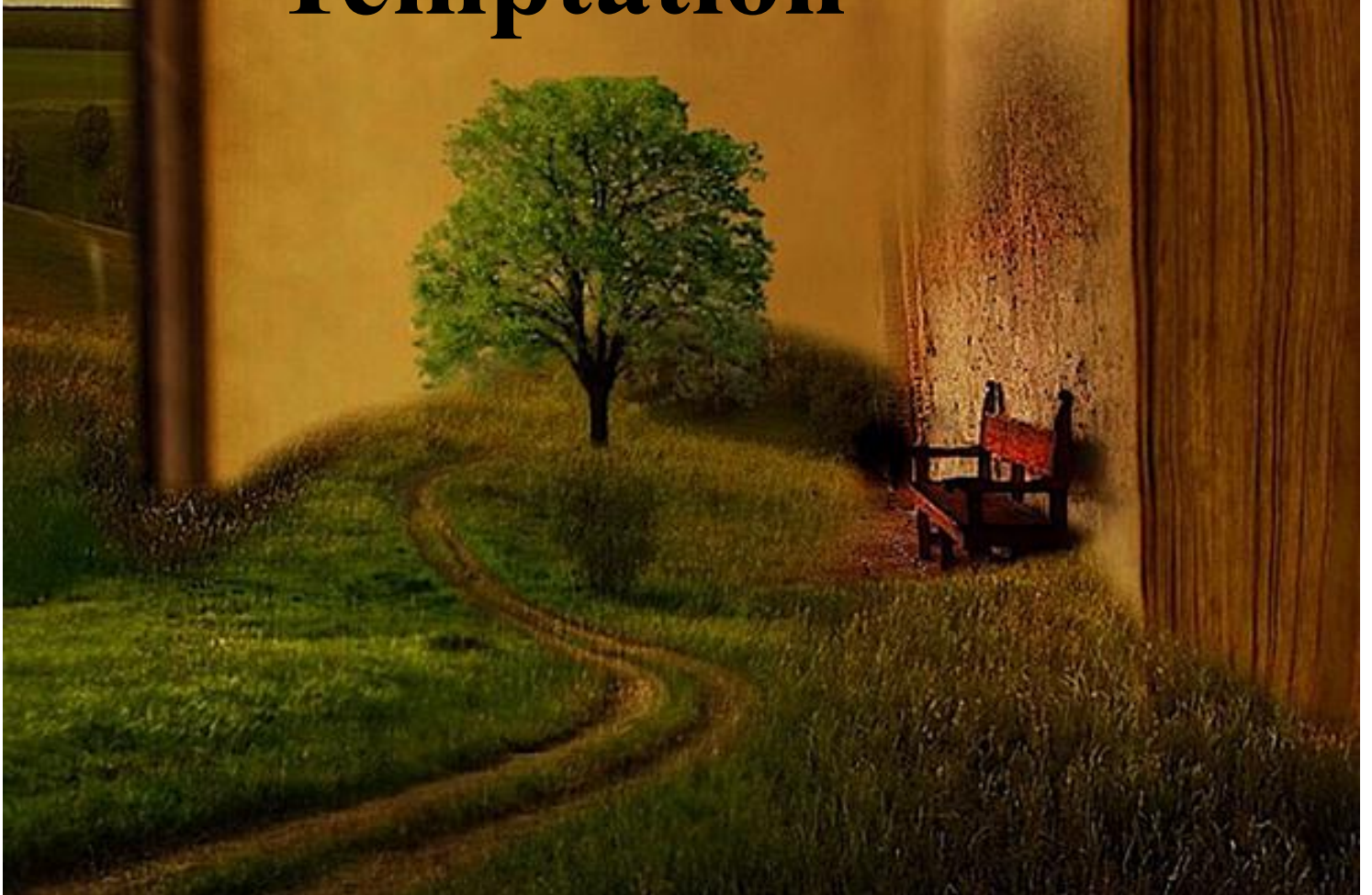


New Christian Growth Series

Topical Study:

Fighting Temptation





Instructions:

1. Please fill in the blanks in these lessons and the review booklet, using a King James Version of the Bible.
2. When you are finished, keep this lesson book and **return the completed review booklet** by U.S. mail or e-mail to:

Plowman's Academy

575 US Highway 250

Greenwich, OH 44837

OR

plowman@mapministry.org

3. When we receive your review booklet, we will grade it, send it back to you, and send the next course in this volume.
4. When you have completed all 12 books in this course, we will send you a certificate.

Plowman's Academy was started to provide the opportunity for teens and adults to study God's Word more deeply, imitate Jesus more closely, and be more sensitive and obedient to God's Holy Spirit—all through the means of correspondence (communication by letters or mail) courses. Jesus taught us that when we set out to follow Him, we ought to do so with no regrets, no second thoughts, and no turning back. We welcome you to join us as we aim to turn from sin, surrender to God, seek Him until He rains righteousness upon us, and then follow Him faithfully and fully forever. Let us look always to Jesus and live always for eternity, for Jesus Christ is our wisdom, righteousness, sanctification, and redemption.

Thank you for joining us. An academy is a place of study or training in a specific subject or skill. At Plowman's Academy, the subject is Jesus. Put your hand to the plow and do not look back.



And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.

~Luke 9:62

Giving Credit and Appreciation to Ray Witmer

Ray Witmer, author of this Bible study curriculum, has given us permission to use his studies taken from the Word of God.

We are very grateful and appreciate Brother Ray's heart for God and his willingness to let us use his resources to spread God's Word among this generation of people.

Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: for it is time to seek the Lord, till he come and rain righteousness upon you.

~Hosea 10:12

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INSTRUCTION SHEET FOR BIBLE LESSONS

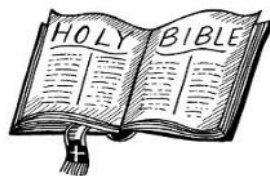
- A. The Bible verses used in this study are taken from the King James Version of the Bible, translated out of the original tongues with the former translation diligently compared and revised.
- B. Before doing each lesson, take time to ask God to open your understanding and show you the truth.
- C. For the best results, do only one lesson each day. Meditate on each day's lesson (there are four weeks of lessons per book).
- D. Keep in mind that these lessons are based on what the Bible says and not on man's opinion.
- E. These lessons are designed to help you to know the truth, to know the Lord in a personal way, and to trust what the Bible says and teaches you.
- F. Remember, it is not what you, I, or any preacher says, but what the Bible says.
- G. You must learn to stand on what the Bible says to “study to show yourself approved unto God, workman that needed not to be ashamed, rightly dividing the Word of truth.” (2 Timothy 2:15)
- H. Who wrote the Bible? (2 Peter 1:21).
- I. All Scripture is inspired by God (2 Timothy 3:16).
- J. Regardless of what man says, the believer (Christian) has direct access to the throne of God and is responsible directly to God. This access is through Jesus Christ and Him only (1 Timothy 2:5).
- K. These studies are to help you have peace of mind (Isaiah 26:3-4).
- L. These studies will help you know if you are going to heaven or hell (Romans 10:13).
- M. These lessons will help you with assurance and security; these are not the same. The securing of the believer is God's work. It is a part of God's great work of salvation depending solely upon His infinite grace. Assurance is the believer's acceptance of the security provided for him in Christ. It is the result of the human soul resting in what God has promised in His Word to accomplish. This is why it is important to know what the Bible says (1 John 5:11-13).



