

Overcoming Temptation: Understanding the Ground Rules

How to Say No to a Stubborn Habit by Erwin Lutzer (pages 23-34)

Introduction:

- I. You must believe that God is good. (Gen. 3:1-10)**
 - A. God has your best interest in mind. (1-3)**

 - B. God's way is better than your way. (4-7)**

 - C. God desires intimate fellowship with you. (8-10)**

- II. You are fully responsible for your behavior. (Gen. 3:11-13; 21-24)**
 - A. Shifting blame excuses your struggle. (11-13)**

 - B. Accepting responsibility embraces hope. (21-24)**

- III. You must believe that deliverance is possible. (Gen. 3:15; I Cor. 10:13)**
 - A. God promises ultimate victory over sin and Satan. (Gen. 3:15)**

 - B. God provides a solution to every temptation. (I Cor. 10:13)**

IV. Conclusion – Suggested Application (page 34)

- A. ***God is good.*** Affirm your belief in God's goodness by reading the following verses: Exodus 33:19 and 34:6; Psalms 27:13; 31:19; 34:8; 65:4; 86:5; 106:1; 107:8-9; 145:7; James 1:17. (Choose any two of these verses and memorize them.)
- B. ***You are fully responsible for your behavior.*** No doubt David spent time finding excuses for his sin with Bathsheba. For example, unexpected circumstances led him to notice her just when her husband was out of town. God could have controlled those circumstances. Read David's prayer of repentance in Psalm 51 with these questions in mind:
- What evidence is there that David finally took full responsibility for what he had done?
 - What evidence is there that David realized that sin is more serious than simply whether one hurts someone else?

Now read Romans 1:18-32. Trace the spiral of sin by asking, *Why* is this man responsible for his behavior?

- C. ***Deliverance is possible.*** What sin do you think is the most difficult to overcome? Now read Luke 1:37; John 8:32; and Hebrews 3:12. Why do you think that we so often fail in tapping God's resources?
- D. **Try to think of biblical illustrations of those who successfully resisted temptation. Why were they successful?**