



How Do I Deal With Enticing Temptations?

1 Corinthians 10:13: (NASB) *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*



You hear the word "temptation." What do you think of? For some of us it might be best to NOT answer this question out loud. For others, it might be dark chocolate or getting even or pushing the envelope or wanting to take what is not ours. In every case, temptation is directly built upon our human desires and our human desires left unfettered will continually fabricate webs of attraction entitlement and deceit. These webs are binding, sticky and tenacious and once we allow ourselves to touch them we may find ourselves too close to walk away, too weak to resist and too willing to try it out - you know, just this once!

Temptation has shattered many relationships, disrupted many positive pathways and broken the contentment of many lives. Temptation is unfortunately not only alive and well, it is being fed, fostered and flaunted by our present society! What do we do? How do we get that temptation genie back in its bottle?

First, one of the classic (apparent) contradictions of Scripture: Does God "tempt" us to test us or not?

Yes, He can and does:

Matthew 6:13: (NASB) *And do not lead us into **temptation** <3986>, but deliver us from evil.*

No, He will not:

James 1:13: (NASB) *Let no one say when he is **tempted** <3985>, I am being **tempted** <3985> by God; for God cannot be tempted by evil, and He Himself does not **tempt** <3985> anyone.*

Temptation: Strong's #3986 from 3985; a putting to proof (by experiment [of good], experience [of evil], solicitation, discipline or provocation); by implication, adversity

Tempt: Strong's #3985 to test (objectively), i.e. endeavor, scrutinize, entice, discipline

 **Greek myth Introduction, How to Face Temptation, ascensionpresents.com**

One of the things that I think every single one of us experiences - temptation. Obviously, that's kind of a no brainer, right? But, what we don't always experience is wisdom in the face of temptation. What do you do in the face of temptation? There's a number of options. There's this ancient Greek myth of the Sirens. Who were the Sirens? The Sirens were these two half-bird, half-woman type creatures. They were ugly, they were hideous, they were monsters, essentially, who would lure men to their deaths. Like, why would these men be lured to their deaths by monsters? Well, the Sirens would sing. They would sing this beautiful sounding music that when men heard this they would look at the Sirens and the Sirens' appearance would change from being monsters to being incredibly beautiful, incredibly attractive. These men would throw their lives away on this illusory beauty. They would throw their lives away on evil passing itself off as something good.



This reminds us of 2 Corinthians 11:14: (NKJV) *And no wonder! For Satan himself transforms himself into an angel of light.*

Evil can look like it is good.

The words for **temptation** here can be taken different ways:

1 Peter 4:12: (KJV) *Beloved, think it not strange concerning the fiery trial which is to **try** <3986> you, as though some strange thing happened unto you.*

Here it is a proving thing, overseen by God.

Matthew 4:1: (KJV) *Then was Jesus led up of the Spirit into the wilderness to be **tempted** <3985> of the devil.*

This is the enticing use of the word - Satan trying to trip Jesus up.

2 Corinthians 13:5: (KJV) ***Examine** <3985> yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?*

This is the scrutinizing use of the word - seriously scrutinize your thoughts and behavior.

When Jesus teaches us to pray *lead us not into temptation*, we can better understand it this way:

(Source: Biblical commentary by Adam Clarke) *And lead us not into temptation* - That is, bring us not in to sore trial...Bring us not in, or lead us not in. This is a mere Hebraism: God is said to do a thing which He only permits or suffers to be done.

In ancient Hebrew, God is said to "do" a thing which He only permits or allows to happen.

Matthew 6:13: (NASB) *And do not lead us into **temptation** <3986>, but deliver us from evil.*

Perhaps Jesus is saying, "God, do not permit us to be in sore trials without Your hand delivering us from the evil of those trials that comes from Satan. Do not leave us in temptation, but deliver us from evil as these temptations come to us." The whole Lord's prayer is about wanting to do God's will.

Let's look at the verse we previously discussed in context with the verse before it:

James 1:12-13: (NASB) ¹²*Blessed is a man who perseveres under **trial** <3986>; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. ¹³Let no one say when he is **tempted** <3985>, I am being **tempted** <3985> by God; for God cannot be tempted by evil, and He Himself does not **tempt** <3985> anyone.*





**No matter where temptation or testing comes from,
we need to face it. How do we do that?**

As Christians, our ability to face temptation grows out of our application of the basic tenets of Christianity which are all about putting God's will and God's way first in every area of our lives. This sounds like a simple thing to do, but in reality, it is one of the greatest challenges of our everyday discipleship, so let's get practical!

Temptation is an irresistible force at work on a movable body. — H. L. Mencken

James explains the role of our desires in our lives and the inherent temptation to follow them:

James 4:1-3: (NASB) *¹What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? ²You lust and do not have; so, you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. ³You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.*

Is not the source your pleasures that wage war in your members - You are getting in your own way because you are allowing your humanity and its fallen desires to interfere with your godly fellowship.

What was the source of their problems? James was talking to dedicated Christians. *You lust and do not have; so, you commit murder - they were murdering each other's characters by evil speaking, slander, etc. You are envious and cannot obtain - their fleshly desires were in the way of their spiritual growth. You cannot have both.*

How do we deal with enticing temptations? We have to be thinking about something bigger. Today is September 11 and we are dealing with two major hurricanes, Harvey and Irma, that hit the United States. We see many people dedicating themselves to others. It is sad that it takes dramatic tragedy for us to refocus.