**TAKE TIME TO READ BELOW
BEFORE DOING THIS LESSON**

Meditate on the Scriptures of This Lesson and
Ask Yourself These Questions:

1. What do these verses teach me about God and myself?
2. Is there an example here to follow or avoid?
3. Is there a command, a promise, or a warning that I need to apply?
4. What action do I need to take to align my life with this truth?



The Bible is the Word of God

LESSON 1

HOW TO FIGHT TEMPTATION

This week's Bible verse to memorize: 1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

You may feel that your struggle against temptation is hopeless. Do not use this mindset as an excuse to give up! God has provided you with His Word, the Bible, to teach you how to resist temptation and to help you overcome sin in your life.

“My brethren, count it all _____ when ye fall into divers temptations; Knowing this, that the _____ of your _____ worketh patience. But let patience have her perfect work, that ye may be _____ and entire, wanting [lacking] nothing” (James 1:2-4).

Temptation is enticement to go beyond the bounds of your God-given desires. While you have to take responsibility for caving in to temptation, it should be helpful to recognize the source of all temptation: Satan, the enemy of your soul.

“Blessed is the man that _____ temptation: for when he is tried, he shall receive the crown of _____, which the Lord hath promised to them that _____ Him. Let no man say when he is tempted, I am tempted of God: for God _____ be tempted with evil, neither tempteth He any man: But every man is tempted, when he is drawn away of his own lust [desires], and enticed” (James 1:12-14).

The enemy is crafty and intelligent; he also is savage and relentless. His goal is to alienate you from God and to destroy your fellowship with your Creator and Savior. His purpose is to stunt your growth as a believer and minimize your impact for God's kingdom. He knows your weaknesses; he also knows how to surprise, stage, and camouflage.

“Then when _____ [desire] hath conceived, it bringeth forth _____: and sin, when it is finished, bringeth forth _____. Do not err [be deceived], my beloved brethren. Every good gift and every perfect gift is from _____, and cometh down from the _____ of lights, with whom is no variableness, neither shadow of turning” (James 1:15-17).

It is a mistake to accuse others for your own failures. For example, some people attribute their current faults to mistakes of their parents. While parental influence can be great, every person is responsible for his or her own choices and actions.

“For the _____ lusteth against the _____, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be _____ of the _____, ye are not under the law. Now the works of the flesh are manifest, which are these; adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God” (Galatians 5:17-21).

Even more so, it is an error to try to blame God for the temptation that lures you. God is holy; Satan is evil.

Today's Bible reading is Galatians chapter 5.

LESSON 2

TEMPTATION: WHO'S TO BLAME?

This week's Bible verse to memorize: 1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Satan cannot have your soul, so he wants nothing more than to ruin your fellowship with the Lord and to sidetrack your walk and your witness. James, Jesus' half-brother, describes the destructive progression Satan sets in motion through temptation like this:

“But every man is tempted, when he is drawn away of his _____, and enticed. Then when lust hath conceived, it bringeth forth _____: and sin, when it is finished, bringeth forth death” (James 1:14-15).

Jesus, however, is a God of hope. While it sometimes seems as if Satan is throwing everything at you, you can trust in God's Word and believe Him when He says He is faithful. He will never allow you to be tempted beyond what you're able, in His power, to withstand. God always will give the opportunity to escape and always honors His Word.

“Wherefore let him that thinketh he standeth _____ lest he fall. There hath no _____ taken you but such as is _____ to man: but God is _____, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to _____, that ye may be able to bear it. Wherefore, my dearly beloved, _____ from idolatry. I speak as to wise men; judge ye what I say” (1 Corinthians 10:12-15).

The key to overcoming temptation is simple obedience. At times, this may seem impossible, but keep in mind that what is impossible with man is possible with God; it is simply a matter of whether you are willing to grab hold.

“Then said Jesus unto His disciples, Verily I say unto you, That a rich man shall hardly enter into the kingdom of _____. And again I say unto you, It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God. When His disciples heard it, they were exceedingly amazed, saying, Who then can be saved? But Jesus beheld them, and said unto them, With _____ this is _____; but with _____ all things are _____” (Matthew 19:23-26).

You can be carried away and lured to go beyond the limits of your God-given desires and interests. Your own lust can conceive and give birth to sin, but this birth is not one involving life. Rather, it is one that brings forth death.

“For we wrestle not against _____ and _____, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole _____ of _____, that ye may be able to _____ in the evil day, and having done all, to stand” (Ephesians 6:12-13).

React to temptation with the knowledge that its source is an evil enemy who attempts daily to steal your joy and destroy your effectiveness as a child of God. Then, turn to the Lord and ask Him to help you overcome. He is the One who is able and eager to give you victory.

Today's Bible reading is Ephesians chapter 6.

LESSON 3

TEMPTATION: THE APPEAL

This week's Bible verse to memorize: 1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Satan is so cunning that he was able to deceive Eve into sinning. Her response to his question in the third chapter of Genesis reveals that she knew exactly what God had told her. Aren't we exactly the same today? We know precisely what God's Word says; yet, we still often fail to obey Him.

"Now the serpent was more subtil [cunning] than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, _____ hath said, Ye _____ of it, neither shall ye touch it, lest ye _____" (Genesis 3:1-3).

Do you spend more time indulging your desires—even if it sometimes means bordering on sin—than you do meditating on God's Word and praying? We humans have finite minds and all kinds of emotions; on your own, it is impossible to successfully combat temptations thrown at you by an enemy who is supernatural and who is ruthless, as expressed in Genesis 3:4-5.

"And the serpent said unto the woman, Ye _____: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing _____ and _____. And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one _____, she took of the fruit thereof, and did _____, and gave also unto her husband with her; and he did eat" (Genesis 3:4-6).

Satan, emboldened by Eve's openness to him, spoke a direct lie. This lie led her and Adam to spiritual death (separation from God), so Satan is called a liar and a murderer from the beginning (John 8:44). His lies always promise great benefits, as in Genesis 3:5. Eve experienced this result; she and Adam did know good and evil as Satan promised, but because of personal corruption, they did not know as God knows in perfect holiness.

"Ye are of your father the devil, and the lusts of your father ye will do. He was a _____ from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a _____, and the father of it. And because I tell you the truth, ye believe Me not. Which of you convinceth Me of sin? And if I say the truth, why do ye not believe Me? He that is of God heareth God's words: ye therefore hear them not, because ye are not of God" (John 8:44-47).

When Satan throws his darts, simply say, "Lord, thank you that I'm your child. Please protect me." Remember that "greater is He that is in you than he that is in the world" (1 John 4:4b). God is faithful. He will lead you and help you escape all temptations.

Today's Bible reading is John chapter 8.

LESSON 4

TEMPTATION: THE PEAK OF PRESSURE

This week's Bible verse to memorize: 1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

The Bible states that after Jesus was baptized, He was led by the Holy Spirit into the wilderness in order to face temptation by the devil. God directed that His own Son endure temptation. But why? Was this just for show, or was it real? Jesus had just identified with fallen humanity by submitting to baptism, even though He didn't need it; He was sinless. He symbolically placed Himself in the category of humans, however, so He could identify with the world He came to save.

“Then was Jesus led up of the Spirit into the wilderness to be _____ of the _____. And when He had fasted forty days and forty nights, He was afterward an hungred. And when the tempter came to Him, he said, If thou be the Son of God, command that these stones be made bread. But He answered and said, _____ is _____, Man shall not live by bread alone, but by every _____ that proceedeth out of the mouth of _____” (Matthew 4:1-4).

