

**THE SEASON OF TEMPTATION**  
**#SermonSeasonOfTemptation**  
**Growing in the Seasons of Life - Part 3**  
**Dr. Mark Jackson, July 16, 2017**

**HOW TO HANDLE TEMPTATION**

**1. ANTICIPATE IT**

**Matthew 26:41** Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. (NIV)

**1 Corinthians 10:12** So be careful. If you are thinking, "Oh, I would never behave like that"—let this be a warning to you. For you too may fall into sin." (LB)

**2. ACCEPT RESPONSIBILITY**

**James 1:14-15** Temptation is the pull of our own evil thoughts and wishes.<sup>15</sup> These evil thoughts lead to evil actions and afterwards to the death penalty from God. (LB)

**James 1:13** And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. (NLT)

**3. ASK GOD FOR HELP**

**Hebrews 4:15-16** Jesus... had the same temptations we do, though he never once gave way to them and sinned.<sup>16</sup> So let us come boldly to the very throne of God and stay there to receive his mercy and to find grace to help us in our times of need. (LB)

**Psalms 50:15** Call to me when trouble comes; I will save you, and you will praise me. (TEV)

**4. ADMIT MY STRUGGLE TO A FRIEND**

**James 5:16** Admit your sins to each other, and pray for each other so that you will be healed. (GW)

**1 Corinthians 10:13a** But remember this—the wrong desires that come into your life aren't anything new and different. Many others have faced exactly the same problems before you... (LB)

**1 Corinthians 15:33** Do not be misled: "**Bad company corrupts good character.**" (NIV)

## **5. AVOID TEMPTING SITUATIONS**

**Proverbs 14:16** A wise man is **cautious and turns away from evil**, But a fool is arrogant and careless. (NASB)

**Psalms 119:59** I thought about the wrong direction in which I was headed, and **turned around** and **came running back to you**. (LB)

**Ephesians 4:27** ...do not give the devil an opportunity. (NASB)

## **6. AFFIRM GOD'S PROMISES**

**1 Corinthians 10:13b** **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. (NIV)

**Ephesians 6:17** You must **accept salvation from God** to be your helmet and **receive the Word of God** from the Spirit **to use as a sword**. (JB)

**Hebrews 2:18** Because Jesus experienced temptation..., **he is able to help** others when they are tempted. (GW)