

## 6 ways to overcome temptation

"I can resist everything except temptation" Oscar Wilde.

Everyone experiences sin. The world would be a better place if we could overcome temptations to sin.

Jesus alone has overcome temptation. He shows us how we can share in his victory.

**Confess and believe** – Rom: "if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." Don't deny Jesus is Lord. **Confess** it. Don't just say that Jesus is a good moral teacher. **Believe** that God raised him from the dead. Know you will be saved!

**Identity:** "Jesus, full of the Holy Spirit, returned from the Jordan..." Jesus was full of the Holy Spirit after his baptism, because that's when his **identity** was confirmed. Someone here may doubt or be confused about your identity: eg, who am I, what is my purpose, what is the meaning of my life in this health problem, financial challenge, depression, anxiety? You are God's beloved child. He loves you. He believes in you. Stay strong in this **identity**.

**Holy Spirit:** "[Jesus] was led by the Spirit in the wilderness for forty days, being tempted by the devil." Don't be shocked if you experience temptation. Temptation is not sin. Surrendering to temptation is. The Holy Spirit allows temptation to **prepare** us for victory. Is someone here feel like they are being driven into something you can't handle: eg something at work, a situation with your spouse, partner, family, friends? Pray to be filled with the Holy Spirit. You are being **prepared** for victory.

**Weak:** "And he ate nothing during those days. And when they were over, he was hungry." Jesus fought temptation from a position of **weakness**. Fasting, prayer, and almsgiving can make us weak. However, fasting, prayer, and almsgiving allows God the space to come with greater spiritual power. What

good thing might you either give up, and/or take up, to give God more space, time, and priority this Lent?

**God's word:** "Jesus answered him, 'It is written...'" Jesus overcome the devil's lies and temptations through the **word of God**. Know **God's word**. Pray the bible daily. Use a physical bible, write prayers and notes in it. Use an app, such as the Bible with Nicky and Pippa Gumbel, Hallow, Amen, or the bible app. Stand up against the enemies' lies. Pray **God's word**.

**Praise:** "when the devil had ended every temptation, he departed from him until an opportune time." Temptation doesn't stop. Praise is our final weapon. The "opportune time" was when Jesus was on the cross. Jesus said, "my God, my God, why have you forsaken me." This is actually the beginning of psalm 22. The psalm goes on to say, "and yet you O Lord are enthroned on the **praises** of Israel." Jesus praised God even when he felt abandoned. Maybe you felt abandoned by a parent, caregiver, a friend, a family member at some stage in your life. You may feel abandoned by God too. Jesus understands how you feel. The truth is, God never abandoned you. **Praise** God for being with you. **Praise** is the final weapon against temptation.

## **Prayer**

Lord, thank you that you give me ways to overcome temptation.

I **confess and believe** that you are Lord! Come into my heart and save me.

Confirm my **identity** as a beloved child of God.

Come, **Holy Spirit**, prepare me for victory.

Through prayer, fasting and almsgiving, in my **weakness**, come with power.

Help me to stand firm on **God's word**.

Let **praise** be my final weapon.

In Jesus' name, amen!