

TREXO: THE ON RAMP

Session 7 - Avoiding Temptation

GOAL: Learn how to follow our Father's leading to avoid our specific temptations.

VERSE: Matthew 6:13

*“Pray, then, in this way:
‘Our Father who is in heaven,
Hallowed be Your name.
‘Your kingdom come.
Your will be done,
On earth as it is in heaven.
‘Give us this day our daily bread.
‘And forgive us our debts, as we also have forgiven our debtors.
‘And do not lead us into temptation, but deliver us from evil.’”*

OPENING PRAYER:

(Breathe) Heavenly Father, my great desire is to live holy to You. I confess this world is filled with temptation. It seems like everywhere I go there is temptation. Train me and equip me to stand strong in the faith! In Jesus' name, amen.¹

RECEIVE:

We live in a fallen world that is full of temptation. Every day we face opportunities to sin. Every day we need the power and leading of the Holy Spirit to navigate us through life. Jesus teaches us to pray every day, “Father, deliver us from evil!”

Look at the pattern given in James 1:14-16, “But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death. Do not be deceived, my beloved brethren.” We see something we want but we know it is not what God wants. We are tempted to get it anyway. We give in to that temptation. We sin. That sin separates us from our Father and His will for our lives. This is what we face daily as we live in this fallen world.

There are three sources of bondage in our lives: sin, the world, and Satan. Sin is inside of us. The world and Satan primarily work outside of us to incite us to sin. Below are three passages demonstrating each of the sources of bondage. As you read them, write down areas of your life the Spirit is showing you that you are vulnerable to temptation.

1. Sin

Genesis 4:1-8 Now the man (Adam) had relations with his wife Eve, and she conceived and gave birth to Cain, and she said, “I have gotten a manchild with the help of the Lord.” Again, she gave birth to his brother Abel. And Abel was a keeper of flocks, but Cain was a tiller of the ground. So it came about in the course of time that Cain brought an offering to the Lord of the fruit of the ground. Abel, on his part also brought

¹ This will be a great session to train you how to pro-actively deal with temptation that can lead you to sin and distract you in prayer. Release whatever needs to be released so that you can hear clearly.

*of the firstlings of his flock and of their fat portions. And the Lord had regard for Abel and for his offering; but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. Then the Lord said to Cain, "Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? **And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it** [emphasis added]." Cain told Abel his brother. And it came about when they were in the field, that Cain rose up against Abel his brother and killed him.*

What do you see about sin in this passage?

Cain was tempted by jealousy and gave into it even to killing his own brother! What are the areas of personal sin that you are susceptible to?

Be wise in this. Sin actively works to lead you from enjoying love, freedom, rest, and power in the Father, Son, and Holy Spirit. Acknowledge what areas of sin you are vulnerable to. Instead of constantly asking forgiveness for stepping in them, ask for leading away from them. This is proactive praying!

2. The World

*Colossians 2:8-9 See to it that **no one takes you captive** [emphasis added] through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ. For in Him all the fullness of Deity dwells in bodily form...*

What are the traditions of your culture, philosophies, religions of your family and friends, or teachings of your education that are contrary to Jesus Christ? These can be strong sources of temptation.

As you recognize each one of these, you will ask God to lead you away from these lies and strongholds. He will guide you through the maze of these things so that you can walk in truth. As you progress in the Lord, He will show you more lies of the world that you have been deceived by. As each one is exposed, renounce it, embrace truth, and ask God to lead you from its temptation.