Once James explains how our unchecked desires ruin us, he then tells us the elements that make up the formula to overcome temptation:

**VERY SPECIFIC STEPS
JAMES 4:7-10 (NASB)**

Submit therefore to God.

Resist the devil and he will flee from you.

Draw near to God and He will draw near to you.

Cleanse your hands, you sinners;

and purify your hearts, you double-minded.

Be miserable and mourn and weep;

let your laughter be turned into mourning and your joy to gloom.

Humble yourselves in the presence of the Lord, and He will exalt you.



We are like everyone else, so we are subject to the same things others are. Face the fact and deal with it! God is faithfully overseeing and will help us if we let Him.

Beeswax, *How to Face Temptation*, ascensionpresents.com

- *How do we survive temptation? In ancient Greek myths, there are three sets of people who end up surviving the call of the Sirens. The first is Ulysses or Odysseus and his men. Coming back from the Trojan War, Ulysses and his men are going to pass by the Sirens so they get warned ahead of time. They are given this beeswax. Ulysses says, "Men, take this beeswax, warm it up, put it in your ears so that you can't hear the Sirens' song when we go by." But what he was going to do is, he said, "If you want to listen to them, if you want to listen to the Sirens' songs and see how beautiful it is and see how beautiful they look when you hear them sing, what you need to do is have your men lash you to the mast." So, Ulysses does. He wants to hear the Siren's song, and he has his men lash him to the mast.*



"Ulysses and the Sirens,"
by John William Waterhouse
oil on canvas, 1891



We came across an article from wikiHow.com called *How to Deal with Temptation*. Ironically, the seven steps they recommended seem to line up with James 4:7-10, so we will discuss them side-by-side.

wikiHow

Recognize potential temptation

JAMES 4:7-10

By submitting to God,
your ability to

Submit therefore to God.

recognize temptation increases dramatically, because you are then guided by something bigger and higher than you are.

Here is an example of what we are to not only avoid - we should run from it as fast as we can:

2 Samuel 11:1-2: (NASB) *¹Then it happened in the spring, at the time when kings go out to battle, that David sent Joab and his servants with him and all Israel, and they destroyed the sons of Ammon and besieged Rabbah. But David stayed at Jerusalem.*

At the time when kings go out to battle - why was King David not leading his men to battle? He was not where he was supposed to be.

²Now when evening came David arose from his bed and walked around on the roof of the king's house, and from the roof he saw a woman bathing; and the woman was very beautiful in appearance.

We will continually refer to him as "King" David to remind us that God never wanted Israel to have a king, knowing the trouble they can bring to the people, but they insisted. David was Israel's second king after Saul.

King David was in trouble, as his laziness or lethargy in *not* leading his troops positioned him for selfish thinking. He saw an attractive woman and was interested. He was not focusing on something higher. At this point he should have recognized potential temptation; submitted therefore unto God.

Our recognition of temptation is far clearer when we are focused on God's ways:

Psalms 1:1-3: (NASB) *¹How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers!*

Notice how we are warned about the process:

The man who does not walk in the counsel of the wicked - First, you are walking along, going about your business.

Nor stand in the path of sinners - Next, you are standing. You have been slowed down to a standstill by entertaining something that is not good.

Nor sit in the seat of scoffers - Finally, you sit. You have gotten comfortable.

King David allowed this process to slow him down and finally sit him down right in the middle of temptation and sin.



²But his delight is in the law of the LORD, and in His law he meditates day and night. ³He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.

Blessed is the man who does not go through that process of walking then standing then sitting; but rather, one whose *delight is in the law of the LORD*.

Put yourself in a position where you are seeing things from God's standpoint.



**If focusing on myself invites temptation,
does that mean I should never, ever think about me?**

We need to focus on and think about ourselves regularly. The point here is not to avoid thinking about yourself; rather, to clearly think about yourself through the mind of Christ. Look at what you are, what you have and what you need and place all those things in the context of God's overruling care for you.

We need to play by the rules. Temptations are experts at bending, breaking and throwing the rules away - it is called "rationalization" and humans are very good at it.

I just want a taste, *How to Face Temptation*, ascensionpresents.com

- As they row by, Ulysses can hear the Sirens and he looks over and to him they were as beautiful as Helen of Troy. He is yelling at his men, "Untie me! Untie me! I want to go, I want to dive!" He wants to dive off into the water. The men who have their ears stopped up - ears plugged with beeswax, they look over and see two monsters who look like they are shrieking out at the men, but Ulysses wants to dive off. This is two ways to deal with temptation. One is Ulysses', it's not a very good way. It's the idea of, "I don't want to do the thing so I'm going to restrict myself, but I want a little taste." That's good to have the restrictions on myself. It's good to have these kind of guardians or blocks in me, but what Ulysses had done was very unwise. He didn't want to eat; he just wanted a taste.



Starting to go down this road means eventually you go over the edge.

wikiHow

Remove yourself from temptation

JAMES 4:7-10

Resist the devil and he will flee from you.

Rather than walking away, King David not only gawked at the woman, he awakened and entertained his lustful thoughts, and he as king overrode all goodness, propriety and honor and made his desire a reality.

