

Christian Discipleship Guide



“And Jesus came and spake unto them, saying, ‘All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost. Teaching them to observe all things whatsoever I have commanded you; and, lo, I am with you alway, even unto the end of the world. Amen.’” (Matthew 28:18-20)

6. Overcoming Temptation and Sin

1. A famous preacher once said that, when a saved person begins to battle sin in his own life, he enters a combat so intense it makes *World War II* look like a Sunday School picnic. This truth is not always evident to us as young Christians, but as we grow spiritually, we get a deeper realization of the intensity of the struggle.
2. When we got saved, we became two people: (1) the old man in Adam's image that has a sinful nature and (2) the new man in Christ Jesus having God's image. We need to learn to combat the sin nature of the old man.
3. Sin is the breaking of God's law (*1 John 3:4*), any unrighteousness (*1 John 5:17*), or anything done apart from faith (*Romans 14:23*). We commit sin because we inherited a sinful nature from Adam (*Romans 5:12; 1 Corinthians 15:45-49*), because our old nature draws us into sin (*James 1:13-14; Romans 7:14-25*), and because of temptation in three major areas: the lust of the flesh, the lust of the eyes, and the pride of life (*1 John 2:15-16*). Jesus Himself was tempted in these three areas, yet He did not sin (*Hebrews 4:15*). To get a better understanding of these three major areas of temptation, let's compare the temptations of Eve to those of Jesus:
 4. First, Eve was tempted by "the lust of the flesh" when she saw that the tree of knowledge of good and evil was "good for food" (*Genesis 3:6*). Jesus was tempted in this point when Satan tried to get Him to turn stones into bread (*Matthew 4:3*).
 5. Second, Eve was tempted by "the lust of the eyes" when she saw the tree was "pleasant to the eyes." Jesus was tempted as well when Satan showed Him all the kingdoms of the world and promised to give them to Him in exchange for worship (*Matthew 4:8-9*).
 6. Third, Eve fell into the temptation of "the pride of life" when Satan told her that the fruit of the tree was "to be desired to make one wise." Jesus overcame Satan's temptation to cast Himself down from the pinnacle of the temple to prove the angels would take care of Him (*Matthew 4:5-6*).
 7. After we are saved, God looks at our sin as having been judged by Him and the penalty for it having been paid at Calvary by the blood of Jesus Christ (*2 Corinthians 5:21*). But, if we continue to sin, God will chastise us as a father chastises his son (*Hebrews 12:5-11*). God will allow us to reap according to what we have sown (*Galatians 6:7-8*).
 8. There are a number of ways that we can overcome sin.
 9. We need to understand that sin is our own fault. We need to accept responsibility for our sin. We will never correct anything until we face up to our responsibility (*Proverbs 28:13*).
 10. We cannot allow sinful thoughts to control our minds (*2 Corinthians 10:5*).
 11. We must not make provisions to fulfill the lusts of the flesh (*Romans 13:14*).
 12. We need to realize that we are dead to sin in Jesus Christ and must not serve sin (*Romans 6:6-13; Colossians 3:1-10*).
 13. We need to agree with God that sin is sin. We must judge our sin for the evil it is (*1 Corinthians 11:31-32*).
 14. We need to confess our sins to God and ask for His forgiveness (*1 John 1:9*).
 15. We need to fill our hearts and minds with God's Word to battle sin. The Bible says that God will not allow us to be tempted above what we are able to handle, and He will make a way for us to escape from temptation (*1 Corinthians 10:13*). The way of escape is the Word of God (*Psalms 119:9-11*). Jesus showed this to us by His example when He overcame His temptations from Satan by quoting Scripture. The only sure way of overcoming sin in our

lives is through the power of the Word of God as we embrace it in our hearts and apply it to our lives.

16. We need to trust God's promises to cleanse us and help us fight our battles (*2 Corinthians 7:1; Hebrews 4:15-16*).
17. We need to learn to walk in the power of the Holy Spirit (*Galatians 5:16-25; Romans 8:1-8*).
18. We cannot involve ourselves with sinful activities. Of course, we have to associate with unsaved people in order to try to win them to Christ, but we cannot get involved in their sin (*Ephesians 5:5-12*).
19. We must separate ourselves from the ways of the world and follow the Lord Jesus Christ (*James 4:4; 2 Corinthians 6:14-18*). We need to realize that "separation" is also a positive thing. Not only are we to be separate from worldly things, but we are to separate ourselves unto the gospel (*Romans 1:1*).
20. Understanding and overcoming temptation in a believer's life is one of the most practical and essential truths we can learn. Remember that "Great men are not always wise..." (*Job 32:9*), so we need to prepare ourselves with God's defense, and then we will be able to stand strong in the evil day.

21. **Questions:**

22. Give three definitions of sin.

23. _____

24. _____

25. _____

26. All sin originates from one of three categories. List the three that are found in *1 John 2:16*.

(1) _____ (2) _____ (3) _____

27. Why must we accept responsibility for our sin? (See *Proverbs 28:13*)

28. **Additional Scripture Verses:**

Genesis 3:6; Psalm 119:9-11; Proverbs 6:16-19; Matthew 4:3-11; Romans 1:1; Romans 6:6-13; 1 Corinthians 10:13; 1 Corinthians 15:45-49; 2 Corinthians 6:14-18; 2 Corinthians 10:5; Colossians 3:1-10; Hebrews 4:15; James 1:13-14; 1 John 2:15-16.