

Fighting Sin and Temptation

Every Christian, but especially Christian leaders, must fight a constant battle against temptation. This workshop will encourage leaders that through Jesus they can live a “victorious Christian life” and will provide biblical strategies for resisting sin through the power of the Holy Spirit. It will consider three crucial questions: (1) Why are we tempted? (2) Can we resist temptation? (3) How do we resist temptation?

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1. What is temptation?

- a. Temptation is feeling the attraction of sin

2. Temptation and sin

- a. Temptation is not sin – James 1v13-15
- b. Temptation can be resisted – 1 Corinthians 10v13-
- c. Jesus was tempted and resisted sin – Matthew 4v1-11; 26v36-46; Hebrews 2v18 & 4v15

3. Why are we tempted?

- a. We are tempted by Satan – Genesis 3v1-5; Matthew 4v1-11
- b. We are tempted by the world – 1 John 2v15-17
- c. We are tempted by our fallen flesh – Romans 7v7-25; 8v6-7; Galatians 5v19-21

4. How can we resist temptation?

- a. We have been united with Christ in his death and resurrection – Romans 6v1-7
- b. We have been set free from the rule of “Sin” – Romans 6v8-14
- c. We can live a new life by the power of the Holy Spirit – Romans 7v1-8; 8v1-12; Galatians 5v13-26

5. How do we resist temptation?

- a. Mortify the flesh – Romans 8v13; Galatians 5v24
- b. Pray for Jesus’ help – Hebrews 4v14-16; cf Matthew 26v36-46
- c. Believe and apply God’s word – Matthew 4v1-11
- d. Flee from temptation – Genesis 39v1-12; 1 Cor 6v18; 10v14; 1 Tim 6v11; 2 Tim 2v22

6. When will we be free from temptation?

- a. Not in this life – Romans 7v24-25
- b. When we are raised with Christ – 1 Corinthians 15
- c. There will be no temptation in the new creation – Revelation 20v7-22v21

7. What should we do if we give in to temptation and sin?

- a. 1 John 1v8-2v2; John 13v6-10; 21v15-19
- b. Confess

- c. Repent
- d. Trust God's promise of forgiveness and cleansing
- e. Believe your justification in Christ

Suggested Readings:

John Stevens, *The Fight of Your Life*

R C Ryle, *Holiness*

Kris Lundgaard, *The Enemy Within*

Jerry Bridges, *Respectable Sins*

Jerry Bridges, *The Pursuit of Holiness*

Tim Chester, *Captured by a Better Vision*