He had the opportunity to walk away but did not. He put himself in a dangerous position.

First there was the stark reality of who he desired. Every fact in this story screamed out NO!

2 Samuel 11:3-5: (NASB) ³So David sent and inquired about the woman. And one said, Is this not Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?

Uriah was one of David's most trusted soldiers. Bathsheba was the granddaughter of one of David's most trusted advisors, Ahithophel. King David completely pushed away any thought of propriety.

Of course, he was the king, right? He was entitled to do as he pleased, right? One of the problems of giving in to temptation is thinking we are "king," even though we professed Jesus to be the king of our lives. We need to be subservient to our true king and not the king of ourselves.

Then there was the selfish feeding of lust and the throwing away of caution, righteousness and decency:

⁴David sent messengers and took her, and when she came to him, he lay with her; and when she had purified herself from her uncleanness, she returned to her house. ⁵The woman conceived; and she sent and told David, and said, I am pregnant.

The damage King David had now done was deep, humiliating and overflowing with consequences from this act of impropriety.

No temptation can gravitate to a man unless there is that in his heart which is capable of responding to it. — James Allen

If there is something capable of responding in our heart, we need to be on high alert!

Resisting and removing ourselves opens the door to preemptive strikes against temptation:

Colossians 3:2-5: (NASB) ²Set your mind on the things above, not on the things that are on earth. ³For you have died and your life is hidden with Christ in God. ⁴When Christ, who is our life, is revealed, then you also will be revealed with him in glory. ⁵Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.

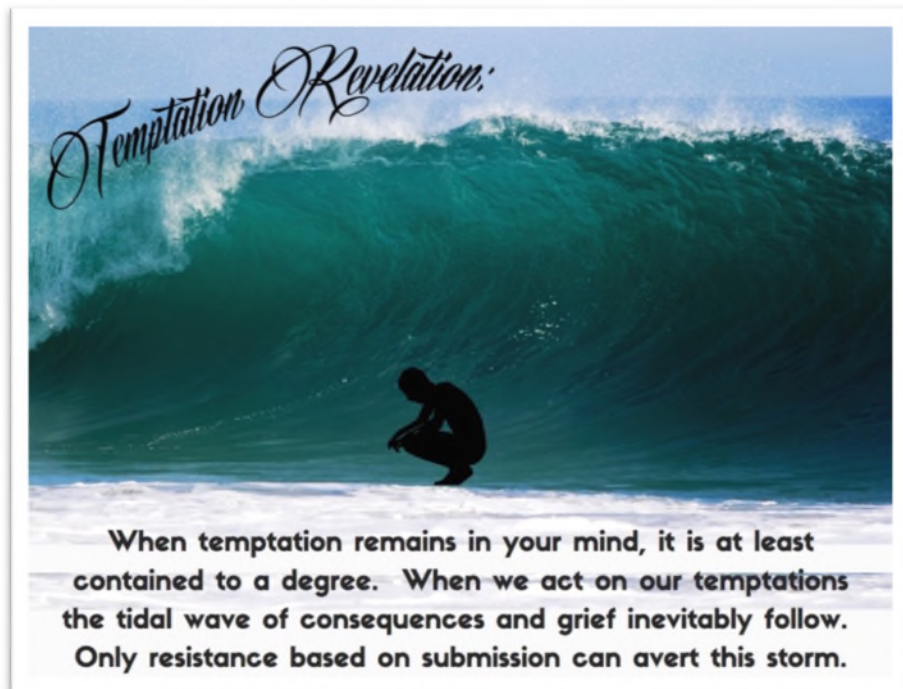


Consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry - **this is exactly what King David did NOT do.**

How do we fill our minds? How many days a week do we go to Bible study? How often do we pray? When is our fellowship time to talk about the Lord with others to stimulate spiritual

learning? If we fill ourselves with all of that, we can fulfill this text in Colossians. But if we are just going to church on Sunday and forget about it for the next six-and-a-half days, we open ourselves up for all kinds of temptation. Who do we hang around with outside the church environment - are they people with the highest standards? We tend to gravitate toward what is around us.

It is a decision to submit to God and resist the devil. It is a decision to recognize our temptations and remove ourselves from them.



wikiHow
Be honest

JAMES 4:7-10

Draw near to God and He will draw near to you.

Giving in to temptation steels our minds towards denial and cover up - we now live by lies:

2 Samuel 11:6-9: (NASB) ⁶Then David sent to Joab, saying, Send me Uriah the Hittite. So, Joab sent Uriah to David. ⁷When Uriah came to him, David asked concerning the welfare of Joab and the people and the state of the war. ⁸Then David said to Uriah, go down to your house, and



wash your feet. And Uriah went out of the king's house, and a present from the king was sent out after him. ⁹But Uriah slept at the door of the king's house with all the servants of his lord, and did not go down to his house.

King David's plan failed. He brought Uriah back from the front to find out how the war was going...actually, no. King David brought him back hoping Uriah would have sex with Bathsheba to cover up her pregnancy with David. Uriah had great honor and courage. The plan would fail because honor and courage do not play temptations' games.

Where do I live when it comes to temptations in my life? Is it in the treacherous lair of my own desires or is it in God's protective shadow?