Jesus fasted 40 days and 40 nights in the desert, and there the Lord met with temptation. God allowed His Son this time of temptation, and Jesus willingly submitted, so He could identify with your struggles, trials, and temptations. Jesus knows what it's like when you struggle with enticement. And, praise the Lord, He remained without fault where so many of us stumble.

“Then the _____ taketh Him up into the holy city, and setteth Him on a pinnacle of the temple, And saith unto Him, If thou be the _____ of _____, cast Thyself down: for it is written, He shall give His angels charge concerning Thee: and in their hands they shall _____ Thee _____, lest at any time Thou dash Thy foot against a stone. Jesus said unto him, It is _____ again, Thou shalt not _____ the Lord thy God” (Matthew 4:5-7).

“Again, the devil taketh Him up into an exceeding high mountain, and sheweth Him all the _____ of the _____, and the _____ of them; And saith unto Him, All these things will I give Thee, if Thou wilt fall down and _____ me. Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and _____ shalt thou serve. Then the devil _____ Him, and, behold, angels came and ministered unto Him” (Matthew 4:8-11).

You have a High Priest who sympathizes with you because He's been “through the fire.” He intercedes on your behalf within the context of having endured the very same temptations. His temptation in the wilderness (as well as in the many other unrecorded times that He undoubtedly battled Satan) gives credence to the fact that He understands what His children encounter. He is fully God and, at the same time, fully man, and He willingly identifies with you. Don't hesitate to bring your greatest struggles to Him. He truly understands.

Please note that when Jesus was tempted, He quoted Scripture to fight Satan. You can use this tactic, too! If you don't know where these verses are found, take time and look them up, and use them like Jesus did to fight Satan.

Today's Bible reading is Matthew chapter 4.

LESSON 5

FIGHTING TEMPTATION BY PUTTING ON THE WHOLE ARMOR OF GOD

This week's Bible verse to memorize: 1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

When Satan tempted Jesus in the wilderness, the Lord responded in a way that modeled how we are to respond in times of trial and temptation. Whenever Satan tried to entice Jesus, Jesus answered him with Scripture. The Lord didn't utter anything without first stating, "It is written." He knew Satan could not stand under the power of God's Word.

"Wherefore in all things it behoved Him to be made like unto His brethren, that He might be a _____ and _____ high priest in things pertaining to God, to make _____ for the sins of the people. For in that He Himself hath _____ being _____, He is able to succour them that are tempted" (Hebrews 2:17-18).

One way to help fight off Satan is by "putting on" the whole armor of God every morning. Pray through the passage to prepare for your day. Remember, the sole weapon included in this armor is the sword of the Spirit, which is the Bible. The only way you will have a weapon in spiritual battles is by knowing God's Word. You can't recite something you do not know, so it is necessary to study Scripture consistently, and to commit its truths to your heart.

"Put on the whole armour of _____, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the _____ of the darkness of this _____, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to _____ in the evil day, and having done all, to stand" (Ephesians 6:11-13).

"Stand therefore, having your loins girt about with _____, and having on the breastplate of _____; And your feet shod with the preparation of the gospel of _____; Above all, taking the shield of _____, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the _____ of _____: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all _____ and _____ for all saints..." (Ephesians 6:14-18).

Let's look at some Scripture to help fight temptation. Please write out the verses below:

Anger: James 1:19-20

Fear: 2 Timothy 1:7

Forgiveness: Matthew 6:14

Guilt: 1 John 3:20

Today's Bible reading is Ephesians chapter 6.

LESSON 6

FIGHT TEMPTATION TO KEEP YOUR BODY UNDER CONTROL

This week's Bible verse to memorize: Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

It can be painful to have to suffer the wounds of contention and criticism, especially when you feel you've been misunderstood or wrongly accused; it also seems like a perfect time to proudly claim your rights. However, God's Word always offers solutions. It says that, contrary to what your instinct may be, the foundation of any proper response to criticism and conflict is humility. David, for example, laments being persecuted, but immediately asks the Lord to test his own heart.

"O LORD my God, If I have done this; if there be _____ in my hands; If I have rewarded _____ unto him that was at peace with me; (yea, I have delivered him that without cause is mine enemy:) Let the enemy _____ my soul, and take it; yea, let him tread down my life upon the earth, and lay mine _____ in the dust. Selah" (Psalm 7:3-5).

"Ye adulterers and adulteresses, know ye not that the friendship of the _____ is _____ with _____? whosoever therefore will be a friend of the world is the enemy of God. Do ye think that the scripture saith in vain, The spirit that dwelleth in us lusteth to envy? But He giveth more grace. Wherefore He saith, God resisteth the proud, but giveth grace unto the humble. _____ yourselves therefore to God. _____ the devil, and he will _____ from you" (James 4:4-7).

Are you willing to say that if you aren't totally righteous, you don't deserve to be justified? Are you willing to check your own motives before pointing fingers or becoming defensive? Humility, what the world calls the lowest of paths, is always the key to taking the high road. Ask the Lord to show you where your attitude needs to be more humble.

"Speak not _____ one of another, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law: but if thou judge the law, thou art not a _____ of the law, but a judge. There is one lawgiver, who is able to save and to destroy: who art thou that judgest another? Go to now, ye that say, To day or to morrow we will go into such a city, and continue there a year, and buy and sell, and get gain: Whereas ye know not what shall be on the morrow. For what is your life? It is even a _____, that appeareth for a little time, and then vanisheth away" (James 4:11-14).

Let's look at some Scripture to help fight temptation. Please write out the verses below:

Gossip: Psalm 52:2

Honesty: Leviticus 19:11

Laziness: Proverbs 13:4

Faith: Ephesians 2:8

Today's Bible reading is James chapter 4.

LESSON 7

BY YIELDING TO TEMPTATION, YOU ARE PLAYING WITH FIRE

This week's Bible verse to memorize: Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

God has specifically instructed you not to yield to the lust of the flesh. The Bible clearly warns about the dangers of operating beyond the boundaries of God's protective will. In the Sermon on the Mount, Jesus expanded on Old Testament teachings by explaining that the heart attitude determines whether or not God's limits are overstepped; A quick heart check will reveal where you stand.

“Ye have heard that it was said by them of old time, Thou shalt not _____ adultery: But I say unto you, That whosoever _____ on a woman to _____ after her hath committed adultery with her already in his _____” (Matthew 5:27-28).

“Professing themselves to be _____, they became _____, And changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things. Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves: Who changed the _____ of God into a _____, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen. For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature: And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompence of their error which was meet. And even as they did not like to retain _____ in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient [proper] ...” (Romans 1:22-28).

Ask yourself what your reaction is to God's boundaries. Do you test them? Are you one who negotiates with God over their necessity? Do you have to understand them before you will accept them? Submitting to God's plan brings safety and blessing. Confess to God any resistance, and pray for the strength to submit to His leading.

“Behold, I set before you this day a blessing and a curse; A _____, if ye _____ the commandments of the LORD your God, which I command you this day: And a curse, if ye will not obey the commandments of the LORD your God, but turn aside out of the way which I command you this day, to go after other gods, which ye have not known” (Deuteronomy 11:26-28).

Let's look at some Scripture to help fight temptation. Please write out the verses below:

Sexual Sins: 1 Corinthians 7:1

Lust: Proverbs 6:25

Today's Bible reading is 1 Corinthians chapter 7.

