

**DAILY BIBLE VERSES AND PRAYER THOUGHTS**

**MONDAY** - VERSES: Exodus 17:2,7; Numbers 14:22; Deuteronomy 6:16; Hebrew 3:8-9 PRAYER THOUGHT: Father, help me to never tempt you as the Israelites in the wilderness did.

**TUESDAY** - VERSES: Matthew 6:13; 26:41; 1 Corinthians 10:13; 2 Peter 2:9 PRAYER THOUGHT: God, help me to have a desire to stay away from temptation and to be delivered from evil, and to look for the way out that you provide.

**WEDNESDAY** - VERSES: Galatians 6:1; 2 Corinthians 2:10-11; Matthew 4:8-10 PRAYER THOUGHT: Master, help me to beware of Satan's attempts to get me to serve him instead of you.

**THURSDAY** - VERSES: Matthew 4:11; Luke 4:2,13; Hebrews 2:17-18; 4:15 PRAYER THOUGHT: Perfect One, help me to follow the example of Christ who overcame every temptation He faced.

**FRIDAY** - VERSES: Acts 20:19; Hebrews 11:35-38; James 5:10-11 PRAYER THOUGHT: Rewarder of Those Who Diligently Seek You, help me to be like those who overcame and endured temptations to seek you.

**SATURDAY** - VERSES: 1 Timothy 6:9-12; Luke 22:28-32; Galatians 4:14 PRAYER THOUGHT: Helper of Mankind, help me to be like You and help others face their temptations.



**ASSIGNMENTS**

1. Once a day read over this material and read or sing the songs.
2. Keep the scripture where you will see it often each day.
3. Think of times in your life when you have struggled with temptation and how you dealt with it.
4. Write down ways you were able to overcome temptation in the past.
5. Plan to tell the class about the way you have changed your way of dealing with temptation.



For years my wedding ring has done its job. It has led me not into temptation. It has reminded my husband numerous times at parties that it's time to go home. It has been a source of relief to a dinner companion. It has been a status symbol in the maternity ward. - Erma Bombeck



All men are tempted. There is no man that lives that can't be broken down, provided it is the right temptation, put in the right spot. - Henry Ward Beecher

**SPIRITUAL HEALTH REGIMEN - WEEK 84**

**TEMPTATION - 3-16-14 to 3-22-14**

**SCRIPTURE** - LUKE 22:40 And when he was at the place, he said unto them, Pray that ye enter not into temptation.

**COMMENT** – We are often tempted and we often fall to those temptations, but it doesn't have to be that way. God wants us to succeed when we are tempted and has given us the tools we need to overcome.

**SONGS - MAY I CALL YOU FATHER**

May I Call You Father? May I Call You Friend? I've Hurt You, Jesus, I've Hurt You with My Sin. Father, Please Forgive Me I Am Young and Can't Survive, Without the Peace of Mind That Only You Provide, Please Forgive

**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.

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



Alexander MacLaren, in a sermon entitled Faith Tested and Crowned, distinguished between being tempted and being tested or tried. He said that "the former word conveys the idea of appealing to the worst part of man, with the wish that he may yield and do the wrong. The latter means an appeal to the better part of man, with the desire that he should stand. Temptation says, "Do this pleasant thing; do not be hindered by the fact that it is wrong." Trial or proving says, "Do this right and noble thing; do not be hindered by the fact that it is painful." The one is a sweet, beguiling melody, breathing soft indulgence and relaxation over the soul; the other is a peeling trumpet-call to high achievements."



I live in a small, rural community. There are lots of cattle ranches around here and, every once in a while, a cow wanders off and gets lost. It's a big deal because if you happen to hit (as in "drive into") a lost cow, it's your fault and you have to pay the rancher for his cow. (That is part of the rural culture -- we have to worry about nuclear destruction and runaway cows.) Ask a rancher how a cow gets lost, and chances are he will reply, "Well, the cow starts nibbling on a tuft of

green grass, and when it finishes, it looks ahead to the next tuft of green grass, and when it finishes, it looks ahead to the next tuft of green grass and starts nibbling on that one, and then it nibbles on a tuft of grass right next to a hole in the fence. It then sees another tuft of green grass on the other side of the fence, so it nibbles on that one and then goes on to the next tuft. The next thing you know, the cow has nibbled itself into being lost."

-Wittenberg Door Jy '88

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The last temptation is the greatest treason: to do the right deed for the wrong reason. - T. S. Eliot

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I cannot say "lead us not into temptation" if I deliberately place myself in its path.

I cannot say "deliver us from evil" if I do not put on the whole armor of God.

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What Sin So Easily Besets You? - Hebrews 12:1

With Moses, it was murder. With Elijah, it was deep depression.

With Peter, it was public denial. With Samson, it was recurring lust.

With Thomas, it was cynical doubting. With Jacob, it was deception.

With Noah, it was drunkenness. With David, it was adultery.

