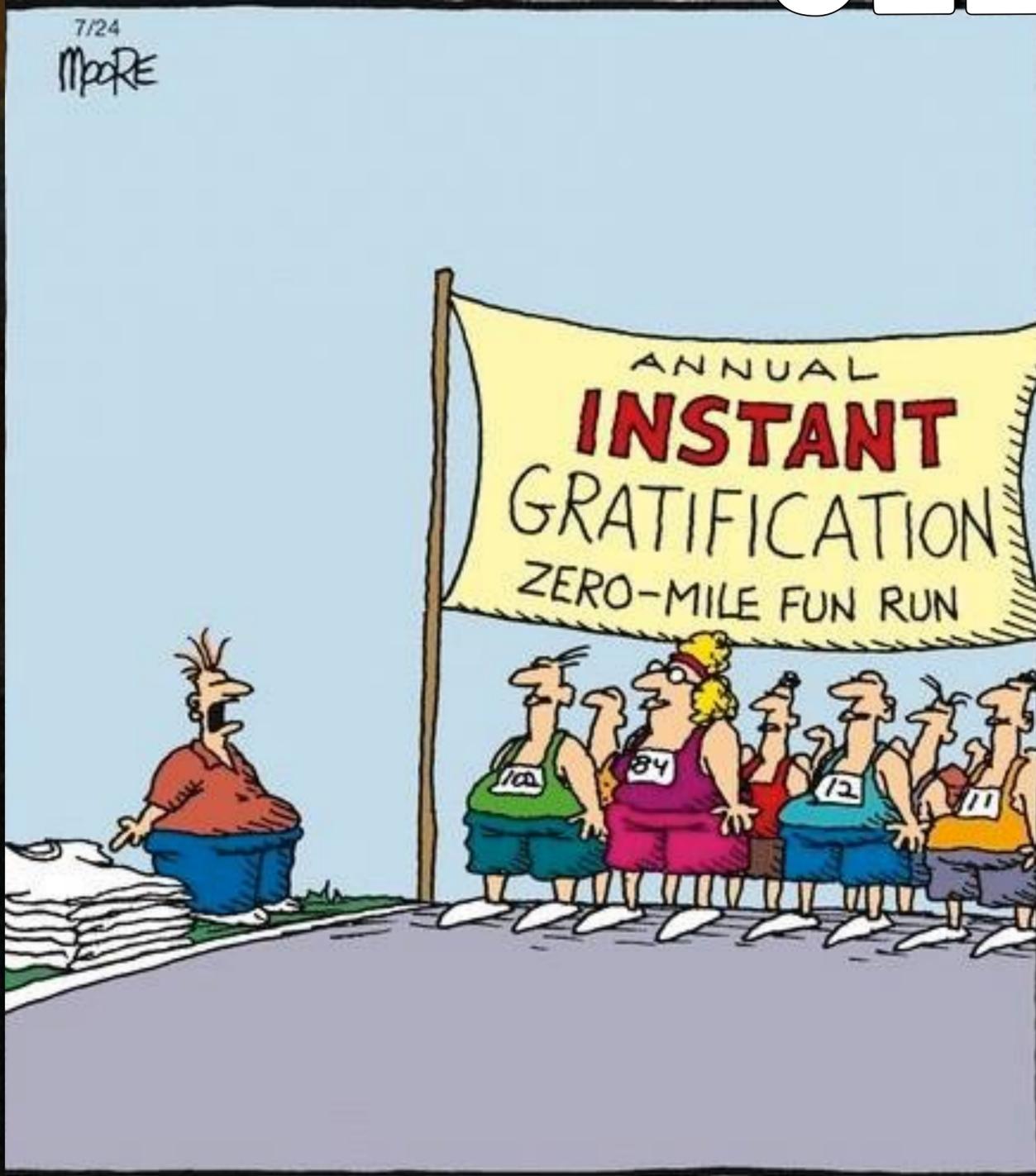




TESTING & TEMPTATION

SELF CONTROL



"Runners to your mark. Get set. Go! ... OK, come get your T-shirts."



