

# TEMPT-PROOF

1. We defeat Satan with God's Word...but **no Word in = no Word out.** (Matthew 4:1-11)
  - a. The Word is sharper than any 2-edged sword (Hebrews 4:12); speak the Word
    - 1<sup>st</sup> temptation – Jesus states Deut. 8:3
    - 2<sup>nd</sup> temptation – Jesus states Deut. 6:16
    - 3<sup>rd</sup> temptation – Jesus states Deut. 6:13
2. **Resist the devil and he will flee.** No conversation is needed. He is programmed to run. (James 4:6-7) – If I need God's grace (strength and empowerment) to resist the devil, it must mean that it won't always be easy.
3. **Ask for God's help** and he will come to provide a way out (I Corinthians 10:13) –
4. **Counting the Cost:** What are the potential consequences of this sin? Do I want to accept them? (Romans 6:23)
5. **Reflection:** Think about what happened last time you did this and how it made your spirit feel (this may not apply to every situation).
6. **Always be Honest:** Are you justifying sin? Are you a conditional Christian? "I know its wrong, BUT..." (Romans 14:23)
7. **Shift the focus!** -- Think, say, or do something else that that will divert your attention.
8. **Check your motives:** What's your motive behind this temptation of the flesh? (Proverbs 16:2 AMP)
9. **Make a plan** not to be tempted over and over by the same thing (Ephesians 4:27; 5:15-17)
10. **What or who is influencing you?** What are you meditating on? Junk in = junk out (Matthew 12:34-35)

## Scriptures to STAND on!

- Scriptures to overcome fear: 2 Timothy 1:7 & Psalms 91
- Scriptures to overcome depression and suicide: Romans 15:13 & Isaiah 61:3
- Scriptures to fight anger: Proverbs 14:19 & Proverbs 15:1,18
- Scriptures to fight lust: Galatians 5:16 & Ephesians 6:13-18
- Scriptures for Strength: 2 Corinthians 12:9-10, Philippians 4:13
- Scriptures to fight bad thoughts: Psalms 101 & Philippians 4:8
- You have the VICTORY! 2 Corinthians 2:14



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