

TEMPTED, NOT TAKEN – THE COMMONALITY THAT DIVIDES US



Scriptural Facts

- Temptation begins internally. – James 1:14–15

(AMP) – “But each one is tempted when he is dragged away, enticed and baited [to commit sin] **by his own** [worldly] **desire.**”

- Temptation is not sin; Jesus was tempted. – Hebrews 4:15
- Temptation is common; God provides a way of escape. – 1 Corinthians 10:13
- Renewal of the mind is the battlefield. – Romans 12:2
- Temptation is both spiritual and physical; it follows patterns and triggers. – Proverbs 26:11

Common Triggers

- emotional emptiness – Proverbs 27:20
- idle time – example: King David (2 Samuel 11)
- secret exposure (seeing & remembering) – Matthew 6:22, 2 Corinthians 10:5
- comparison
- spiritual fatigue
- pride / false confidence
- unhealed wounds – Psalm 34:18

Root of Temptation

I John 2:16

- Lust of the flesh – physical cravings
- Lust of the eyes – visual desire & comparison
- Pride of life – ego, status, self-exaltation

Sources of Temptation

- the flesh – Galatians 5:16-17
- the world – I John 2:16
- the devil – I Peter 5:8-9
- internal lust / desire – I Corinthians 6:18
- doubt & discouragement – Psalm 42:9

Types of Temptation

- Regular temptation – lying, cheating, anger, pride, laziness, jealousy, etc.
- Sexual temptation – sexual immorality, pornography, lust, etc.

How to Fight Temptation

- Commune with God – prayer and Bible reading
- Discipline (self-control) – Galatians 5:22-23
- Resist the devil – James 4:7
- Renew your mind – Romans 12:2
- Change your environment
- Seek accountability
- Remove access (delete apps, block numbers)
- Replace temptation with spiritual habits
- Delight in the Lord – Psalm 37:4

- **FLEE** sexual temptation – 1 Corinthians 6:18, 2 Timothy 2:22

(ESV) – “Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.” – 1 Corinthians 6:18

(ESV) – “So flee youthful passions and pursue righteousness, faith, love, and peace...” – 2 Timothy 2:22

Sexual Temptation

- is handled differently
- is more than external – Matthew 5:28
- is an internal fire that spreads, consumes, and scars – Proverbs 6:27

- FLEE – don’t flirt!
Proximity fuels, but distance weakens.

- JOSEPH fled – Genesis 39:12
- DAVID lingered – 2 Samuel 2:11

Restoration

- Failure does not disqualify you.
- Bible examples of those who failed:
 - Peter denied Christ three times – Luke 22
 - David committed adultery – 2 Samuel 11
 - Samson entertained a prostitute – Judges 16

- The enemy seeks to devour – Job 1:7
- We can overcome through Christ – Revelation 12:11

*Temptation is common to everyone.
The commonality is that it affects us all.*

*The difference is how we respond.
What is uncommon is choosing NOT to be taken.*

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