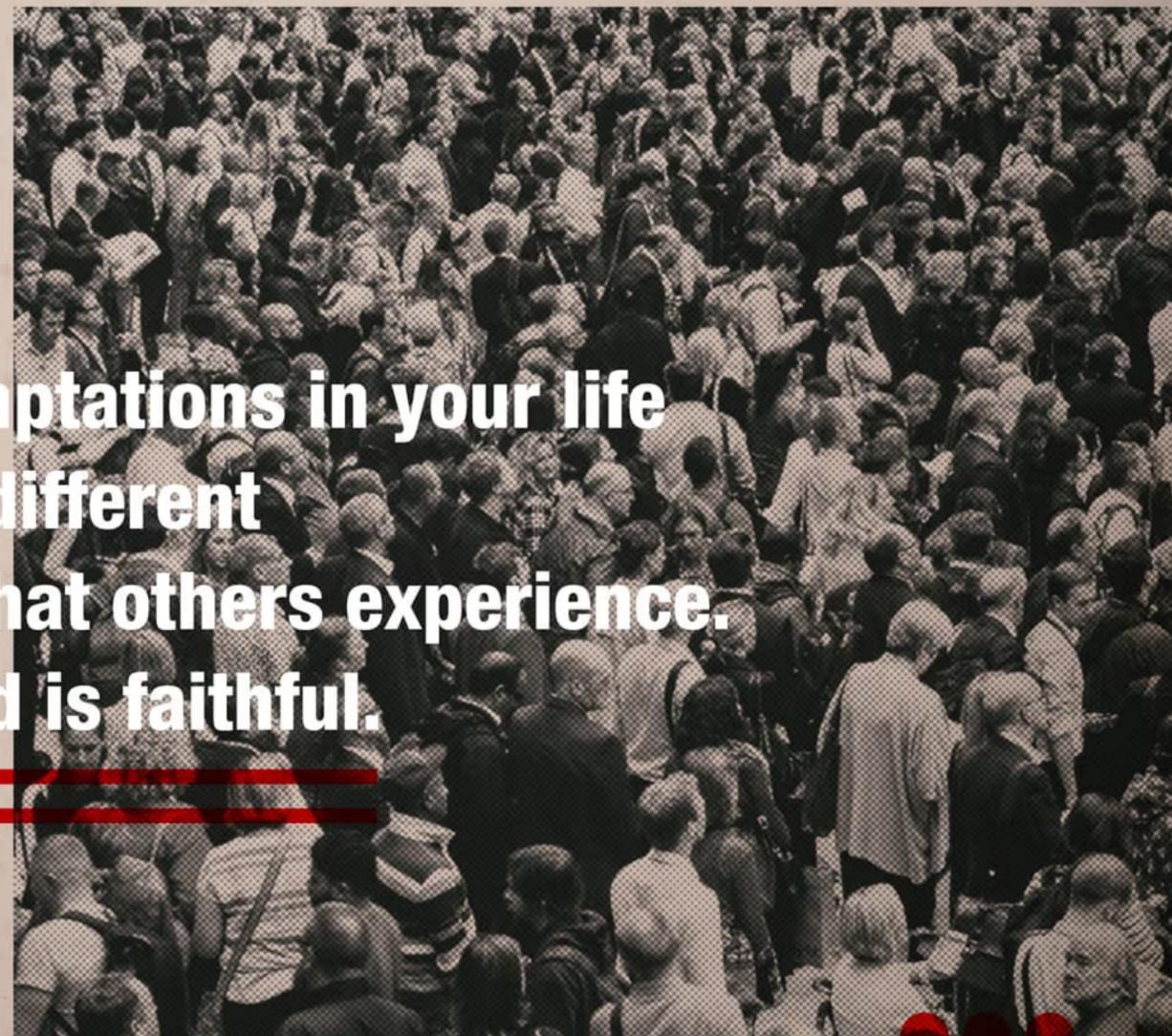
Following Jesus, under the power of the Spirit, should be evidenced by:

LOVE
JOY
PEACE
PATIENCE
KINDNESS
GOODNESS
FAITHFULNESS
GENTLENESS
SELF-CONTROL

Galatians 5:22-23

GARDEN TEMPTATION

**The temptations in your life
are no different
from what others experience.
And God is faithful.**



1 CORINTHIANS 10:13

GENESIS 3:6

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.



WILDERNESS TEMPTATION

FOR SINCE DEATH CAME THROUGH A MAN,
THE RESURRECTION OF THE DEAD
COMES ALSO THROUGH A MAN.
FOR AS IN ADAM ALL DIE,
SO IN CHRIST ALL WILL BE MADE ALIVE.

1 CORINTHIANS 15:21-22

FOR HE FACED
ALL OF THE

*same
testings
we do,*

YET HE DID
NOT SIN.

HEBREWS 4:15

COMMON TEMPTATIONS

FOR THE WORLD OFFERS ONLY
A CRAVING FOR PHYSICAL PLEASURE,
A CRAVING FOR EVERYTHING WE SEE,
AND PRIDE IN OUR ACHIEVEMENTS
AND POSSESSIONS. THESE ARE NOT
FROM THE FATHER, BUT ARE

FROM THIS WORLD.

1 JOHN 2:16

“**Lust**” can be translated
as “**desire, craving, or longing...**”

“**Pride**” can be translated
as “**a boastful swagger.**”

	Temptation of Eve (Genesis 3:4-6)	Temptation of Christ (Matthew 4:1-11 ; Luke 4:1-13)
Lust of the flesh The desire to fulfill pleasures, physical desires.	The fruit looked delicious and would be good to eat.	Turn the stones into bread.
Lust of the eyes The constant craving for more.	The fruit was a pleasure to look at.	Gain all the kingdoms of the world, as far as the eye can see.
The pride of life The desire for power or possessions.	The fruit was desirable for gaining wisdom; Eve wanted to “be like God.”	Throw yourself down and the angels will come and rescue you for God will not allow you to be hurt.

THE BATTLE WITHIN

TEMPTATION

COMES FROM OUR OWN

DESIRES, WHICH ENTICE

US AND DRAG US AWAY.

JAMES 1:14

SUBMIT YOURSELVES,
THEN, TO GOD. RESIST
THE DEVIL, AND HE
WILL FLEE FROM

YOU

JAMES 4:7

AN INVITATION

Matthew 4:4

But he answered, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds out of God’s mouth.’”

When you experience craving for something you have committed to give up, turn it into prayer... **“Lord, you are enough for me. I trust your provision. Help me desire you more than this.”**

YOU, GOD, ARE MY GOD,
EARNESTLY I SEEK YOU;
I THIRST FOR YOU,
MY WHOLE BEING LONGS FOR YOU,
IN A DRY AND PARCHED LAND
WHERE THERE IS NO WATER.

PSALM 63:1 NIV