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The only way to get rid of temptation is to yield to it. - Oscar Wilde

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The Parable of Water and Coke - Adapted from Andrew Moffat

There are a lot of things I could compare when it comes to living in the world, but let's discuss two different liquids. One of them is water and the other is Coca Cola. Let's just pretend that water is the God's kingdom stuff, the things that come from the Father, and that Coke on the other hand is the worldly stuff.

1) First, there is the lust of the flesh. It tastes good. When I see a Coke bottle or Coke advertising I remember that taste and I want a Coke. On a hot day I crave a Coke. Water is better for me, but there is water in Coke, isn't there. Coke contains carbonated purified water, plus some other things. On the other hand pure water is just hydrogen and oxygen.

Coke all that yummy caramel colored, flavored, sweetened, caffeine enhanced goodness - ice cold, all enhances the craving – how is that craving going for you? Now remember water is God's and Coke is the world's.

2) Now the lust of the eyes, Coke comes in a "contour bottle" with its hoop skirt appearance and the "dynamic ribbon device" note the attractive red and white against the dark caramel of the liquid. With the trademark Coca-Cola, lettering. Nice! This is one of the most widely recognized designs in the world.

3) Along with the lust of the flesh and the lust of the eyes is the pride of life. Coke is a must! They even made bottles with names on them, have a Coke with Andrew, that's clever. Coke is a status symbol. Go out to eat and order water! The waiter looks at you like you are either too poor to buy the Coke or there is something wrong with you. Water, well it's always there, we see it all over, it even falls from the sky, it sustains life, it cleans us, and allows growth. All life is dependent on water whether it knows it or not. You could deny all knowledge of water but it still sustains you.

Like Coke, the world comes in different flavors; mmm vanilla, cherry, with or without sugar and it's on special often and advertised everywhere. Water, that kingdom of God stuff, is always there, the benefits of it are always there, the life sustaining growth that it brings is always there, you could almost take it for granted, how often do we pass it over for the Coke. Coke, that liquid continually costs, financially and physically, not to mention the litter that is left behind. When we all have water available at home.

The other thing about the world is that just when you believe that you have found satisfaction in Coke, you discover Dr Pepper!

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HOW DO YOU \_\_\_\_\_ TEMPTATION?

INTRODUCTION - LUKE 22:40-46

I. RUN \_\_\_\_\_ IT - ISAIAH 59:6-7; PROVERBS 6:18

II. \_\_\_\_\_ FOR IT - MATTHEW 26:14-16

III. \_\_\_\_\_ IN IT - GENESIS 6:5; 2 TIMOTHY 3:13

IV. \_\_\_\_\_ INTO IT - GAL. 2:11-13; MT. 18:6-7; MK 8:11

V. \_\_\_\_\_ FOR IT - JAM. 1:13-14; GEN. 3:12; ROM. 7:7

VI. \_\_\_\_\_ IT - 1 PETER 5:8-9; JAMES 4:7; GENESIS 39:10

VII. \_\_\_\_\_ FROM IT - 2TIM 2:22; 1 COR 6:18; 10:14; GEN 39:12

VIII. \_\_\_\_\_ AGAINST IT - EPHESIANS 6:13-18

IX. \_\_\_\_\_ IT - PSALM 1:1-2

X. \_\_\_\_\_ FOR IT - LUKE 21:34-36

XI. HELP OTHERS \_\_\_\_\_ IT - 1 TIMOTHY 6:9-12;

LUKE 22:28-32; GALATIANS 4:14

## HOW DO YOU HANDLE TEMPTATION?

### INTRODUCTION

A. Luke 22:40-46 And when he was at the place, he said unto them, Pray that ye enter not into temptation. (41) And he was withdrawn from them about a stone's cast, and kneeled down, and prayed, (42) Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done. (43) And there appeared an angel unto him from heaven, strengthening him. (44) And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground. (45) And when he rose up from prayer, and was come to his disciples, he found them sleeping for sorrow, (46) And said unto them, Why sleep ye? rise and pray, lest ye enter into temptation.

### I. RUN TOWARD IT

A. Isaiah 59:6-8 Their webs shall not become garments, neither shall they cover themselves with their works: their works are works of iniquity, and the act of violence is in their hands. (7) Their feet run to evil, and they make haste to shed innocent blood: their thoughts are thoughts of iniquity; wasting and destruction are in their paths. (8) The way of peace they know not; and there is no judgment in their goings: they have made them crooked paths: whosoever goeth therein shall not know peace.

B. Proverbs 6:16-19 These six things doth the LORD hate: yea, seven are an abomination unto him: (17) A proud look, a lying tongue, and hands that shed innocent blood, (18) An heart that deviseth wicked imaginations, feet that be swift in running to mischief, (19) A false witness that speaketh lies, and he that soweth discord among brethren.

II. LOOK FOR IT - Matthew 26:14-16 Then one of the twelve, called Judas Iscariot, went unto the chief priests, (15) And said unto them, What will ye give me, and I will deliver him unto you? And they covenanted with him for thirty pieces of silver. (16) And from that time he sought opportunity to betray him.