Psalms 91:1-4: (NASB) ¹He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty. ²I will say to the LORD, My refuge and my fortress, My God, in whom I trust! ³For it is He who delivers you from the snare of the trapper and from the deadly pestilence. ⁴He will cover you with His pinions, and under His wings you may seek refuge; His faithfulness is a shield and bulwark.

¹He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty - when you are in someone's shadow, no one can see you. We can hide away from the temptations around us because that is the only safe place.



What happens when we allow ourselves to start down the road of temptation? Are we doomed to fail?

While the road of temptation is certainly a treacherous one, it does not take away our ability to choose or to change. Having said that, it does make our ability to choose and change more difficult, for the humiliation factor grows ever stronger, and all we want to do is bury our actions. This is a self-destructive pattern.



 **Just walk away, *How to Face Temptation*, ascensionpresents.com**

- *The image I have is of an alcoholic who says:*

"Hey, what are you drinking?"

"No!"

"But I'm just smelling, I'm not drinking at all."

"That's right, but why? If you know this is not going to be good for you, why in the world would you expose yourself to it?"

"Well, no, I have my friend here and my friend is not going to let me drink." That's the beginning of wisdom because you know yourself, but it's not full wisdom because why? Because I am opening myself to the possibility. How many times do you and I find ourselves doing that? It's even wiser to do what Ulysses' men did. What they did was they stopped their ears up. That image for us is - we see temptation - actually walk away. It's really actually a possibility - I don't know if you realize this, that when you and I face temptation, one of the possible responses is to get up and walk, is to leave the room, is to get up and walk away from temptation. That's a possibility in virtually every single temptation you have.

This reminds us of the story of Joseph being tempted by Potiphar's wife. He walked away, but she was persistent. He ended up running away from her. There was no thinking about it or weighing the consequences. There was no middle road for Joseph.

When we walk down the middle road, inevitably the emotional drag from temptation will get to you. Our emotions never stop. We can ignore our good sense, but our emotions are always there.

wikiHow

Visualize yourself resisting temptation

JAMES 4:7-10

Cleanse your hands, you sinners;

Creating a picture in your mind is effective thinking. It is called "bench racing," where you visualize yourself before the race how it is supposed to go. Visualize yourself going the other direction from the temptation.

If you fall a little, *cleanse your hands*. Wash it off of you immediately. Do not stop; go in the other direction.

Deceit can only produce more deceit. The temptation to cover up becomes an evil obsession:

2 Samuel 11:10-13: (NASB) ¹⁰Now when they told David, saying, Uriah did not go down to his house, David said to Uriah, have you not come from a journey? Why did you not go down to your house? ¹¹Uriah said to David, the ark and Israel and Judah are staying in temporary shelters, and my lord Joab and the servants of my lord are camping in the open field. Shall I then go to my house to eat and to drink and to lie with my wife? By your life and the life of your soul, I will not do this thing.



I will not do this thing - Uriah was honoring David.

David wants him to have no honor because David himself has none at this point in his life.

¹²Then David said to Uriah, *stay here today also, and tomorrow I will let you go...* ¹³Now David called him, and he ate and drank before him, and he made him drunk; and in the evening, he went out to lie on his bed with his lord's servants, but he did not go down to his house.

King David was now blind to honor. "I will get him to where he is not thinking as clearly." He was not only trying to cover up his own deceptive actions, but he was trying to make Uriah violate that which Uriah saw to be sacred in his heart and mind.

King David's power, position and persistence were no match for simple godly honor! A high, godly and focused character will always crush the lowest of desires.

If we are in a testing time or experience with grave consequences, we need to turn the reigns over to our Father, lest we bury ourselves deeper in sin.



Our theme Scripture:

1 Corinthians 10:13: (NASB) No **temptation** <3986> has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.



We are not automatically different because we name the name of Christ. We have to grow into our Christianity and guard against temptations.

Even though we are subject to the same temptations as everyone else, we have hope and a promise to deal with those temptations! Play and replay this Scripture in your mind again and again. *God is faithful.*

Jesus said, *I have overcome the world.* If we are to follow in his footsteps, we are to overcome our worldly desires the same way he did. We will make mistakes and fall, but we need to keep getting up and eventually overcome so we can prove our loyalty and faithfulness to him. This is the pattern given to us, and there is no other template laid out for us in the Scriptures. Even the Apostle Paul said, *Follow me as I follow Christ Jesus.*



Temptation Revelation:

Once we have stepped into temptation, the choices that it presents us with become grimmer. God promised us His care and to run to Him, while difficult, is our best choice!



We need to turn our mind back to spiritual things, even when we have fallen into dark earthly things.

Most people would like to be delivered from temptation but would like it to keep in touch.
— Robert Orben

This is the diabolical nature of temptation. If we do not cut it off at the root, it will grow back.

wikiHow

Think of the long-term consequences

JAMES 4:7-10

and purify your hearts, you double-minded.

The darkness of a mind overtaken in temptation and bent on deception cannot be overstated!

2 Samuel 11:14-16: (NASB) ¹⁴Now in the morning David wrote a letter to Joab and sent it by the hand of Uriah. ¹⁵He had written in the letter, saying, Place Uriah in the front line of the fiercest battle and withdraw from him, so that he may be struck down and die. ¹⁶So it was as Joab kept watch on the city, that he put Uriah at the place where he knew there were valiant men.

