

A photograph of a person from behind, wearing a white t-shirt and dark pants, with their arms outstretched to the sides. The person's hair is tied up in a bun. The background is a plain, light-colored wall.

Just Grow Up!

James - A Manual for Maturity

Rethinking Temptation

May 20 & 21, 2023

James 1:12-18 (NLT)

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. 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. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. So don't be misled, my dear brothers and sisters. Whatever is good and perfect comes down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

To Rethink Temptation, I Must:

1

Know the pattern of every temptation.

James 1:12-15 (TPT)

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The Unrelenting Pattern of Temptation

Genesis 3:1-5 (NLT)

The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?" "Of course, we may eat fruit from the trees in the garden," the woman replied. "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" "You won't die!" the serpent replied to the woman. "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil."

1. **Desire** – Any desire out of control is sin.
2. **Doubt** – Anything that makes me doubt God’s Word is sin.
3. **Deception** – Anytime I’m convinced I know more about what makes me happy than God is sin.
4. **Disobedience** – I’m hooked and defeated.

2

Understand what makes me vulnerable to temptation.

James 1:16 (NLT)

So don’t be misled, my dear brothers and sisters.

Ephesians 4:27 (NLT)

... Do not give the devil a foothold.

- **What is the most common foothold we give Satan?**
Any negative emotion!

Proverbs 4:23 (NLT)

Guard your heart above all else, for it determines the course of your life.

- **My heart is the center of my emotions.**

3

Learn my personal pattern of temptation.

Proverbs 14:8 (LB)

The wise man looks ahead. The fool attempts to fool himself and won’t face facts.

We rationalize temptation – Tell ourselves rational lies.

Questions to ask myself:

- **When am I most tempted?**
 - o Time of day or week
- **Where am I most tempted?**
 - o At work, in the kitchen, at the gym
- **Who is with me when I’m most tempted?**
 - o When I’m alone or with certain people
- **What temporary benefit do I get when I give in?**
- **How do I feel right before I’m tempted?**
 - o I’m bored, lonely, angry, etc.

Hebrews 11:25 (TPT)

Moses preferred faith’s certainty above the momentary enjoyment of sin’s pleasures.

4

Plan to avoid the most tempting situations.

Proverbs 4:26-27 (GNT)

Plan carefully what you do, and whatever you do will turn out right. Avoid evil and walk straight ahead. Don't go one step off the right way.

5

Cry out to God and quote scripture to myself.

Microwave prayer – Peter “Help Lord”

Psalms 50:15 (GNT)

“Call to me when trouble comes; I will save you, and you will praise me.”

Hebrews 4:15-16 (NLT)

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. 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.

Temptation is not a sin, giving in to it is.

The closer I get to God the more Satan will throw at me.

6

Refocus my attention on something else.

Romans 12:21 (GW)

Don't let evil conquer you, but conquer evil with good.

- **The Bible never says “resist temptation”, because what I resist persists.**
- **The Bible says temptation starts in my mind.**
- **The Bible says “repent,” which is to change my mind. (Greek: *Metanoia*)**

This is the principle of replacement.

Philippians 4:8 (TPT)

Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.

James 1:15 (GNT)

Then our evil desires conceive and give birth to sin; and sin, when it is full-grown, gives birth to death.

The stages of temptation are: attention, arousal, and action.

2 Corinthians 10:5 (NIV)

...and we take captive every thought to make it obedient to Christ.

7

Join a small group for support to fight temptation.

Hebrews 10:25 (GNT)

Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer.

James 5:16 (LB)

“Admit your faults to one another and pray for each other so that you may be healed. The earnest prayer of a righteous man has great power and wonderful results.”

Other Grace ministries to help you fight temptation:

- **Celebrate Recovery**
- **Student Ministries**
- **Support Classes & Groups**

More confession of temptation means less sin confession.

8

Ask one friend to share in my struggle.

Ecclesiastes 4:9-10 (GNT)

Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him.

Galatians 6:2-3 (TPT)

Love empowers us to fulfill the law of the Anointed One as we carry each other's troubles. If you think you are somebody too important to stoop down to help another (when really you are not), you are living in deception.

9

Remember God wants me to have victory over temptation.

1 Corinthians 10:13 (TPT)

We all experience times of testing, which is normal for every human being. But God will be faithful to you. He will screen and filter the severity, nature, and timing of every test or trial you face so that you can bear it. And each test is an opportunity to trust him more, for along with every trial God has provided for you a way of escape that will bring you out of it victoriously.

4 Realities of This Verse:

- **Everyone has the same types of temptations.**
- **God is faithful.**
- **God only allows what He has approved.**
- **God will not let the temptation crush me.**

James 1:17-18 (ICB)

Every good action and every perfect gift is from God. These good gifts come down from the Creator of the sun, moon, and stars. God does not change like their shifting shadows. God decided to give us life through the word of truth. He wanted us to be the most important of all the things he made.



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