LESSON 8

TEMPTATION: THE KEY QUESTION

This week's Bible verse to memorize: Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Hungering, longing, thirsting, yearning—all of these terms can be used to describe the word desire. Eve hungered for the fruit of the forbidden tree; Sarai longed for the promised child; King David yearned after Bathsheba. In each case, these Bible characters' desires became so strong that they took matters into their own hands to gain what they wanted. They all knew God's instructions, but when tempted, they found a way to justify their actions to obtain their desires. The consequences they faced as a result were serious.

“And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he _____ a woman washing herself; and the woman was very _____ to look upon. And David sent and enquired after the woman. And one said, Is not this Bathsheba, the daughter of Eliam, the _____ of Uriah the Hittite?” (2 Samuel 11:2-3)

All sin has a starting point—a time when you must choose between entering into temptation or refusing.

“And David sent messengers, and _____; and she came in unto him, and he lay with her; for she was purified from her uncleanness: and she returned unto her house. And the woman conceived, and sent and told David, and said, I am with child. And David sent to Joab, saying, Send me _____ the Hittite. And Joab sent Uriah to David. And when Uriah was come unto him, David demanded of him how Joab did, and how the people did, and how the war prospered” (2 Samuel 11:4-7).

We experience many longings for circumstances or people to be different, for things we do not have, and for more of what we do have. You may find yourself tempted to fulfill these yearnings through your own actions. Temptation itself is not sin, but acting on your own or against God's Word is. Remember what happened to King David.

“Come ye _____ unto Me, hear ye this; I have not spoken in secret from the beginning; from the time that it was, there am I: and now the LORD God, and his Spirit, hath sent Me. Thus saith the LORD, thy Redeemer, the _____ One of Israel; I am the LORD thy God which _____ thee to profit, which _____ thee by the way that thou shouldest go” (Isaiah 48:16-17).

Our heavenly Father, who created you in His image, knows what it is you long for, and He has promised to give you what profits you most. Compare your desires with the truth of Scripture, and ask God to help you let go of any longings that do not meet His standard. Make Psalm 63:1-2 your heart's cry:

“O God, Thou art my God; early will I seek Thee: my soul _____ for Thee, my flesh _____ for Thee in a dry and thirsty land, where no water is; To see Thy _____ and Thy _____, so as I have seen Thee in the sanctuary” (Psalm 63:1-2).

Let's look at some Scripture to help fight temptation. Please write out the verse below:

Repentance: Psalms 34:18

Today's Bible reading is 2 Samuel chapter 11.

LESSON 9

TEMPTATION: JUST SAY ‘NO’

This week’s Bible verse to memorize: Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

“No” is an essential word when it comes to temptation. Joseph practiced saying it frequently in repelling the advances of Potiphar’s wife. That word was powerful because of the God-centered perspective Joseph had; he was committed to honoring the Lord, and he recognized that all sin was against God. He said, “How then could I do this great evil and sin against God?” This view of life prepared Joseph to meet temptations.

“And it came to pass after these things, that his master’s wife cast her _____ upon Joseph; and she said, Lie with me. But he refused, and said unto his master’s _____, Behold, my master wotteth not what is with me in the house, and he hath committed all that he hath to my hand; There is none greater in this house than I; neither hath he kept back any thing from me but thee, because thou art his wife: how then can I do this great wickedness, and _____ against _____?” (Genesis 39:7-9)

Your ability to resist temptations will be directly related to your worldview. If you see your life as belonging to the Lord and are committed to reflecting, by your actions, the truth of who He is, then you will be more likely to stand firm.

“And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her. And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house there within. And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and _____, and got him out” (Genesis 39:10-12).

If you are focused on yourself, it is more likely that you will succumb to temptation. Temptation whispers that sin will satisfy, but the truth is that it actually stirs up stronger desires. Temptation claims that it will not hurt you, but sin always injures spiritually, if not physically. It asserts that no one else will know, but that’s a lie, for it ignores your all-knowing God.

“And it came to pass, when she saw that he had left his garment in her hand, and was fled forth, that she called unto the men of her house, and spake unto them, saying, See, he hath brought in an Hebrew unto us to mock us; _____ unto me to lie with me, and I cried with a loud voice: And it came to pass, when he heard that I lifted up my voice and cried, that he left his garment with me, and fled, and got him out. And she laid up his _____ by her, until his lord came home” (Genesis 39:13-16).

Begin now to practice saying, “No,” remembering that it is not by your own strength that you stand firm, but by the presence and power of the Holy Spirit. Recognize that sin has a significant cost; it dishonors God. Joseph was unwilling to pay this price for yielding to temptation. What about you?

Let’s look at some Scripture to help fight temptation. Please write out the verse below:

Self-Denial: Galatians 5:24

Today’s Bible reading is Genesis chapter 39.

LESSON 10

HOW TO OVERCOME TEMPTATION

This week's Bible verse to memorize: Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

Can Satan make you sin? No, he cannot. Satan can tempt you to sin, but he cannot make you sin.

“Ye are of God, little children, and have overcome them: because greater is _____ that is in _____, than he that is in the _____. They are of the world: therefore speak they of the world, and the world heareth them. We are of God: he that knoweth God _____ us; he that is not of God heareth not us. Hereby know we the spirit of _____, and the spirit of _____. Beloved, let us love one another: for _____ is of _____; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love” (1 John 4:4-8).

Is temptation sin? No, it is not. The Lord Jesus was tempted, and we know that He did not sin. The Bible says that He was “in all points tempted like as we are, yet without sin.” Temptation is not sin. Satan likes to condemn Christians even when they have not sinned. He likes to make them feel guilty for having been tempted by some sin, but it is not a sin to be tempted.

“Brethren, if a man be _____ in a fault, ye which are spiritual, _____ such an one in the spirit of meekness; considering thyself, lest thou also be _____. Bear ye one another's burdens, and so fulfil the law of Christ. For if a man think himself to be something, when he is nothing, he _____ himself” (Galatians 6:1-3).

“Because thou hast kept the word of My patience, I also will _____ from the hour of _____, which shall come upon all the world, to try them that dwell upon the earth” (Revelation 3:10).

Arm yourself with the Word of God. The only way to overcome temptation is to fight Satan with Scriptures in the same way that Jesus defeated Satan in the wilderness.

Today's Bible reading is Galatians chapter 6.

LESSON 11

FOUR THINGS YOU MUST DO TO OVERCOME TEMPTATION

This week's Bible verse to memorize: Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

To overcome temptation, you must do four things:

1. Consider your death with Christ. As Christians, you and I have been delivered from the kingdom of darkness where sin reigns. How were you delivered? You were delivered by your death with Christ. God put you in Christ on the cross. When Christ died, you died with Him; when He was buried, you were buried with Him; when He rose again, you rose again with Him.

“Giving thanks unto the Father, which hath made us meet to be _____ of the _____ of the saints in light: Who hath _____ us from the power of _____, and hath translated us into the kingdom of His dear _____: In whom we have _____ through His blood, even the _____ of _____...” (Colossians 1:12-14).

2. Focus on Christ's life in you. Temptation comes not only from Satan, but also from within you. The good news is that Christ lives inside of you, and He can help give you the strength and self-control to fight temptations both outside of and within you.

“Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, _____ any man: But every man is tempted, when he is drawn away of his own lust, and enticed” (James 1:13-14).