King David utterly lost his way in his obsession to protect his personal power and reputation. Because all his other fabrications did not work, he would murder Uriah and make it look like a battle casualty. How low did he go? (What must Joab have been thinking?)

The necessary long-term purification of our minds can only come to us through humility! King David did not have humility at this point in his life.



1 Peter 5:6-8: (NASB) ⁶*Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,* ⁷*casting all your anxiety on Him, because He cares for you.* ⁸*Be of sober spirit, be on the alert. Your adversary the devil, prowls around like a roaring lion, seeking someone to devour.*



**Visualizing and thinking are good mental preparation,
but how do we actually avoid temptation?**

As with every other challenge in life, facing and defeating temptation comes down to being pressed into action. Whether it is firmly redirecting our thoughts or it is stopping or avoiding what we are doing or can do, decisive action is ultimately the **ONLY** way to diffuse and defeat temptation.

Temptation is the devil looking through the keyhole. Yielding is opening the door and inviting him in. — Billy Sunday

wikiHow

Distract yourself

JAMES 4:7-10

**Be miserable and mourn and weep;
let your laughter be turned into mourning and your joy to gloom.**

This puts yourself in the serious mindset of saying, "I cannot violate God's trust in me." *Be miserable and mourn and weep* - when we have violated that trust, we should be miserable and mourn and weep! We need to show God we are sorry for such things.

King David was *not* sorry. He was still bent on hiding what he had done.



King David's distraction techniques were to cover up his wrong and not to change his own heart:

2 Samuel 11:17,18, 23-25: (NASB) ¹⁷The men of the city went out and fought... and some of...David's servants fell; and Uriah...also died. ¹⁸Then Joab sent and reported to David... ²³The messenger said to David... ²⁴Moreover, the archers shot at your servants from the wall; so, some of the king's servants are dead, and your servant Uriah...is also dead. ²⁵Then David said to the messenger...say to Joab, Do not let this thing displease you, for the sword devours one as well as another; make your battle against the city stronger and overthrow it; and so, encourage him.

Instead of mourning for all he had shattered, David issued hollow words to Joab to continue his cover-up.

Mastering temptation only comes through strong and serious focus upon God's way. There is no middle ground. We are not strong enough by ourselves to reason ourselves out of temptation. We are only strong enough when we use God's reasoning and Christlike thinking to get us through.

James 1:12-16: (NASB) ¹²Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. ¹³Let no one say when he is tempted, I am being tempted by God; for God cannot be tempted by evil, and He Himself does not tempt anyone.

Blessed is a man who perseveres under trial - This does not mean victory after victory; it means you fall down and have to get back up...and you fall down and have to get back up...and you fall down and have to get back up.



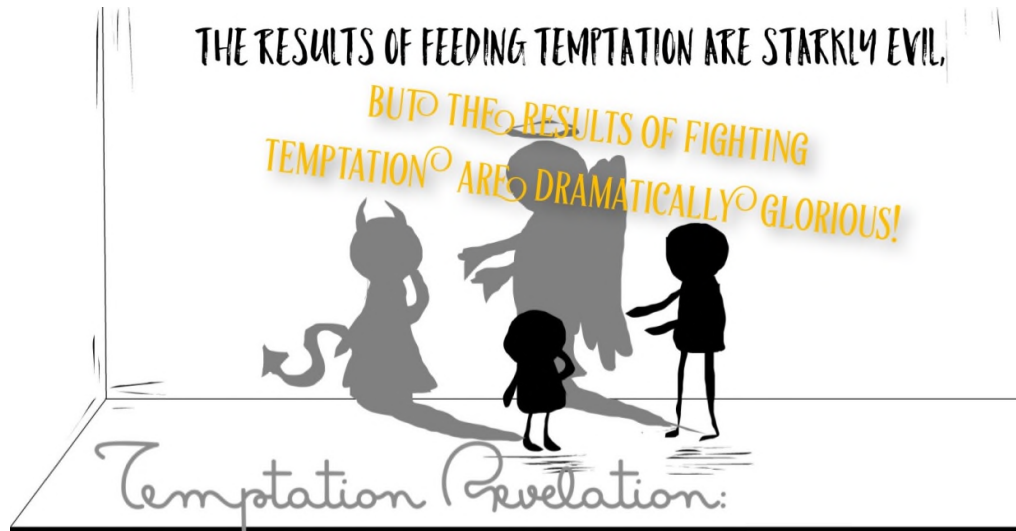
A little boy runs in a race with other kids, and the crowd is cheering. The boy falls down and decides to get back up. He tries to get back into the race, but as he finally was catching up to the last people in the race, he falls again. He gets up even though he is tired and dirty, and he keeps running. But he falls *again*. He finishes the race and comes in not just last, but miserably last. The applause when he came across the finish line was greater than the one who won the race. The little boy's dad spoke to him after the race and said, "I saw a young man have a victory today. You did not win that race, but you won the race against yourself. It is okay to fall, just get up."

¹⁴But each one is tempted when he is carried away and enticed by his own lust. ¹⁵Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.

¹⁶Do not be deceived, my beloved brethren.

When tempted, you get carried away by your own desire. When lust has the ability to create something, it gives birth to sin. Sin brings death. Fighting temptation is a battle of life and death.

