

¹² If you think you are standing strong, be careful not to fall. ¹³ The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

1 Corinthians 10:12-13 NLT

1. Temptation Is Not Unusual

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

James 1:12 NLT

2. How Temptation Works

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. ¹⁴ Temptation comes from our own desires, which entice us and drag us away. ¹⁵ These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

James 1:13-15 NLT

- Satan gets your attention
- Your emotions and feelings kick in
- You act on your feelings

3. How to Have Victory Over Temptation

Ask God for help

¹⁵ This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. ¹⁶ So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Hebrews 4:15-16 NLT

Refocus your attention

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23 NIV

• Resist the tempter

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

James 4:7 NIV

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1 Corinthians 10:13 NLT