3. Arm yourself with the Word of God. You have already learned about the mighty weapon of prayer, which God has given you, and God has given you another weapon: the Word of God.

“Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the _____ of the _____, which is the Word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints...” (Ephesians 6:16-18).

4. Make no provision for the flesh. In order to overcome temptation, you must not make any provision for the flesh. This means that you must not do things or allow yourself to walk into situations that make it easy for you to sin.

“Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not _____ for the _____, to fulfil the _____ thereof” (Romans 13:13-14).

Today's Bible reading is Romans chapter 13.

LESSON 12

TEMPTATION: MAKE NO PROVISION FOR THE FLESH

This week's Bible verse to memorize: Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

The Lord Jesus defeated Satan, and so can you. Jesus memorized the Word of God, and He knew how to use it. Do you see why it is so important for you to memorize Scripture? You must arm yourself with the Word of God.

Below are some key verses you can use to fight against Satan:

“And ye shall know the _____, and the truth shall make you _____” (John 8:32).

God's Word is the truth. When you know the truth about sin and temptation, you can be set free from their power over you.

“For _____ shall not have dominion over you: for ye are not under the _____, but under _____” (Romans 6:14).

Sin shall not continue to rule over you. Why? Because you are “under grace,” where God's mighty power works on your behalf. Christ lives in you, and He will enable you to overcome sin's power.

“_____ yourselves therefore to _____. Resist the _____, and he will _____ from you” (James 4:7).

Learn to resist Satan. Resist him with the Word of God. Resist him in Jesus' name. Resist him in the victory of Calvary. Remind him that he is defeated, and tell him to leave you alone.

“Ye are of God, little children, and _____ them: because greater is He that is in _____, than he that is in the _____” (1 John 4:4).

Jesus Christ is the one who is in you. Satan is the one who is in the world. This verse says that Jesus Christ, who is in you, is greater than Satan, who is in the world.

“For God hath not given us the spirit of _____; but of _____, and of _____, and of a _____” (2 Timothy 1:7).

The spirit of fear is from Satan. Don't accept it! God does not give you a spirit of fear; instead, He gives you a spirit of power, and of love, and of a sound mind.

Today's Bible reading is 2 Timothy chapter 1.

LESSON 13

YOU ARE NO LONGER UNDER THE AUTHORITY OF SIN

This week's Bible verse to memorize: James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

Below are more verses you can use to fight against Satan:

“Being confident of this very thing, that He which hath begun a _____ in you will _____ it until the day of _____...” (Philippians 1:6).

If you are God's child, God has begun a good work in you. He will continue that work until the day you go to meet Him; you can count on this.

“I can do all things through _____ which strengtheneth me” (Philippians 4:13).

The Lord Jesus gives you strength to do whatever He wants you to do. Why? Because He lives in you.

“Finally, my brethren, be _____ in the Lord, and in the _____ of His might” (Ephesians 6:10).

You are not to be strong in yourself, but you are to be strong in the Lord. That means that you are to count on Him and His mighty power to give you victory.

“What shall we then say to these things? If _____ be for us, _____ can be _____ us?” (Romans 8:31)

Child of God, God is for you. You can be sure of this because He says so. Because God is for you, it doesn't matter who is against you.

“And we know that _____ work together for _____ to them that love _____, to them who are the called according to His purpose” (Romans 8:28).

Some things taken by themselves may not seem good to you, but you know God is working all things together for the good of those who love Him. You can know this because God says so.

Today's Bible reading is Romans chapter 8.

LESSON 14

THE SOURCE AND PURPOSE OF TEMPTATION

This week's Bible verse to memorize: James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

In today's lesson, you will be learning about the source of temptation.

The first source of temptation involves man's three basic sins: the desire to enjoy things, the desire to get things, and the desire to do things. These three basic sins result from the three areas of temptation mentioned in 1 John 2:16:

"For all that is in the world, the lust of the _____, and the lust of the _____, and the _____ of life, is not of the _____, but is of the world" (1 John 2:16).

What source of temptation is mentioned in James 1:13-14?

Who tempted Jesus in Matthew 4:1?

In 1 Thessalonians 3:5, Christians are exhorted to examine their faith lest the tempter has tempted them.

"For this cause, when I could no longer forbear, I sent to know your _____, lest by some means the _____ have tempted you, and our labour be in vain" (1 Thessalonians 3:5).

We also want to take a look at the purpose of temptation.

According to 1 Peter 1:6-7, temptations are trials.

"Wherein ye greatly _____, though now for a season, if need be, ye are in heaviness through manifold _____: That the _____ of your _____, being much more _____ than of gold that perisheth, though it be tried with fire, might be found unto _____ and _____ and _____ at the appearing of _____ ..." (1 Peter 1:6-7).

According to James 1:3, what does the trying of one's faith results in?

Finally, we also want to look into the idea that you can have encouragement in temptation.

What does God promise to those who are tempted? (1 Corinthians 10:13)

Who promises deliverance from temptation? (2 Peter 2:9)

What should be one's attitude toward temptation? (James 1:2)

Today's Bible reading is 2 Peter chapter 2.

LESSON 15

ENCOURAGEMENT AND VICTORY OVER TEMPTATION

This week's Bible verse to memorize: James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

You can receive encouragement from the fact that Jesus, your High Priest, the one who intercedes for your sins, was tempted as you are. What encouragement you can receive from His victory over temptation!

“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points _____ like as we are, yet without _____. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to _____ in time of need” (Hebrews 4:15-16).

Why can Christ help you in times of temptation, according to Hebrews 2:18?

Of whose devices should you be aware to avoid temptation? (2 Corinthians 2:11)

In Revelation 3:10, you are given a promise concerning temptation:

“Because thou hast kept the word of My patience, I also will keep thee from the hour of _____, which shall come upon all the world, to try them that dwell upon the earth” (Revelation 3:10)

The good news is, no matter how big or difficult the temptation is, you can always have victory over it!

“Above all, taking the _____ of _____, wherewith ye shall be able to _____ all the fiery darts of the _____” (Ephesians 6:16).

Whom are you admonished to resist in 1 Peter 5:8-9?

“_____ into the path of the wicked, and go not in the way of evil men” (Proverbs 4:14).

“Watch and pray, that ye enter not into _____: the spirit indeed is willing, but the _____ is _____” (Matthew 26:41).

What is promised to those who endure temptation? (James 1:12)

If one is overcome by temptation and falls into sin, what should he do? (1 John 1:9)

Today's Bible reading is 1 John chapter 1.

LESSON 16

DEALING WITH TEMPTATION

This week's Bible verse to memorize: James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

Many people's only defense against temptation is to simply flee the scene. Removing yourself from compromising situations is crucial to maintaining solid Christian character; however, simple flight is not the ultimate answer. Fleeing temptation is only a temporary solution. One way or another, temptation will always seem to find you, wherever you have fled.

"Furthermore then we beseech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to _____ God, so ye would abound more and more. For ye know what commandments we gave you by the Lord Jesus. For this is the will of God, even your _____, that ye should _____ from fornication: That every one of you should know how to possess his vessel in sanctification and honour..." (1 Thessalonians 4:1-4).

The idea of fleeing from Satan's ploys is a slight distortion of biblical counsel. Rather than running away from Satan, Scripture instructs, "Resist the devil, and he will flee from you" (James 4:7). Through the power of the Holy Spirit, believers have the ability to send Satan himself running in terror.