We are being tested for eternal faithfulness to God. If found worthy, we will receive immortality, deathlessness, to help bless all the families of the earth.



There is no middle ground!

Third way - filled with the true, *How to Face Temptation*, ascensionpresents.com

- *Ulysses saw the illusion, but the men saw the truth - his sailors saw the truth. Why? Because they weren't even toying with the idea. There's a third way to deal with the Sirens, and that was Jason and the Argonauts. That's a whole different story. Jason and the Argonauts had to pass by the Sirens as well. Jason was traveling with a guy name Orpheus. Orpheus was an incredible singer, he played the lyre - basically an ancient guitar. As they were sailing by, rowing by the Sirens, the Sirens are calling out to them. What Jason and his crew did was they had Orpheus sing and Orpheus' singing - his music - was incredibly beautiful, it was truly beautiful, it was truly good. They filled their ears, they filled their mind, they filled the whole ship with the true song of Orpheus, with the beautiful song of Orpheus. They didn't want to dive off and pursue the illusion. Why? Because they were filled with the true, with the good, with the beautiful.*

Fill yourself with that which is good, glorious and from God.

wikiHow

Do not give yourself a choice

JAMES 4:7-10

Humble yourselves in the presence of the Lord, and He will exalt you.

King David's humbling finally came as a result of God's hand being heavy upon him! He had no choice:

2 Samuel 12:1-9: (NASB) ¹Then the LORD sent Nathan to David. And he came to him and said, There were two men in one city, the one rich and the other poor. ²The rich man had a great many flocks and herds. ³But the poor man had nothing except one little ewe lamb Which he bought and nourished; and it grew up together with him and his children. It would eat of his bread and drink of his cup and lie in his bosom, and was like a daughter to him. ⁴Now a traveler came to the rich man, and he was unwilling to take from his own flock or his own herd, to prepare for the wayfarer who had come to him; rather he took the poor man's



ewe lamb and prepared it for the man who had come to him. ⁵Then David's anger burned greatly against the man, and he said to Nathan, As the LORD lives, surely the man who has done this deserves to die. ⁶He must make restitution for the lamb fourfold, because he did this thing and had no compassion. ⁷Nathan then said to David, you are the man! Thus, says the LORD God of Israel, it is I who anointed you king over Israel... ⁸...I gave you the house of Israel and Judah; and if that had been too little, I would have added to you many more things like these! ⁹Why have you despised the word of the LORD by doing evil in His sight?

It is much easier for us to see the evil in someone else's actions rather than the evil of our own. Sometimes we need a Nathan in our lives who has the courage to tell us, *Thou art the man*. Eventually, David repented and God was able to forgive him.

God can change us and will change us as long as we become willing to receive that change:

James 1:17-18: (NASB) ¹⁷Every good thing...and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. ¹⁸In the exercise of His will He brought us forth by the word of truth, so that we would be a kind of first fruits among His creatures.

We can take great solace in the unchanging word of truth that can deliver us through temptation.

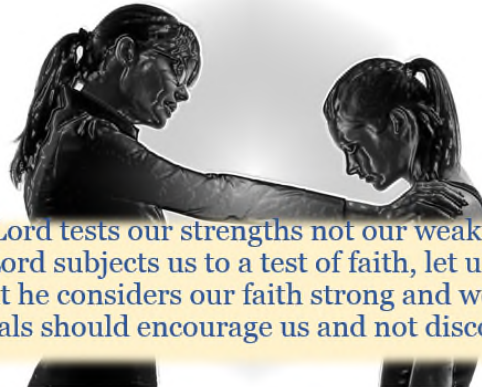


Temptation is alive and well in our lives. We must fight it so we can stand for things that are good, righteous and godly in a world that is dark and miserable.

**So, how do I deal with enticing temptations?
For Jonathan and Rick and Christian Questions...
Think about it...!**



*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*



The Lord tests our strengths not our weaknesses.
When the Lord subjects us to a test of faith, let us take it as an
indication that he considers our faith strong and worthy of testing.
Such trials should encourage us and not discourage us.

What are some scriptural examples of temptation gone bad?

Satan's pre-satanic fall was a growing, festering and deadly thought process:

Isaiah 14:12-15: (NASB) ¹²*How you have fallen from heaven, O star of the morning, son of the dawn! You have been cut down to the earth, you who have weakened the nations!* ¹³*But you said in your heart, I will ascend to heaven; I will raise my throne above the stars of God, and I will sit on the mount of assembly in the recesses of the north.* ¹⁴*I will ascend above the heights of the clouds; I will make myself like the Most High.* ¹⁵*Nevertheless you will be thrust down to Sheol, to the recesses of the pit.*

Jesus elsewhere alludes to the imagery in Isaiah:

Luke 10:18: (NASB) *And he said to them, I was watching Satan fall from heaven like lightning.*

The deadly spread of sinful THOUGHT:

- *You have said in your heart* - it always begins in the heart when we entertain the dark thoughts
- *I will ascend into the heavens* - he was already arranged to be God's earthly representative
- *I will exalt my throne above the stars of God* - he was already one of the stars of God
- *I will sit in the mount of congregation in the uttermost parts of the north* - where God abides
- *I will ascend above the heights of the clouds* - above the influence of God's presence with man
- *I will make myself like the Most High* - not replacing, but rivaling the Most High

So, Lucifer was looking for a dominion, he was looking for power and authority and he was looking to usurp the rights of his creator who he was honored to represent and work for.



