

# TRUE VINE MINISTRIES BIBLE STUDY ALIVE *Zoom Edition*

## Working the Word Dealing With Temptations

James 1:13-18; 4:7-8

The temptation to sin is a given, and something that all Christians face. No matter how long they have been saved, temptation is never far away...so don't be surprised by it. Expect to be tempted daily and be prepared for it. The apostle Peter reminds us to stay on the lookout: Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8, NIV)

God does not tempt people to sin, but He often tests us in ways that reveal our heart toward Him (1 Thessalonians 2:4). For example, after Cain had killed his brother Abel, God first tested him by asking, "Where is Abel your brother?" God knew what had happened but used the question to reveal Cain's heart. Sometimes the test results are positive, as with Abraham when God asked him to sacrifice his son, while other times the result is discouraging, as with Cain.



Temptation is, well, tempting. It presents something to us as pleasant, true, or both. We want to give in because it presents something to us that pulls on our desires and presents us with something that seems good. Each person is tempted when he is lured and enticed by his own desire (James 1:14-16). The problem is that in the moment of temptation, we might not at first recognize that what is before us leads to sin.

To deal with temptation we should (1) pray (2) know the areas that you are easily tempted in, (3) recognize temptation, (4) take preventative actions, (5) quote scriptures to yourself, (6) rest and (7) remember that there is always a way of escape.

### Conclusion

Having a more realistic view—knowing that at times you will fail—should help you to repent quickly when you do. Failing is not the end of the world, but it is dangerous to persist in your sin. Going back to the book of James, verse 1:15 explains that sin "when it is full-grown, gives birth to death." Continuing or persisting in sin leads to spiritual death, and often even physical death. That is why it's best to repent quickly when you know you've fallen into sin.