"Brethren, I count not myself to have apprehended: but this one thing I do, _____ those things which are _____, and reaching forth unto those things which are _____, I _____ the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:13-14).

Also, it is important for Christians to remember that temptation is not a problem that you can solve yourself by fleeing or any other manner. Instead, you need deliverance from temptation. Jesus taught, "And do not lead us into temptation, but deliver us from evil."

"And lead us not into _____, but _____ us from evil: For Thine is the kingdom, and the _____, and the glory, for ever. Amen. For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses" (Matthew 6:13-15).

Evil is a God-sized problem. Thinking that you have within yourself any means to defeat it negates the need for a Savior. Even during the most difficult battle, you can rest in the assurance that Jesus has already secured the victory. When temptation comes, remove yourself from the situation, but also stand firm in the Lord.

"Teach me Thy way, O LORD, and _____ in a plain path, because of mine enemies. Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty. I had fainted, unless I had believed to see the goodness of the LORD in the land of the living. _____ on the LORD: be of good _____, and He shall _____ thine heart: wait, I say, on the LORD" (Psalm 27:11-14).

Today's Bible reading is 1 Thessalonians chapter 4.

LESSON 17

TEMPTATION: CAN YOU GET AWAY WITH SIN?

This week's Bible verse to memorize: James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

“No one will ever know. I’m not hurting anyone else; this just involves me.” You may recognize these infamous words as ones that usually precede an act of disobedience and eventual yielding to temptation. Isn’t it interesting that when you really want to do something you know is wrong, your mind can always rationalize the behavior?

“Be not _____; God is not mocked: for whatsoever a man _____, that shall he also _____. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the _____ shall of the Spirit reap _____” (Galatians 6:7-8).

That brings us to an age-old question: can you really get away with sin? In your heart, you know that the answer is no. Yet, when the consequences of sin seem to differ so greatly, you often choose to take the risk.

“And let us not be _____ in well doing: for in due season we shall reap, if we faint not. As we have therefore opportunity, let us do _____ unto all men, especially unto them who are of the household of faith” (Galatians 6:9-10).

To fight these urges and temptations, you must remember that the consequences of sin are not always external, and they are not always immediate. “Secret sins” such as lying, adultery, and viewing pornography may go unnoticed for months or even years. However, the internal damage within the hearts and minds of those engaged in these activities can be life-threatening.

“For there is nothing covered, that shall not be _____; neither hid, that shall not be known. Therefore whatsoever ye have spoken in _____ shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops” (Luke 12:2-3).

Know this: God will deal with habitual sin in the lives of believers. He may allow His children to live in sin for a season, but as Luke 12:2 (NASB) says, “There is nothing covered up that will not be revealed, and hidden that will not be known.”

“And I say unto you my friends, Be not afraid of them that kill the _____, and after that have no more that they can do. But I will forewarn you whom ye shall fear: Fear Him, which after He hath killed hath power to cast into hell; yea, I say unto you, _____” (Luke 12:4-5).

Are you prepared to face the consequences of disobedience and yielding to temptation, or will you boldly turn from sin and accept His gift of forgiveness? The choice is yours.

Let’s look at Scripture to help fight temptation. Please write out the verse below:

Lying: Proverbs 19:5

Today’s Bible reading is Luke chapter 12.

LESSON 18

TEMPTATION NOT TO HANDLE CONFLICT WISELY

This week's Bible verse to memorize: James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

What do you expect when you wake up in the morning? Do you gleefully embrace the rising sun, knowing that the day will provide untold joy, or do you groan and pull the covers over your head, hoping that no one will notice if you don't get up?

“But I would ye should understand, brethren, that the things which happened unto me have fallen out rather unto the _____ of the _____; So that my bonds in Christ are manifest in all the palace, and in all other places; And many of the brethren in the Lord, waxing confident by my bonds, are much more _____ to speak the word without fear” (Philippians 1:12-14).

No one likes to handle difficulties; however, you will find it impossible to make it through each and every day without facing some level of conflict or criticism. The challenge is not trying to avoid it, but rather, learning how to deal with it.

“Some indeed preach Christ even of envy and strife; and some also of good will: The one preach Christ of contention, not sincerely, supposing to add _____ to my bonds: But the other of _____, knowing that I am set for the defence of the gospel” (Philippians 1:15-17).

Too often, you may respond by becoming defensive. Rather than humbly listening to the complaint, you begin formulating excuses and thereby refuse to accept any responsibility in the matter whatsoever.

“What then? notwithstanding, every way, whether in pretence, or in truth, _____ is _____; and I therein do _____, yea, and will rejoice. For I know that this shall turn to my salvation through your prayer, and the supply of the Spirit of Jesus Christ, According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all _____, as always, so now also Christ shall be _____ in my body, whether it be by life, or by death. For to me to live is _____, and to die is _____” (Philippians 1:18-21).

A better alternative is to quietly listen to the criticism, ask God for discernment and the strength to admit any personal fault, forgive those who have wronged you, and prayerfully consider how the situation could be avoided in the future. Even though these conflicts can be quite painful, they should be seen as opportunities for maturing spiritually, as well as times through which relationships can be strengthened rather than destroyed.

Let's look at some Scripture to help fight temptation. Please write out the verses below:

Courage: Psalm 27:14

Hope: 1 John 3:3

Today's Bible reading is Galatians chapter 6.

LESSON 19

FIGHTING TEMPTATION BY STANDING IN THE STORM

This week's Bible verse to memorize: James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

“Truly my soul _____ upon _____: from Him cometh my salvation. He only is my _____ and my salvation; He is my _____; I shall not be greatly moved” (Psalm 62:1-2).

This moving passage can bring to mind many images, but one is a photograph of a tiny bird wedged into a small crevice in a rock cliff. Just outside his hiding place, a brutal storm rages. Strong winds and rain beat down, upturning leaves and breaking tree branches. Yet, the bird is safe and still, and his life is spared, thanks to the solid rock around him.

“How long will ye imagine mischief against a man? ye shall be slain all of you: as a bowing wall shall ye be, and as a tottering fence. They only consult to cast him down from his excellency: they delight in lies: they bless with their mouth, but they curse inwardly. Selah. My soul, wait thou _____ upon _____; for my expectation is from _____” (Psalm 62:3-5).

Can you recall a time in your life when it seemed that you would be blown away by a physical or emotional storm? What was your response to this temptation? Did you venture into its midst or retreat into the shelter of God's protective arms?

“_____ is my rock and my salvation: He is my defence; I shall not be moved. In _____ is my salvation and my glory: the rock of my strength, and my _____, is in God. _____ in Him at _____; ye people, pour out your _____ before Him: God is a _____ for us. Selah” (Psalm 62:6-8).

When a storm of temptation blows into your life, remember the words of Psalm 62. Pay attention to the phrase, “My soul waits in silence for God only.” In the photograph mentioned above, the bird was not chirping and fretting. Instead, it was resting quietly until the storm passed. His confidence was in the source of his protection.

“Surely men of low degree are vanity, and men of high degree are a lie: to be laid in the balance, they are altogether lighter than vanity. Trust not in oppression, and become not vain in robbery: if riches increase, set not your heart upon them. God hath spoken once; twice have I heard this; that _____ belongeth unto _____. Also unto Thee, O LORD, belongeth _____: for Thou renderest to every man according to his work” (Psalm 62:9-12).

God always hears your cries of distress. You can be assured that once you call for Him, He will be with you. You can release your anxieties and rest in Him until the storms and temptations die down.