Eve in the garden and then Adam joining in:

Genesis 3:1-13: (NASB) ¹Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, Indeed, has God said, you shall not eat from any tree of the garden? ²The woman said to the serpent, From the fruit of the trees of the garden we may eat; ³but from the fruit of the tree which is in the middle of the garden, God has said, you shall not eat from it or touch it, or you will die. ⁴The serpent said to the woman, you surely will not die! ⁵For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil. ⁶When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise, she took from its fruit and ate; and she gave also to her husband with her, and he ate. ⁷Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings. ⁸They heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. ⁹Then the LORD God called to the man, and said to him, where are you? ¹⁰He said, I heard the sound of You in the garden, and I was afraid because I was naked; so, I hid myself. ¹¹And He said, who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat? ¹²The man said, the woman whom You gave to be with me, she gave me from the tree, and I ate. ¹³Then the LORD God said to the woman, what is this you have done? And the woman said, the serpent deceived me, and I ate.

Now a masterful example of overcoming temptation:

Luke 4:1-13: (ASV) ¹And Jesus, full of the Holy Spirit, returned from the Jordan, and was led in the Spirit in the wilderness ²during forty days, being tempted of the devil. And he did eat nothing in those days: and when they were completed, he hungered. ³And the devil said unto him, if thou art the Son of God, command this stone that it become bread. ⁴And Jesus answered unto him, it is written, Man shall not live by bread alone. ⁵And he led him up, and showed him all the kingdoms of the world in a moment of time. ⁶And the devil said unto him, to thee will I give all this authority, and the glory of them: for it hath been delivered unto me; and to whomsoever I will I give it. ⁷If thou therefore wilt worship before me, it shall all be thine. ⁸And Jesus answered and said unto him, it is written, thou shalt worship the Lord thy God, and him only shalt thou serve. ⁹And he led him to Jerusalem, and set him on the pinnacle of the temple, and said unto him, if thou art the Son of God, cast thyself down from hence: ¹⁰for it is written, He shall give his angels charge concerning thee, to guard thee: ¹¹and on their hands they shall bear thee up, lest haply thou dash thy foot against a stone. ¹²And Jesus answering said unto him, it is said, thou shalt not make trial of the Lord thy God. ¹³And when the devil had completed every temptation, he departed from him for a season.



How did Jesus overcome? First, he answered based on Scripture - that is, his reasons were based on an authority higher than himself - the authority of the word of God.

All three Scriptures are related to the deliverance of Israel out of Egypt:

First text:

Deuteronomy 8:1-3: (NRSV) ¹This entire commandment that I command you today you must diligently observe, so that you may live and increase, and go in and occupy the land that the LORD promised on oath to your ancestors. ²Remember the long way that the LORD your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments. ³He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the LORD.

Second text:

Deuteronomy 6:16: (NRSV) Do not put the LORD your God to the test, as you tested him at Massah.



Exodus 17:2: (KJV) *Wherefore the people did chide with Moses, and said, give us water that we may drink. And Moses said unto them, why chide ye with me? wherefore do ye tempt the LORD?*

Third text:

Deuteronomy 6:12-15: (NRSV) ¹²*take care that you do not forget the LORD, who brought you out of the land of Egypt, out of the house of slavery. ¹³The LORD your God you shall fear; him you shall serve, and by his name alone you shall swear. ¹⁴Do not follow other gods, any of the gods of the peoples who are all around you, ¹⁵because the LORD your God, who is present with you, is a jealous God. The anger of the LORD your God would be kindled against you and he would destroy you from the face of the earth.*

Second, Jesus did not engage in debate, rationalization and conversation - he answered and then closed the door.

Psalms 1:1-3: (ASV) ¹*Blessed is the man that walketh not in the counsel of the wicked, nor standeth in the way of sinners, nor sitteth in the seat of scoffers: ²But his delight is in the law of Jehovah; And on his law doth he meditate day and night. ³And he shall be like a tree planted by the streams of water, that bringeth forth its fruit in its season, whose leaf also doth not wither; And whatsoever he doeth shall prosper.*

Jeremiah 6:15-16: (NRSV) ¹⁵*They acted shamefully, they committed abomination; yet they were not ashamed, they did not know how to blush. Therefore, they shall fall among those who fall; at the time that I punish them, they shall be overthrown, says the LORD. ¹⁶Thus says the LORD: Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. But they said, "We will not walk in it.*

How did Jesus overcome?

Third, Jesus had ALREADY DECIDED who his God was. He knew who SATAN was. There was NO REASON for any other consideration.

Satan quoted Scripture but misapplied the most high - cast thyself down to show your identity - really casting himself down would show Satan as a god giving instruction:

Psalms 91:11-12: (NRSV) ¹¹*For he will command his angels concerning you to guard you in all your ways. ¹²On their hands they will bear you up, so that you will not dash your foot against a stone.*

When Satan tempted Jesus and misapplied Scriptures, Jesus answered him with Scripture correctly applied.