3. Satan

Luke 4:1-13 *Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry. And the devil said to Him, "If You are the Son of God, tell this stone to become bread." And Jesus answered him, "It is written, 'Man shall not live on bread alone.'" And he led Him up and showed Him all the kingdoms of the world in a moment of time. And the devil said to Him, "I will give You all this domain and its glory; for it has been handed over to me, and I give it to whomever I wish. Therefore if You worship before me, it shall all be Yours." Jesus answered him, "It is written, 'You shall worship the Lord your God and serve Him only.'" And he led Him to Jerusalem and had Him stand on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here; for it is written, 'He will command His angels concerning You to guard You,' and, 'On their hands they will bear You up, so that You will not strike Your foot against a stone.'" And Jesus answered and said to him, "It is said, 'You shall not put the Lord your God to the test.'" **When the devil had finished every temptation, he left Him until an opportune time** [emphasis added].*

How do you experience Satan attacking you? Sometimes it can be hard to know if what you are dealing with is demonic. He is a master deceiver! It is normal for him to work in lies, false promises, and accusations. Where you see these operating in your life that is a good indication that he is at work. What lies have you believed, false promises have you pursued, and accusations do you suffer?

Notice how these lies *actively* work in you. The enemy is exercising power over you through these by drawing your steps toward them. You need the power of God's leading to keep you from even glancing in their direction! As you acknowledge these, pray that the Lord will lead you AWAY from them. As He leads, rest in His power to walk away from darkness into light.

Temptation is real. There are persons and powers in us and in this world that actively, aggressively seek to lead us away from the love and faithfulness of the Father, Son, and Holy Spirit. We are told that the enemy seeks to "steal, kill, and destroy"² our lives. We do not need to fear any of this. Scripture teaches us that, "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."³ Whatever you are tempted in there are many others who have experienced the same thing. God is faithful to you.

His power is more powerful than the power of the temptation.

You can endure. He will provide you a way of escape. You do not have to give in!

² John 10:9

³ 1 Corinthians 10:13

Jesus trains us to pray every day, “Lead me not into temptation, but deliver me from evil.” Pray daily. When you walk into a situation where you know you are going to face temptation, pray before you walk in and ask the Holy Spirit to give you the power to stay faithful to God. When you feel temptation coming up in you do not give into it. Rebuke the temptation as Jesus did to Satan and it will go away. James 4:10 says, “Submit therefore to God. Resist the devil and he will flee from you.” In the face of temptation, submit yourself to the power and authority of the Holy Spirit. Then **RESIST** whatever is coming at you. You will have victory!

A man is tempted to lust. As he feels the temptation come up inside of him he turns into the temptation. He states something like, “I belong to Jesus. I renounce this temptation in His name and in His power. In all things God is faithful.”

A woman is tempted to gossip. She has just heard some “juicy” news. She is filled with the temptation to call her friend and spread the word. As she feels the temptation come up inside her she turns into it. She states something like, “God says gossip is sin. I reject this temptation in the holy name of Jesus for I am holy as He is holy.”

In both instances people are actively resisting specific threats in specific ways. Intimacy with God is maintained. The people live the rest of the day faithfully receiving from God and blessing/serving others. This is **RESISTING** so that we can **RESPOND** faithfully to God’s leading in our lives.

Read the following passages and write what the Spirit shows you.

Isaiah 54:17 “No weapon that is formed against you will prosper; and every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the Lord, and their vindication is from Me,” declares the Lord.

Romans 8:37-39 But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

1 John 5:4 For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith.

As you spend time with God every day in prayer, acknowledge your vulnerabilities from sin, the world, and Satan. Depend on the leading of the Holy Spirit as you walk out our Father’s will so that you will be kept from sin. Rest in the reality that in Jesus Christ you are victorious!

This is the end of Session 7. You are learning how to stand firm in your faith and let God lead you away from daily temptation. Write any emotions, thoughts, or spirits you need to RESIST so that you can RESPOND to God's direction: other steps of obedience the Spirit has given you:

CLOSING PRAYER:

Heavenly Father, You are all powerful in the name of Jesus. Your Holy Spirit works in me to lead me away from the darkness of temptation into the Light of Your love. The battle is strong, Father. I need You. Daily. Keep me in Your will and lead me away from temptation. In Jesus' name, amen!