Let's look at some Scripture to help fight temptation. Please write out the verses below:

Mercy: Psalm 103:13

Trust: 1 Peter 5:7

Today's Bible reading is Psalm chapter 62.

LESSON 20

WHAT ABOUT TEMPTATION AND SIN?

This week's Bible verse to memorize: Psalm 138:7

Though I walk in the midst of trouble, Thou wilt revive me: Thou shalt stretch forth Thine hand against the wrath of mine enemies, and Thy right hand shall save me.

Will I think, say, and do things that are wrong after I am saved? Yes.

“And Abraham journeyed from thence toward the south country, and dwelled between Kadesh and Shur, and sojourned in Gerar. And Abraham said of Sarah his _____, She is my _____: and Abimelech king of Gerar sent, and took Sarah. But God came to Abimelech in a dream by night, and said to him, Behold, thou art but a dead man, for the woman which thou hast taken; for she is a man's wife” (Genesis 20:1-3).

Abraham was faithful and always walked and talked to God, but there were also times in his life when Abraham lied and sinned, thinking of self and forgetting that God was in charge of his life. Did Abraham sin after he was saved? Yes.

“Then Abimelech called Abraham, and said unto him, What hast thou done unto us? and what have I offended thee, that thou hast brought on me and on my kingdom a great _____? thou hast done deeds unto me that ought not to be done. And Abimelech said unto Abraham, What sawest thou, that thou hast done this thing? And Abraham said, Because I thought, Surely the fear of God is not in this place; and they will _____ me for my wife's sake” (Genesis 20:9-11).

Will I be free from temptations? No. Every believer is tempted. On occasion, even the strong have failed. Abraham was strong and walked close to God, yet he failed. We will all fail until we get to heaven. Because we are human and have human desires, however, the Holy Spirit who lives in us will help keep us from failing.

“And the LORD spake unto Moses, saying, Take the rod, and gather thou the assembly together, thou, and Aaron thy brother, and speak ye unto the rock before their eyes; and it shall give forth his water, and thou shalt bring forth to them _____ out of the _____: so thou shalt give the congregation and their beasts drink. And Moses took the rod from before the LORD, as He commanded him. And Moses and Aaron gathered the congregation together before the rock, and he said unto them, Hear now, ye rebels; must we fetch you water out of this rock? And Moses lifted up his hand, and with his rod he smote the rock twice: and the water came out _____, and the congregation drank, and their beasts also” (Numbers 20:7-11).

Moses disobeyed, and he yielded to temptation. Temptation itself is not a sin, but yielding to it is. The Bible says in James 1:13-16, “Let no man say when he is tempted, I am tempted of God...” There is a price that you will pay for yielding to temptation.

“And the LORD spake unto Moses and Aaron, Because ye _____, to sanctify Me in the eyes of the children of Israel, therefore ye shall not bring this congregation into the land which I have given them” (Numbers 20:12).

Today's Bible reading is Numbers chapter 20.

LESSON 21

TEMPTATION: THE TESTING OF YOUR COMMITMENT

This week's Bible verse to memorize: Psalm 138:7

Though I walk in the midst of trouble, Thou wilt revive me: Thou shalt stretch forth Thine hand against the wrath of mine enemies, and Thy right hand shall save me.

During the stretching times of life, when God is testing you, He will teach you new and deeper truths about Himself, His purposes, and His promises. Difficulties are often painful, but they are always designed to be beneficial.

“By _____ Abraham, when he was called to go out into a place which he should after receive for an inheritance, _____; and he went out, not knowing whither he went. By faith he sojourned in the land of promise, as in a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise: For he looked for a city which hath foundations, whose builder and maker is _____” (Hebrews 11:8-10).

From a human perspective, times of testing can be baffling because you don't understand how anything good could result. Consider God's command that Abraham sacrifice his son. Abraham's early thoughts could have gone like this:

- **Unreasonable** – “God, I cherish my son above all else. How could You ask this of me?”
- **Untimely** – “Why now, Lord? My son is still young. He is the one through whom my descendants are to come.”
- **Unfair** – “It's not right that you ask this of me. Haven't I left my home and friends to follow You?”
- **Unbearable** – “This is too hard for me. I cannot take this pain.”

Abraham rejected that kind of thinking. Instead, he trusted God and refused the temptation to turn away. The trial revealed Abraham's unshakable commitment to the Lord's plan.

“Through faith also Sara herself received strength to conceive seed, and was delivered of a _____ when she was past age, because she judged Him _____ who had promised. Therefore sprang there even of one, and him as good as dead, so many as the stars of the sky in _____, and as the sand which is by the sea shore innumerable” (Hebrews 11:11-12).

Knowing which circumstances will help you grow, our Father asks you to exercise faith and choose His way rather than yielding to temptation. Recalling His unending love and wholehearted commitment to His children will help you do this. Be assured that God makes no mistakes in His dealings with you.

“By _____ Abraham, when he was tried, offered up Isaac: and he that had received the _____ offered up his only begotten son, Of whom it was said, That in Isaac shall thy seed be called: Accounting that _____ was _____ to _____ him up, even from the dead; from whence also he received him in a figure” (Hebrews 11:17-19).

Imagine Abraham's joy when the Lord provided a ram as a sacrifice in Isaac's place. You will receive the same reward of spiritual joy when you remain steadfast and do not yield to temptation. What will you do during times of testing?

Let's look at Scripture to help fight temptation. Please write out the verse below:

Peace: Psalm 37:37

Today's Bible reading is Hebrews chapter 11.

LESSON 22

TEMPTATION: MOTIVATION FOR COMMITMENT

This week's Bible verse to memorize: Psalm 138:7

Though I walk in the midst of trouble, Thou wilt revive me: Thou shalt stretch forth Thine hand against the wrath of mine enemies, and Thy right hand shall save me.

Although Daniel was living as a captive in Babylon, he resolved in his heart not to violate God's laws, and he never wavered from his commitment. What motivated this young man to live out such a pledge?

"And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes; Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans. And the king appointed them a daily provision of the _____, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king. Now among these were of the children of Judah, _____, Hananiah, Mishael, and Azariah..." (Daniel 1:3-6).

Daniel's deep love for the Lord made him determined not to defile himself with the king's food and wine. Dedication to God means choosing to be set apart to love, worship, and obey only Him and not to yield to temptation. It is declaring, "Lord, every part of me is yours. I want what you want." When you keep the Lord Jesus as the center of your focus, your heart will overflow with thanksgiving, and you will be motivated to stand firm.

"But Daniel _____ in his _____ that he would not _____ himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. Now God had brought Daniel into favour and tender love with the prince of the eunuchs" (Daniel 1:8-9).

If Daniel outrightly refused to eat the king's food, he would likely have lost his life. So he and his friends turned to God for direction instead of yielding to temptation. The Lord gave them the wisdom they needed to develop an alternative plan.

"And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, _____ thy servants, I beseech thee, ten days; and let them give us _____ to eat, and _____ to drink" (Daniel 1:10-12).

Notice there were no loud demands, no arguments, and no rebellious spirits. Their behavior was marked by trust in God and dependence upon Him. Jesus promises that the Holy Spirit will give you guidance and understanding, too (John 16:13). When you listen closely to His direction, you will be motivated to act.

"Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared _____ and _____ in flesh than all the children which did eat the portion of the king's meat" (Daniel 1:13-15).

Today's Bible reading is Daniel chapter 1.