How to Deal With Temptation, WikiHow.com

Are you any good at resisting temptation? All of us succumb to a little temptation now and then, but some people seem to have more self-control than others. Temptation is about desiring something that's often not right or good for you. Often, temptation urges you to fulfill your desires in the short-term without giving thought to what may happen later. Unfortunately, temptations can also turn into obsessions. Giving in to temptation can also leave you feeling dissatisfied, guilty, or upset. Learn how to respond to temptation and strengthen your self-control.



1. Recognize potential temptation. Temptation is all about self-control, and tempting situations are often about the conflict between immediate gratification and long-term goals. For example, if you're on a diet, you may be tempted to eat a delicious piece of cheesecake that's beckoning you from the deli case. Immediate gratification would result from giving in to temptation and eating the cheesecake. However, giving in would also interfere with your long-term goal of becoming more healthy by avoiding high-sugar foods. As another example, if you're already in a relationship, become aware of people that might tempt you to cheat. These people may be old acquaintances that have come back into your life, your co-workers, or people that you interact with in private settings. However, temptation isn't always this obvious. For example, say you're a business professional and you're tempted to knock off early on a Friday afternoon a few days a month. A couple of early departures don't seem like a big deal, but this could represent to your employer that you can't be trusted with responsibility, which could jeopardize long-term goals such as promotion and advancement.

2. Remove yourself from temptation. Make it easier to deal with temptation by getting away from what tempts you. For instance, if you're trying to quit smoking, avoid places that you frequently smoked. You may even want to avoid people that you usually smoked with. If you're tempted to drink, the annual work party at the bar will probably challenge your determination. Stay alert for potential temptations and avoid them when possible. This way, you won't be caught off-guard and you'll always be prepared to deal with temptations. If you can't completely remove yourself from a situation or person, try to manage the situation so that it's more difficult to act on your temptation. For example, if you're tempted to cheat with a friend, avoid one-on-one situations. Always meet in a group, if you have to see the person.

3. Be honest. If you're refusing something or someone that's tempting you, don't feel guilty or like you need to lie. Be honest about why you're refusing something. This can strengthen your resolve in the future and may even reduce the temptation. For example, if you're tempted to cheat and the person you're interested in asks you out, honestly refuse her by saying you're already in a relationship. Once she knows this, she may be less likely to flirt with you in the future.

4. Visualize yourself resisting temptation. In this approach, picture yourself acknowledging or touching the temptation before putting it down and walking away from it. Imagine this experience in as much detail as you can. For example, if you're trying to avoid sweets, imagine holding a chocolate bar. Picture smelling it, touching it, and putting it down. Once you've practiced enough, you may even purposely try to resist the temptation. Go to the store and confront your temptation. This technique is not appropriate for addictions, such as drug or alcohol





addictions. Visualization of giving in or contact with paraphernalia can act as a trigger and make resistance to this temptation much harder.

5. Think of the long-term consequences. It's easy to think of immediate gratification when you really want something. Take a minute to think of the longer-term consequences before giving in to temptation. In some cases, such as cheating on a partner, the long-term consequences are extensive and often extreme. You will hurt your partner, you will damage that person's trust in you, and you may even lose the relationship. However, we're beset all the time with what researchers call "epsilon-cost temptations," or those little things that don't seem consequential on their own but add up to significant consequences. People often have a harder time refusing these temptations because they seem so minor. For example, trying a single cigarette or eating a single slice of cheesecake are not likely to have immediate, long-term, extensive negative consequences. However, smoking that cigarette makes you more likely to have another, and another, which increases your overall risk of highly negative consequences. And even a single cigarette can cause immediate damage to your body and raise your risk of diseases such as cancer. Try to consider your actions in a broader context. A single slice of cheesecake won't kill you, but if you're trying to avoid sugar to become healthier, eating it will hold you back from that long-term goal. The extra calories will also add up over time if you keep giving in. Thinking about things this way, instead of as isolated incidents, can help improve self-control. You may even find that visualizing the long-term consequences can help you build your resistance. For example, if you're tempted to smoke, visualize yourself as a cancer patient hooked up to chemotherapy. Visualize how terrible you feel, how expensive your treatments have been, and how heartbroken your family is.

6. Distract yourself. Sometimes, fixating on what's tempting you can make it harder to resist. Instead, research has shown that distracting yourself by doing something fun or that engages your mind can help fight temptation. You might try meditating, yoga, going for a jog, or meeting up with friends. Whatever you choose to do to distract yourself, throw yourself into it completely. You may want to do something that engages you with others who need help. Shift the focus of your attention away from yourself to people who'd appreciate you. It may take your mind off of the temptation. Having a specific "distraction plan" is a good idea. For example, tell yourself that if you notice the urge for a cigarette, you will get up and go for a short run. This will act as a distraction and improve your health, too.

7. Do not give yourself a choice. If you're tempted by something, don't let yourself believe that you have the choice to give in or avoid it. If you remove choice from the situation, you'll have to refuse whatever's tempting you. For example, if you're feeling tempted to cheat on your partner, avoid flirting with a co-worker that you're interested in. Since you know you don't want to cheat, don't even act like you're interested. As another example, if you're struggling to stay on your low-sugar eating plan given you by your doctor, you could refuse invitations to holiday parties that are likely to be full of sweets and rich foods. However, this option also limits your ability to socialize and interact with others, so consider whether this is the route you really want to take.