

Defeating Temptation
February 5, 2012
New Life Community Church

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

2 Corinthians 10: 5

Remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, He will show you a way out so that you will not give in to it." **1 Corinthians 10: 13** (NLT)

"Run away from anything that gives you the evil thoughts...but stay close to anything that makes you want to do right." **2 Timothy 2: 22** (LB)

1. Refocus your attention.

"Keep me from paying attention to what is worthless."
Psalms 119: 37 (TEV)

"Fill your minds with those things that are good and deserve praise: things that are true, noble, right, pure, lovely, and honorable." **Philippians 4: 8** (TEV)

2. Reveal your struggle.

"You are better off to have a friend than to be all alone...if you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble."
Ecclesiastes 4: 9- 10 (CEV)

"Confess your sins to each other and pray for each other so that you may be healed."
James 5: 16

"God sets Himself against the proud, but He shows favor to the humble. So humble yourselves before God." **James 4: 6** (NLT)

3. Resist the devil.

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

"Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God." **Ephesians 6: 17** (NLT)

4. Realize your vulnerability.

"The heart is deceitful above all things and beyond cure."
Jeremiah 17: 9

"Don't be so naïve and self-confident. You're not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence; it's useless. Cultivate God confidence." **1 Corinthians 10: 12** (Msg.)