

Yield not to temptation, for
yielding is sin, each victory will
help you some other to win.

What is temptation?

Matt 5:27 "You have heard that
it was said, 'You shall not
commit adultery'; 28 but I say to
you, that everyone who looks on
a woman to lust for her has
committed adultery with her
already in his heart.

Former President Jimmy Carter admitted to a reporter he had a problem when it came to this verse. Years ago when I was in college, a friend of ours asked an older preacher how he could avoid this problem.

The preacher's reply was, "The very first thing we have to learn is what it means to 'covet' or 'lust'".

Not all lusting is bad.

Jesus uses the word usually translated as “lusted” in Luke 22:15 And He said to them, "I have earnestly desired to eat this Passover with you before I suffer;

Paul said he lusted

Phil 1:23 But I am hard-pressed
from both directions, having the
desire to depart and be with
Christ, for that is very much
better;

Lust is simply a very strong
desire.

When is lusting evil? When the
end result is evil.

Rom 6:12 Therefore do not let
sin reign in your mortal body
that you should obey its lusts,

But the question of how to avoid sin remains. Temptation is not sin, but the willingness to follow through if the opportunity presents itself is.

1 Cor 10:13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it.

The man of Mt 5:27 sins if he looks at the woman with a strong desire and is willing to act on it.

James 1:14 But each one is
tempted when he is carried away
and enticed by his own lust. 15
Then when lust has conceived, it
gives birth to sin; and when sin
is accomplished, it brings forth
death.

Temptation is present in every
day of our lives.

I Jn 2:16 For all that is in the
world, the lust of the flesh and the
lust of the eyes and the boastful
pride of life, is not from the
Father, but is from the world.

When temptation is present, we have the opportunity to sin or to flee from sin.

1 Tim 6:10 For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith, and pierced themselves with many a pang. 11 But flee from these things, you man of God; and pursue righteousness, godliness, faith, love, perseverance and gentleness. 12 Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses.

The act of fleeing alone will not prevent the sin but when we combine our flight with action to do what is right, we can effectively put sin away.

It may be that we will have to
change our friendships.

1 Cor 15:33 Do not be deceived:
"Bad company corrupts good
morals."

We may have to decide to make do
with less.

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We may have to get married.

1 Cor 7:1 Now concerning the things about which you wrote, it is good for a man not to touch a woman. 2 but because of immoralities, let each man have his own wife, and let each woman have her own husband.

We may need to change how we
spend our time.

Heb 10:24 and let us consider
how to stimulate one another to
love and good deeds, 25 not
forsaking our own assembling
together, as is the habit of some,
but encouraging one another and
all the more, as you see the day
drawing near.

2 Tim 2:15 Be diligent to present
yourself approved to God as a
workman who does not need to
be ashamed, handling accurately
the word of truth.

When Jesus was tempted, he
turned to God's word in every
case.

The Lust of the Flesh

Matt 4:1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after He had fasted forty days and forty nights, He then became hungry. 3 And the tempter came and said to Him, "If You are the Son of God, command that these stones become bread." 4 But He answered and said, "It is written, 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'"

The Pride of Life

Matt 4:5 Then the devil took Him into the holy city; and he had Him stand on the pinnacle of the temple, 6 and said to Him, "If You are the Son of God throw Yourself down; for it is written, 'He will give His angels charge concerning You'; and 'On their hands they will bear You up, lest you strike your foot against a stone.'" 7 Jesus said to him, "On the other hand, it is written, 'You shall not put the Lord your God to the test.'"

The Lust of the Eye

Matt 4:8 Again, the devil took Him to a very high mountain, and showed Him all the kingdoms of the world, and their glory; 9 and he said to Him, "All these things will I give You, if You fall down and worship me." 10 Then Jesus said to him, "Go, Satan! For it is written, 'YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.'"

How are we going to purify our
thoughts?

Phil 4:8 Finally, brethren,
whatever is true, whatever is
honorable, whatever is right,
whatever is pure, whatever is
lovely, whatever is of good
repute, if there is any excellence
and if anything worthy of praise,
let your mind dwell on these
things.

We are not going to be able to put
evil thoughts out of our minds
unless we fill our minds with
something good.

An old Grandmother's proverb
“Idle hands are the devil's
workshop.” When you let
yourself get lazy and start
thinking about things that are evil
– and then you don't put those
things away by thinking about
things that are good, you're going
to sin!

The best prescription in the world for a heart problem (worry and despair) is to get up and find someone in need and help that person. You'll feel better for having done it and you won't have time to worry about your problems.

Matt 15:18 "But the things that proceed out of the mouth come from the heart, and those defile the man. 19 "For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders. 20 "These are the things which defile the man;

Like David after his sin with
Bathsheba, we need to work on
our hearts.

Ps 51:10 Create in me a clean
heart, O God, and renew a
steadfast spirit within me.

He's done his part, now its time
we did ours.

Have you thought about what
you're going to do about the sin
in your life?

Only the blood of Jesus Christ
can cleanse and make you whole.