

TIME OUT !!

1. Is it a sin to be tempted?
2. What ways have you used to resist temptation in your life?
3. The Bible says God always provides a way of escape in temptation. Can you remember how God provided ways of escape when you were tempted?
4. Temptation can be a way for you to grow strong spiritually if you learn to resist it. Can you tell how you have grown since you have started to resist temptation?

NOTES AND “QUOTES”

Strength is seen when pressure is applied. When you are strongly tempted is the time to let God be seen in you.

How to Resist Temptation

KEY IDEA:
“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”



In any conflict it is wise to know your opponent. The Bible shows in *Ephesians* 6:12, that we as Christians are in battle against Satan and sin in the world. To gain spiritual victory, we must learn:

1. To recognize Satan at work and
2. How to resist him during temptation.

In this lesson we will see how the Bible says to resist temptation.

FIRM FOUNDATION CLASS Lesson 3

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Fill in the blanks to discover descriptions of Satan and how to recognize him.

1. *John 8:44* says Satan "...was a _____ from the beginning, ...When he _____, he speaks his native language, for he is a _____ and the father of lies."
2. *Matthew 4:1* shows "Then Jesus was led by the Spirit into the desert to be _____ by the _____"
3. *1 Peter 5:8* warns Christians, "Be self-controlled and alert. Your _____ the devil prowls around like a _____ looking for someone to devour."
4. *Revelation 12:9* describes him as "...that ancient serpent called the _____, or _____, who _____ the whole world astray."
5. In *Revelation 12:10* we learn that in the end, there will be rejoicing because "...the _____ of our brothers, who _____ them before our God day and night, has been hurled down."
6. *Matthew 13:19* reveals what Satan does when the Word of God comes to some people. "When anyone hears the message about the kingdom and does not understand it, the _____ comes and _____ away what was _____ in his heart..."

MULTIPLE CHOICE: All answers are correct, but underline only the answer that corresponds with the scripture reference.

1. In *Daniel 1:8*, Daniel as a young man was able to resist temptation because
(1) He had good morals, (2) He prayed every day, (3) He was a good witness,
(4) He had purposed in his heart he would serve God.

2. *Proverbs 4:14* says another way to help in resisting temptation and sin is (1) to stay away from evil ways and places of temptation, (2) Desire to please God continually, (3) Be filled with the Holy Spirit, (4) Give yourself completely to God.
3. *Philippians 4:8* shows that successful Christian living comes in resisting Satan and temptation in (1) Our financial affairs, (2) Our social life, (3) Our ethical life, (4) Our thought life.
4. *Matthew 4:4-10* shows Jesus resisted Satan, as we can, by (1) Continually praying, (2) Quoting the Bible (It is written), (3) Faithful church attendance, (4) Constantly learning Bible teaching and preaching.
5. *Isaiah 59:2* warns that surrendering to temptation and sin will (1) Hurt our own life, (2) Cost us our souls, (3) Break our fellowship with God, (4) Hurt others watching you.

MATCHING - Match up the correct statements with their scriptural reference for helps in resisting temptation.

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| _____ 1. <i>Isaiah 40:31</i> | A. Realize that Christ in us is greater than Satan, who would tempt us. |
| _____ 2. <i>1 Corinthians 10:13</i> | B. There is a reward to those who resist temptation. |
| _____ 3. <i>James 4:7</i> | C. Look at the life of Christ. He set the example for us. |
| _____ 4. <i>1 John 4:4</i> | D. Remember that God will always Provide a way to escape. |
| _____ 5. <i>Hebrews 2:18</i> | E. Surrender your life to God, fight the devil, and he will flee. |
| _____ 6. <i>James 1:12</i> | F. Wait on God to gain the spiritual strength you need to defeat temptation. |
| _____ 7. <i>Romans 6:23</i> | G. Remember what you earn from sin is death. |
| _____ 8. <i>Matthew 26:4</i> | H. If we sin, we will grieve the Holy Spirit of God. |
| _____ 9. <i>Ephesians 4:30</i> | I. Watch and pray. |