

Resisting the Pressures of Temptation

James 1:13-16

Introduction:

1. Have you heard the statement, “God won’t put more on you than you are able to bare?”
 - A. This statement isn’t a biblical quote; however, it is a biblical theological truth based on Scripture.
 - B. The Bible assures Christians of this in I Cor. 10:13 & I John 4:4.
2. Sin is always the result of yielding to Satan’s temptation or to our fleshly desires that are disobedient to God’s desires.
 - A. We war against the flesh constantly as described in Galatians 5:17. **“For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary the one to the other, so that you cannot do the things that you would.”**
 - B. We battle also with keeping our natural desires in order with God’s boundaries as James 1:14 states.

I. (v. 13) The Nature of Temptation.

1. Temptation is **not** from God.
2. God through Christ won the victory in His fleshly, earthly ministry over all temptation, sin, death, hell and the grave.
 - A. Hebrews 4:15 - ***For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.***
 - B. Acts 17:31 - ***because He has appointed a day on which He will judge the world in righteousness by the Man whom He has ordained. He has given assurance of this to all by raising Him from the dead.***
3. Temptation comes from Satan, our selfish desires, or the sinful suggestion of a sinful, backslidden or spiritually ignorant society.
4. Mark 7:21-23 – ***For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within and defiled the man.***
5. Temptation comes making false promises and always pays off in “fool’s gold!”

II. (vv. 14-15) The Complexity of Temptation.

1. (v. 14) What is our Responsibility in Temptation?
 - A. We must resist lust and enticement.
 - B. Will God hold us accountable for yielding?
 - C. Society tells us it’s all someone else’s fault, so we aren’t really responsible for our actions!
 - D. This goes back to original sin in Genesis 3, when Adam blamed Eve; Eve blamed the serpent, and the serpent (the devil) looked and had no one else to blame.
 - E. However, God came on the scene and judged and punished all for yielding to temptation.
2. (v. 15) What is the Result of our yielding to Temptation?
 - A. How many people are hurt when we yield?
 - B. Our yielding hurts God, ourselves, and as many as our sin effects.

III. (v. 16) Our Victory in Jesus over Temptation.

1. (v. 16) Temptation is always deceptive, but we don’t have to yield.
 - A. Remember: Temptation is not the sin, but our yielding is!
 - B. Example: We can’t prevent a bird from flying over our heads, but we can prevent them from building a nest in our hair!
 - C. When Temptation knocks, send Christ to answer the door!
2. I Cor. 10:13 – ***There has no temptation taken you but such as is common to man; but God is faithful, Who will not permit you to be tempted above that you are able, but will, with the temptation, also make the way to escape, that you may be able to bear it.***
3. I Jn 4:4 – ***You are of God, little children, and have overcome them, because greater is He that is in you, than he that is in the world.***

Conclusion: How do we apply these biblical teachings to our temptations?

1. Pray and judge a situation before you get into it if possible.
 - a. Matt. 7:1-2 – ***Judge not, that you be not judged. For with what judgment you judge, you shall be judged; and with what measure you measure, it shall be measured to you again.***
 - b. I Cor. 2:15 – ***But he that is spiritual judges all things, yet he himself is judged of no man.***
 - c. I Cor. 10:31 – ***Whether, therefore, you eat or drink, or what ever you do, do all to the glory of God.***
 - d. I Cor. 11:31 – ***For if we would judge ourselves, we should not be judged.***
 - e. I Jn. 4:1 – ***Beloved, believe not every spirit, but test the spirits whether they are of God; because many false prophets are gone out into the world.***

2. Deal with Temptation the moment it comes; don't court temptation.
3. Run away from Temptation and run to God:
 - a. James 4:7-10 - ***Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. Humble yourselves in the sight of the Lord, and He will lift you up.***
 - b. Call on the Lord in prayer for victory.
4. Sing Christian songs such as ***I Will Serve Thee; Yes, Lord Yes; Leaning on the Everlasting Arms; Yield Not to Temptation; Power in the Blood.***
5. Quote Scripture passages such as Proverbs 3:5-6, Luke 4:8, I Cor. 10:13, Phil. 4:13, Hebrews 11:24, James 3:7-8, I John 4:4, Rev. 12:11.
6. Call a trusted friend for prayer power if needed (I Sam. 12:23; Gal. 6:1-2)