



## Recognizing And Resisting Temptation

Text: Luke 3

Temptation – To be enticed to do wrong by promising pleasure or gain.

The Bible Teaches Us That:

- Jesus was **FULL** of the Holy Spirit. Luke 4:1
  - He was **ANOINTED** by the Holy Spirit to preach, heal and set the captives free. Luke 4:18-19, Acts 10:38, Matthew 12:28
  - Jesus was **LED** by the Holy Spirit in His every day life. Luke 4:1
  - Jesus **OVERCAME TEMPTATION** by the power of the Holy Spirit.
1. You are not alone in resisting temptation.
    - The Holy Spirit is **IN YOU** to empower you and to help you.
    - **INVOLVE** the Holy Spirit.
    - **THE HELPER** is living inside of you.
  2. Remove yourself from the places of temptation. I Corinthians 6:18, II Timothy 2:22, I Corinthians 10:14, I Thessalonians 5:22
    - **Flee from sin.**
    - **Walk away.**
    - **Turn off the computer.**
  3. There is an evil force behind temptation—and it is Satan and his demonic spirits. Ephesians 6:12-13, John 8:44
    - **One of the names given to Satan in the Bible is THE TEMPTER.**
      - The Bible makes it clear that his plan is to trip you up, steal your peace and blessings, and drag you down with him.
      - If you recognize the enemy's motive, it should motivate you to resist his temptation and lies.
      - What he promises, he will **NOT** deliver! Matthew 4:3, I Thessalonians 3:5
  4. You must learn to talk back to the enemy.
    - **Three Things You Must Say To Satan:**
      - **No!**
      - **I resist you in the Name of Jesus!**
      - **It is written!**
        - **Combat the tempter with the Truth.**
  5. Know the strategies of the enemy—how he works and tempts us.
    - **Satan Tempted Jesus In Three Areas:**
      - A. The Physical Temptation.
      - B. The Power Temptation.
      - C. The Emotional Temptation.
  6. Satan knows and quotes Scripture.
    - Satan will misrepresent and twist Scripture.



7. Respond to temptation with God's Word. John 6:63

- You have to combat lies with the Truth. I Corinthians 15:45-48
- You must start answering Satan's lies with what God says about you!
- God's Word is your SWORD OF THE SPIRIT that cuts through the lies!
- God's Word is a penetrating force in the spirit realm.
- God's Word is sharper than any two-edged sword. Jeremiah 23:29, Hebrews 4:12-13

When you fall into temptation—fall forward! Get back up, ask God to forgive you, and choose to resist temptation in the power of the Holy Spirit!

Additional Scripture References: Luke 3:21-22, Luke 4:1-2, Hebrews 4:15, Luke 4:2-14

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