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RIVER CHURCH SLOUGH

Welcome



RESISTING  
TEMPTATION

## WHY RESIST TEMPTATION?

*Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the author and perfecter of our faith.*

**Hebrews 12:1b-2a**



# WHAT IS TEMPTATION?

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A thought or a desire to do something (that doesn't honour God).

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A common experience to all of us (incl Jesus)

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A opportunity to make a choice

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Not a sin – only making the wrong choice is.

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Short term benefit, long term harm

# WHERE DOES TEMPTATION COME FROM?

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Not from God. He tempts no one.

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The enemy.

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Life's circumstances

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Our own desires.

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Our past. (Echoes of the shadowlands!)



## SHAMEFUL ACTIONS

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Inappropriate sexual activity

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Alcohol

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Drugs

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Gambling

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Gluttony

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Violence / Fighting / Shouting matches



## NEGATIVE ATTITUDES

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Being judgemental

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Gossip

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Unforgiveness

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Pride / Arrogance

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Grumbling / Complaining

---

Opinionated

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Materialism



# DISTRACTIONS (FROM GARY'S PAST)

Ice hockey

Martial Arts

Model railways

Fish keeping

Bonsai Trees

Chess

TV (esp. box sets and series, sporting events)

Motorbikes

Many others.....



## COMMON DISTRACTIONS

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Social Media

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Careers

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Houses & Gardens

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Family

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Holidays

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Christmas

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Retirement



## BREAKING TEMPTATION THINGS WE NEED TO KNOW AND DO

- All our needs are met by God. (Matt 6:33)
- Focussed on Jesus. (Luke 10)
- A chance to prove God is good.  
(Philippinas 4:13)
- Transformed through grace. (2 Cor 12:9 1 John 1:9)
- Make a choice. (Matt 26)
- It's all about discipleship and trust. (Heb 12:7)



## PRACTICAL STEPS ON THE WAY

- Pre-decide. You're not as strong as you think.
- Know your triggers.
- Don't let disappointment justify disobedience.
- Move the line! Stay away from the fire.
- Think worst-case for the sin.
- Plan your escape. What's the way out?
- Give it 15 minutes.

# RESPONDING TO WHAT GOD IS DOING

Consider it pure joy.....

Know that God loves you

He is building trust, hope and faith.

His Grace is sufficient.

Take to it to the temple....

Yet your will be done not mine.