we shall be saved from wrath through Him. {10} For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life. {11} And not only that, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

CONCLUSION

- A. GOD WARNS US AGAINST SIN
- B. GOD GIVES STRENGTH TO RESIST SIN
- C. GOD PROVIDES A WAY OF ESCAPE FROM SIN
- D. GOD PROVIDES SALVATION FROM SIN
- E. IF YOU ARE IN SIN OR SIN IS IN YOU ... WHY?
  - 1. DID YOU IGNORE THE WARNING?
  - 2. DID YOU FAIL TO USE THE STRENGTH GOD PROVIDED?
  - 3. DID YOU FAIL TO TAKE THE WAY OF ESCAPE
  - 4. DID YOU FAIL TO TAKE ADVANTAGE OF JESUS' SACRIFICE



1 CORINTHIANS 10:13

NO TEMPTATION HAS  
OVERTAKEN YOU  
EXCEPT SUCH AS IS  
COMMON TO MAN  BUT  
GOD IS FAITHFUL  WHO  
WILL NOT ALLOW YOU  
TO BE TEMPTED BEYOND  
WHAT YOU ARE ABLE   
BUT WITH THE  
TEMPTATION WILL  
ALSO MAKE THE WAY OF  
ESCAPE  THAT YOU MAY  
BE ABLE TO BEAR IT