

# Week 2: Overcoming Temptation

Lesson from Brooks Mooneyham



**Watch the video “Overcoming Temptation”**



**Read 2 Timothy 3:14-17 NLT**

<sup>14</sup> But you must remain faithful to the things you have been taught. You know they are true, for you know you can trust those who taught you. <sup>15</sup> You have been taught the holy Scriptures from childhood, and they have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus. <sup>16</sup> All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. <sup>17</sup> God uses it to prepare and equip his people to do every good work.



**Questions to Think About**

Will you be faithful or unfaithful to God?

## Further Exploration

When we look at overcoming temptation in our life we need to first understand that we must seek the leading of the Holy Spirit in our life. Without the Holy Spirit we will make decisions based on our own desires. Secondly, we need to not ignore the areas in our life where we may be tempted to be unfaithful to God. When we ignore our potential temptations it means we are not willing to allow the Holy Spirit to address how those desires play out in our life. Thirdly, once we identify these desires that make it difficult for us to stay faithful to God, we can make a plan ahead of time for what we will do when placed in those situations.

As we talked about in the video, we don't magically overcome temptation. We don't find ourselves just casually letting go of what we think is good versus what God shows us is good. Yes, there is a part of sin that feels good. Sin wouldn't be enticing otherwise, but only focusing on the good part of sin is like focusing on how majestic the Kodiak bear is that you are standing next to. It may be a wonderful experience until the bear does what the bear does and you are eaten! In the short term sin can feel good, but **IT WILL DESTROY US**. It may be immediate or it may take years but the Bible is very clear that sin leads to death and ultimately, God is the one who will hold us accountable for what we choose: Him or sin.

The Good news is that Jesus Christ came to save us from ourselves. By choosing to give our life to Him and follow in His ways, we are given not only a new life, but the power of the Holy Spirit and the Bible to help us be faithful to God. God doesn't just save us and then tell us to figure it out. He saves us and equips us to do what He is asking; we just have to be willing!

Why wouldn't we be willing though? When we choose God, the Almighty Creator of the universe, the very God who breathed life into us, the God who saved us despite us turning from Him, we get complete restoration back to Him. We get to know Him deeply and we get to have hope in tomorrow, no matter our circumstance, because He is in control and we trust that. We get to know and feel everything He created us to be from the beginning and we would feel no shame, worry, regret or unworthiness owed to us because of

our sin. We get an eternity with Him instead of just decades of self-pleasure. And even better, because of the Holy Spirit being here right now, we don't have to wait until we die; it starts now. This is what we gain by choosing Him over sin.

Lastly, understand that overcoming temptation is not about being good enough for God. Our salvation is gained by our faith in Christ. So we are saved by our faith in Christ, not by how good we are. Because of our faith in Christ to save us, we seek to know His words and be obedient to them. This means if there is some type of debate between what the Bible says to do and what I want to do, the Bible wins every time! I have to decide that what God wants matters more than what I want. He gives us that choice, but we will get the consequences of whichever we choose.

So, when we want to overcome temptation in any given moment, it will be our relationship with Christ through his Word, prayer, and obedience that helps us recognize the presence of the Holy Spirit. Otherwise, when those moments of temptation come, His voice won't sound any different than the others in our head.



## Discussion Questions

1. What is your root cause for choosing your desires over God's desires?
  
  
  
  
  
  
  
  
  
  
2. How does your thought life determine how faithful you are to God?





## Closing Prayer

*Heavenly Father,*

*Help me to realize what I gain by choosing you over my temptations. Help me to see sin for what it really is and not just the lie of temporary fun that Satan would have me believe it is. Father, strengthen me with the Holy Spirit and make your Word come alive as I read it so that I crave time spent with you above all else. And Father, teach me, through your Word and other believers, what it is to be faithful to you, so that I can show others not just how to be faithful but the joy that comes from being in a deep relationship with you. I pray all of this by the power of the Holy Spirit inside of me and in the name of Jesus Christ my Savior, Amen.*



## Daily Reading Plan

*This week, we will study different people in the Bible as they go through trials. Some of these trials will end well and others bad. We can learn from others and the decisions they made as we seek to overcome temptation in our life. Each day read the story, figure out what the temptation was, and how the person responded. Then decide, were they faithful or unfaithful to God? What was the consequence? How can you use this story to help you look forward in dealing with temptation in your life?*

- Day 1    Read **John 3:22-36**  
                  Temptation of John the Baptist
- Day 2    Read **Acts 4:32 -5:10**  
                  Temptation of Ananias and Sapphira
- Day 3    Read **Genesis 39:1-23**  
                  Temptation of Joseph
- Day 4    Read **Daniel 3**  
                  Temptation of Shadrach, Meshach, and Abednego
- Day 5    Read **Job 2**  
                  Temptation of Job