

## **HOW TO BIBLICALLY OVERCOME TEMPTATION AND SIN**

{Look up all the Scripture references and read them and think about how they apply to the point.}

### **CHANGE YOUR DESIRES**

**Since this is where the process of sin begins, it is the best place for us to begin.**

Remember, it is part of Christian growth to change our desires.

Romans 12:1,2 & Galatians 5:24 & II Peter 1:2-11

*How do you change your desires?*

**Put God's Word into your heart and mind.**

Psalm 119:11 & Matthew 4:3-10 & I Corinthians 10:1-13

*How can God's Word change your desires?*

**God's Word about His grace, mercy, and love increases your desire to serve Him.**

Psalm 116:12-14

**God's Word helps you to hate the consequences that come from sin.**

Psalm 119:104

The **more** you ingest God's Word, the **less likely** you'll have the **DESIRE** to sin, so begin to overcome sin by "nipping it in the bud"!

II Timothy 2:15 & Jeremiah 15:16 & Psalm 19:7-14 & Psalm 119:105

**But changing your desires takes time.**

*While engaging in the process of changing your desires, what else can you do?*

### **LIMIT YOUR OPPORTUNITIES**

**Remember, you are tempted only when there is BOTH desire and opportunity!**

So while you work on changing your desires, you should limit the opportunities to fulfill wrongful desires.

**Ask God for His help—daily!**

Matthew 6:13 & Matthew 26:41

**Cooperate with God by purposely avoiding situations that might excite wrongful desires.**

Psalm 101:3,4 & Job 31:1—*examples of David & Job*

**Purposely avoid those who behavior may encourage you to sin with them.**

Psalm 101:6,7 & I Corinthians 15:33—*examples of David & Paul*—Proverbs 4:14,15

**However, it is very unlikely you can remove every desire and opportunity to sin.** *What then?*

### **EXERCISE YOUR SELF-CONTROL**

**Remember, temptation only becomes sin when you yield to action in fulfilling your sinful desire.**

**When you control yourself so as not to choose to yield, then you can overcome sin!**

*How does a Christian believer exercise self-control?*

**Purposefully submit yourself to the control of the Holy Spirit so He can produce His fruit in you.**

Galatians 5:22,23 & Ephesians 5:15-21

**At salvation you received the gift of the Holy Spirit, so believe He is working in you to give you spiritual power.**

Acts 2:38 & Acts 5:32 & Ephesians 3:16 I Timothy 1:7—a 'sound mind' means 'self-control'

**The Holy Spirit gives you the strength to "put death the deeds of the body."**

Romans 8:12-17 & Ephesians 3:20 & Philippians 2:12,13 & Philippians 4:13

**Believe and act on the truth of yielding to God and not to temptation.**

Romans 6:16-18 & I Corinthians 10:13 {Read all of Romans chapters 6-8}

**But, realistically, there may be times we do not take advantage of the strength God provides through the Holy Spirit, and we choose to sin anyway.** *What then?*

### **REPENT and CLAIM YOUR FORGIVENESS**

**Remember, sin ends in death only if the sin is not repented of.**

**You as a believer, however, have received forgiveness from your sins through the blood of Jesus Christ.**

Ephesians 1:7 & I John 1:7-2:2

**Remember, as a believer in Jesus you have been forgiven of your past, present, and future sins.**

**You can overcome your sins anytime by repenting of them, agreeing w/ God about them, & claiming God's forgiveness for them!**

**After receiving forgiveness, put off your old way of living and put on Christ.**

Ephesians 4:20-32 & Colossians 3:5-21

**[This is not a 1 week study; this is a lifetime of being in the Word of Truth while walking with God.]**