



# FOUNDATIONS

[Track One : Believer To Disciple]

**Lesson 04 :**

**Overcoming Temptation**

# Lesson 04 : Overcoming Temptation

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## Three Sources of Temptation

### A, Temptations in the World

1 John 2:15,16

James 4:4 James 1:27

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## Three Sources of Temptation

### B, Temptations of the Flesh

By flesh the Bible means the evil desires of the body and soul (mind, will and emotions). We still live in a physical body and hence will still face these.

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## Three Sources of Temptation B, Temptations of the Flesh

James 1:13-16

### Process:

- Drawn by our own desire
- Enticed – our will is weakened
- Desire has conceived



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## Three Sources of Temptation

### C, Temptations by Satan

Matthew 4:3

1 Thessalonians 3:5

Satan is the tempter.



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## Three Sources of Temptation

### C, Temptations by Satan

Satan tempts us in these three realms: lusts of the eyes, lusts of the flesh and the pride of life.

Genesis 3:6

I John 2:16



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## Three Sources of Temptation

### C, Temptations by Satan

Satan's primary method in presenting temptation is deception

2 Corinthians 11:3 Revelation 12:9

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## Jesus Faced and Overcame Temptation

**Matthew 4:1-11**

**Hebrews 4:15**

**Hebrews 2:18**



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**We Can Overcome Temptation and Live Victoriously**

**1 Corinthians 10:12,13**

**Ephesians 4:23,24    2 Peter 1:3    1 John 5:1,4**

**We are new creation inside and have the life and nature of God. We have been born to overcome.**

**2 Corinthians 10:3-6**

**God has given us weapons to overcome**

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A quick look at the progression in  
2 Corinthians 10:3-6

Thoughts → Imaginations → Reasoning/Arguments  
→ Stronghold

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## Crucify The Flesh, Renew The Mind

As believers our biggest battles are with our flesh - ungodly bodily desires of the body and mind.

We are to crucify the flesh and renew our mind continuously to live victoriously.



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## Weapons To Successfully Overcome Temptation

### *#1, Power of The Cross*

On the Cross, Jesus not only paid for us sins, but He also destroyed sins power over our lives.

Romans 6:6,14



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## Weapons To Successfully Overcome Temptation

### *#1, Power of The Cross*

Acknowledging and recognizing and yielding to this truth is the basis of living victoriously.

"I acknowledge that sin and sinful habits have no power over me. I am free from the dominion of sin!"



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## Weapons To Successfully Overcome Temptation

### *#2, Power of Consecration*

1 Corinthians 6:9–11

In Christ we have been sanctified.



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## Weapons To Successfully Overcome Temptation

### *#2, Power of Consecration*

**Ephesians 4:27**

**Give the devil no entrance. Keep all doors closed.**

**Colossians 3:1,2**

**Choose to set your affections on godly things.**



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## Weapons To Successfully Overcome Temptation

### *#2, Power of Consecration*

#### A, Stay away

- Keep away from Obvious Areas of Temptation
- Guard your eyes Matthew 5:27-30 1

Thessalonians 5:22



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## Weapons To Successfully Overcome Temptation

### *#2, Power of Consecration*

**B, Self-defense strategy – set some boundaries to protect yourself.**

**C, Amputation – if something sinful is on, deal with it severely. It may be painful for a time, but the wound will heal.**

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**Weapons To Successfully Overcome Temptation**

***#2, Power of Consecration***

**D, Be extra cautious in moments of vulnerability**



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## Weapons To Successfully Overcome Temptation

### *#3, Power of The Word*

Psalm 17:4 Psalm 119:9

Renew your mind with the word of God.



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## Weapons To Successfully Overcome Temptation

### *#3, Power of The Word*

Romans 8:5-8

The carnal mind desires the things of the flesh - but a renewed mind pursues the things of the Spirit.

Using scriptures to guard your mind. Defend your mind against evil thoughts.

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## Weapons To Successfully Overcome Temptation

### *#4, Power of The Spirit*

Galatians 5:22,23 (self-control)    2 Timothy 1:7 (self-control or discipline)

The Holy Spirit empowers me to have self-control or discipline, self-governing ability.



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## Weapons To Successfully Overcome Temptation

### *#4, Power of The Spirit*

Romans 8:1-13,26

With the help of the Holy Spirit, i put to death the ungodly desires of my body.



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## Weapons To Successfully Overcome Temptation

### *#4, Power of The Spirit*

Romans 8:26

The Holy Spirit takes a hold of together with us against the works of the flesh.



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## Weapons To Successfully Overcome Temptation

### *#4, Power of The Spirit*

Galatians 5:16,24,25

Walk – regulate your entire life – yielded to the Spirit of God.



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## Weapons To Successfully Overcome Temptation

### *#5, Power of Prayer*

Prayer aligns your will to God's will

Hebrews 5:7-9    Matthew 26:38,39,42



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## Weapons To Successfully Overcome Temptation

### *#6, Power of Declaration*

Revelation 12:11

Declare what the blood of Jesus has done for you.



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## Weapons To Successfully Overcome Temptation

### *#6, Power of Declaration*

During His temptation, each time Jesus responded by saying "It is written..."

The spoken word is the sword of the Spirit, which we must wield.

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## Weapons To Successfully Overcome Temptation

### *#6, Power of Declaration*

1 Peter 5:8,9 James 4:7

James 3:3-6



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## Weapons To Successfully Overcome Temptation

### *#7, Power of Positive Influence*

**1 Corinthians 15:33**

**Ephesians 5:11      1 Corinthians 5:11**



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## Weapons To Successfully Overcome Temptation

### *#7, Power of Positive Influence*

**1 Corinthians 15:33**

**Ephesians 5:11      1 Corinthians 5:11**



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