LESSON 23

STAYING COMMITTED TO GOD WITHOUT YIELDING TO TEMPTATION

This week's Bible verse to memorize: Psalm 138:7

Though I walk in the midst of trouble, Thou wilt revive me: Thou shalt stretch forth Thine hand against the wrath of mine enemies, and Thy right hand shall save me.

Through daily prayer and meditation upon God's Word, you can keep your eyes centered upon Christ, your ears tuned to His voice, and your heart motivated to obey. You'll be able to make the same wholehearted commitment Daniel did and not yield to temptation. How eager are you to do God's will?

"I am crucified with Christ: nevertheless I live; yet not I, but _____ liveth in _____: and the life which I now live in the flesh I live by the _____ of the Son of God, who loved me, and _____ for me" (Galatians 2:20).

Daniel was living in a pagan society whose values were opposed to God's. Because of his devotion to the Lord, the young man was able to hear divine direction and maintain his spiritual zeal.

"As for these four children, _____ knowledge and skill in all learning and _____: and Daniel had _____ in all visions and dreams. Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar. And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king" (Daniel 1:17-19).

Daniel was also motivated by an expectation that God was at work. As he faced an uncertain future, he refused to give in to temptation. Daniel and his friends wisely performed the task assigned to them and trusted the Father for their future. The Lord desires followers like them—people who commit themselves to Him without reservation, who let the Holy Spirit empower them to take risks, and who say yes to serving God in unexpected places and ways.

"And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times _____ than all the magicians and astrologers that were in all his _____" (Daniel 1:20).

Daniel and his friends also desired to have a strong witness before others. When pleasing God is your goal, you will find yourself empowered to follow Him and not yield to temptation.

"Now the word of the LORD came unto Jonah the son of Amittai, saying, Arise, _____ to _____, that great city, and cry against it; for their wickedness is come up before me. But Jonah rose up to flee unto _____ from the presence of the _____, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the LORD" (Jonah 1:1-3).

If resisting temptation is distasteful or hard, you may falter. If this is the case, God will then use pressure to move you along. Daniel did not waver, but Jonah did. The Lord's relentless pursuit motivated Jonah to turn back toward Him and agree to witness to Nineveh. God uses the Holy Spirit, people, and circumstances to push you to the place He wants you to go. Ask the Lord to help you be fully committed to Him and to live out that pledge every day.

Today's Bible reading is Jonah chapter 1.

LESSON 24

TEMPTATION: NO SUBSTITUTES ALLOWED

This week's Bible verse to memorize: Psalm 138:7

Though I walk in the midst of trouble, Thou wilt revive me: Thou shalt stretch forth Thine hand against the wrath of mine enemies, and Thy right hand shall save me.

The story of Jonah's resistance to the Lord's calling is legendary. But isn't it unfortunate that God had to go to such extreme measures to get His prophet to obey? What will God have to do to you for you to obey?

"Then Jonah _____ unto the LORD his God out of the fish's belly, And said, I cried by reason of mine affliction unto the LORD, and He _____ me; out of the belly of hell cried I, and Thou heardest my voice. For Thou hadst cast me into the deep, in the midst of the seas; and the floods compassed me about: all Thy billows and Thy waves passed over me" (Jonah 2:1-3).

Jonah did what we all sometimes try to do—substitute our plan for God's. There are times when you know what the Lord has in mind, but you yield to temptation anyway. Then, whenever you pray, it seems He brings up the issue you have been trying to avoid. The pressure to act never subsides until you decide either to do what God asks, or until you quit praying.

"And the LORD _____ unto the fish, and it vomited out Jonah upon the dry land" (Jonah 2:10).

Anything short of complete obedience is disobedience. If getting you to learn this principle requires that you be swallowed up by whale-sized trouble, God will allow it in your life.

"And the word of the LORD came unto Jonah the second time, saying, Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee. So Jonah arose, and went unto _____, according to the word of the Lord. Now Nineveh was an exceeding great city of three days' journey" (Jonah 3:1-3).

The Lord is not focused on your convenience or comfort; He is focused on conforming His children to Christlikeness and using them to spread the Gospel throughout the world.

"And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown. So the people of Nineveh _____, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them" (Jonah 3:4-5).

When you resist God's perfect plan for your life because of what it might cost you in wealth, time, or social status, you fall deeper into the belly of temptation and distress.

"But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them _____ every one from his _____, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from His fierce _____, that we perish not? And God saw their works, that they turned from their evil way; and God repented of the evil, that He had said that He would do unto them; and He did it not" (Jonah 3:8-10).

The moment you repent and commit to obey, you are purged from the self-imposed prison of disobedience and temptation. Following the Lord's plan for your life is the way to peace and joy.

Today's Bible reading is Jonah chapter 3.

LESSON 25

REVIEW (PART I)

This week's Bible verse to memorize: Psalm 138:7

Though I walk in the midst of trouble, Thou wilt revive me: Thou shalt stretch forth Thine hand against the wrath of mine enemies, and Thy right hand shall save me.

Multiple Choice

Read each question carefully, then mark the correct answer. There is only one correct answer to each question. The questions are based on Scripture and the lessons in this book.

1. What should we do when we fall into diverse temptation?
 - a) Try harder to avoid bad situations
 - b) Count it all joy
 - c) Pray about it
2. For we wrestle not against what?
 - a) Flesh and blood
 - b) The power of man
 - c) Satan and sin
3. Greater is He that is in you than:
 - a) All of the riches of the world
 - b) He that is in the world
 - c) All of man's power
4. Jesus was tempted by what?
 - a) God the Father
 - b) The world
 - c) Satan
5. To fight temptation you must do what?
 - a) Put on the armor of God
 - b) Read your Bible every day
 - c) Go to church
6. You should not speak evil to whom?
 - a) Your pastor
 - b) Your wife or husband
 - c) One another
7. What did David see from his roof?
 - a) A ball of fire
 - b) His throne
 - c) A woman washing herself
8. Who cast their eyes upon Joseph?
 - a) The woman at the well
 - b) Potiphar's wife
 - c) Potiphar
9. Is temptation a sin?
 - a) Sometimes
 - b) Always
 - c) Never
10. Let no man say he is tempted of whom?
 - a) God
 - b) Satan
 - c) Man

Today's Bible reading is Romans chapter 10.

LESSON 26

REVIEW (PART II)

This week's Bible verse to memorize: Matthew 28:20b
...and, lo, I am with you always, even unto the end of the world. Amen.

True or False

Read each statement below carefully, then enter "true" or "false" in the blank. The statements are based on Scripture and the lessons in this book.

1. God hath delivered us from the power of darkness. _____
2. Arm yourself with the Word of God. _____
3. You should make provision for the flesh. _____
4. Sin will have dominion over the Christian. _____
5. Ye are of God, little children. _____
6. I can do all things through Christ. _____
7. All things work together for good of God. _____
8. One of the sources of temptation is the lust of the flesh. _____
9. God is able to tempt you. _____
10. Jesus was never tempted when He was on the earth. _____
11. We should watch and pray that we enter not into temptation. _____
12. We should be of good courage, and He (God) shall strengthen our hearts. _____
13. You can get away with sin sometimes. _____
14. Temptation is a sin. _____
15. Christ should be magnified in my body. _____
16. God is my rock and my salvation. _____
17. I will say, think, and do things that are wrong after I am saved. _____

Today's Bible reading is 1 Corinthians chapter 10.



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