### III. INDULGE IN IT

A. Genesis 6:5 And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.

B. 2 Timothy 3:13 But evil men and seducers shall wax worse and worse, deceiving, and being deceived.

### IV. DRAW OTHERS INTO IT

A. Galatians 2:11-13 But when Peter was come to Antioch, I withstood him to the face, because he was to be blamed. (12) For before

that certain came from James, he did eat with the Gentiles: but when they were come, he withdrew and separated himself, fearing them which were of the circumcision. (13) And the other Jews dissembled likewise with him; insomuch that Barnabas also was carried away with their dissimulation.

B. Matthew 18:6-7 But whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea. (7) Woe unto the world because of offences! for it must needs be that offences come; but woe to that man by whom the offence cometh!

C. Mark 8:11 And the Pharisees came forth, and began to question with him, seeking of him a sign from heaven, tempting him.

### V. BLAME GOD FOR IT

A. James 1:13-14 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: (14) But every man is tempted, when he is drawn away of his own lust, and enticed.

B. Genesis 3:12 And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat.

C. Romans 7:7 What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet.

### VI. RESIST IT

A. 1 Peter 5:8-9 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: (9) Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

B. James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

C. Genesis 39:10 And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her.

### VII. FLEE FROM IT

A. 2 Timothy 2:22 Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

B. 1 Corinthians 6:18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

C. 1 Corinthians 10:14 Wherefore, my dearly beloved, flee from idolatry.

D. Genesis 39:12 And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got him out.

VIII. DEFEND AGAINST IT - Ephesians 6:13-18 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. (14) Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; (15) And your feet shod with the preparation of the gospel of peace; (16) Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. (17) And take the helmet of salvation, and the sword of the Spirit, which is the word of God: (18) Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

IX. AVOID IT - Psalms 1:1-2 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. (2) But his delight is in the law of the LORD; and in his law doth he meditate day and night.

X. WATCH OUT FOR IT - Luke 21:34-36 And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. (35) For as a snare shall it come on all them that dwell on the face of the whole earth. (36) Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

XI. HELP OTHERS OVERCOME IT

A. WARN OTHERS ABOUT IT - 1 Timothy 6:9-10 But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. (10) For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

B. HELP THOSE STRUGGLING THROUGH IT - Luke 22:28-30 Ye are they which have continued with me in my temptations. (29) And I appoint unto you a kingdom, as my Father hath appointed unto me; (30) That ye may eat and drink at my table in my kingdom, and sit on thrones judging the twelve tribes of Israel.

C. PRAY FOR THOSE CAUGHT IN IT - Luke 22:31-32 And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he

may sift you as wheat: (32) But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.

D. NOT REJECT OTHERS BECAUSE OF IT - Galatians 4:14 And my temptation which was in my flesh ye despised not, nor rejected; but received me as an angel of God, even as Christ Jesus.

E. EXHORT OTHERS TO FIGHT IT - 1 Timothy 6:11-12 But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. (12) Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

CONCLUSION

A. TOAD AND FROG - Toad baked some cookies. "These cookies smell very good," said Toad. He ate one. "And they taste even better," he said. Toad ran to Frog's house. "Frog, Frog," cried Toad, "taste these cookies that I have made."

Frog ate one of the cookies, "These are the best cookies I have ever eaten!" said Frog.

Frog and Toad ate many cookies, one after another. "You know, Toad," said Frog, with his mouth full, "I think we should stop eating. We will soon be sick."

"You are right," said Toad. "Let us eat one last cookie, and then we will stop." Frog and Toad ate one last cookie. There were many cookies left in the bowl.

"Frog," said Toad, "let us eat one very last cookie, and then we will stop." Frog and Toad ate one very last cookie.

"We must stop eating!" cried Toad as he ate another.

"Yes," said Frog, reaching for a cookie, "we need willpower."

"What is willpower?" asked Toad.

"Willpower is trying hard not to do something you really want to do," said Frog.

"You mean like trying hard not to eat all these cookies?" asked Toad.

"Right," said Frog.

Frog put the cookies in a box. "There," he said. "Now we will not eat any more cookies."

"But we can open the box," said Toad.

"That is true," said Frog.

Frog tied some string around the box. "There," he said. "Now we will not eat any more cookies."

"But we can cut the string and open the box." said Toad.

"That is true," said Frog. Frog got a ladder. He put the box up on a high shelf.

"There," said Frog. "Now we will not eat any more cookies."

"But we can climb the ladder and take the box down from the shelf and cut the string and open the box," said Toad.

"That is true," said Frog.

Frog climbed the ladder and took the box down from the shelf. He cut the string and opened the box. Frog took the box outside. He shouted in a loud voice. "Hey, birds, here are cookies!" Birds came from everywhere. They picked up all the cookies in their beaks and flew away.

"Now we have no more cookies to eat," said Toad sadly.

"Not even one."

"Yes," said Frog, "but we have lots and lots of willpower."

"You may keep it all, Frog," said Toad. "I am going home now to bake a cake." Ray & Anne Ortlund, *Renewal*, Navpress, 1989, p. 73-74.

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