

06132021 Overcoming Temptations....as we have studied Temptations are a common part of life for everyone: [what is temptation?](#) The word "temptation" refers to a deceptive offer to commit an act of sin which appeals to an individual disguised as advantageous but in reality a [destructive act](#). Usually precipitated by frustration, anger, loneliness, curiosity, impatience, a desire to escape pain, a fear of loss, or a short cut to pleasure or accomplishment.

Temptation begins in the mind by enticing us to believe certain thoughts to be true...when in reality they are lies....

- **temptation seeks to find a place where I kind of agree with it as a viable solution to a perceived problem... whether a perceived wrong, a negative or positive circumstance, frustration...pain...loss...**
- 1. Temptation is always an attack on identity...labels you**
 - 2. Satan operates from the perspective... Everyone has their price... to leave God**
 - 3. Temptations distort the word of God... by lying to us and telling us we can test God...or God should operate the way we want him too..**
 - 4. Someone before you has successfully dealt with a similar temptation**
 - 5. Help comes through God and other foreigners traveling this path before us**
 - 6. We have God's manual on how to live while on earth His Book, which is a gift from Him to each of us....**
 - 7. We have God's Spirit who will teach us all things**

All of these ways to overcome temptation require one to be proactive...I have to actively use them...but before you will actively use them you have to believe they will enable you to overcome. **which takes us to number eight**

8. My thinking has to be transformed...

Roms 12:2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. ...

the word of God changes the way I think! however this Information must be applied to be effective, and in order for it to be applied, I have to believe it will work! information without application gains me nothing...My thinking has to change for my actions to change!

- **The mind is where we decide on what we believe... Whatever thoughts I think are true..those are the ones I will believe ...no matter the evidence to the contrary..**

James tells us something very important

James 3:2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

- the first part we all get very well..we all stumble in many ways..
- but the second is very interesting, James tells us **the person who is right in their speech** is perfect or whole ...and as a result of that can keep their body in check...or control what they do...
- Do you know your thoughts are words? Your thoughts are self talk...
- Let me ask you a question... Who do you have on a daily basis the most conversations with?...the correct answer is yourself...so it is most important to examine what you talk to yourself about ...and how you talk to yourself...and the tone you use on yourself...
- You know some of us are good company to our selves ..
- and some of us are horrible company to our selves...that is why some of us don't like to be alone...were not good company...
- that is why some of us are uncomfortable in our own skin...we have a dangerous thought life...

For Proverbs 23:7 For as he thinketh in his heart, so is he...(KJV) is true"

Our life expresses loud and clear the result of our dominant thoughts.

Listen....You win the mind battle you win the war over temptation, and therefore win the life battle!!

- **You have to change your way of thinking and your thought patterns if you are going to change your behavior.**
- **Your thought life is the place where the everyday battle of life rages...and it can be won!!**

Listen to this example...about the power of our thinking to control us even to our detriment..

On Sunday, February 18, 2001, NASCAR lost one of its greatest drivers. Dale Earnhardt Sr., also known as "The Intimidator," was in third place on the last lap of the Daytona 500 when his car was tapped from behind and sent head-on into the wall at 180 mph.

In a matter of moments it was evident something was terribly wrong. Dale Earnhardt died in the crash. On the following Monday an autopsy report revealed he had died of blunt force trauma to the head.

it is believed that if Earnhardt had been wearing the HANS (Head and Neck Safety Device) he would have survived the crash. Although this device was available, Earnhardt, like many other drivers that day, neglected to use it. His neglect of this safety device probably cost him his life.

- **Dale is no different than any one of us... He had a choice to believe the testing and information that wearing proven protection for his head and neck would greatly increase survival from what would have previously been a fatal accident...the information was there...it was proven to work...it was the truth...**
- **But Dale did not think that protection was needed in his case, after all Dale had been driving for many, many, years...he did not consider a new HANS safety device...advantageous to his health.... he already had survived many, many, many, races...why change...this is the way he always drove...it was good enough according to his thinking.**
- **Well he had an understanding of car racing that did not include new protective wear...or at least this new protective wear...**

- In Dale Earnhardt's thinking ...he did not believe it necessary nor really advantageous to wear better head gear to protect his skull and brain in case of an accident than he already wore. **So he acted in accordance with that belief...**
- Sadly, his **belief** on accidents and head protection was faulty...

He had information but his own reasoning (the words he spoke to himself) convinced him to believe something as truth ...that was not!! He chose to believe his own version of reality ... over what was really true reality...and paid a great price for that believing that lie!!!!

- **No slam on Dale...we can all relate to that kind of thinking!! for we all have done it!! Something is obviously not working or not even not true...but we hold on to it anyway...thinking this is the way I always did it...and it should work...and if it doesn't work I will be able to handle the consequences later**
- **Why do we do this? because We tend to think our perceptions are objective and true regarding the validity of information even information from God... therefore whether we apply God's information and rely on his power and ways ... is still contingent upon our evaluation of the of those ways falsely believing we are objective and wise in our evaluations... we may not say that ...but that is why we reject new way, which conflict with our previous ways...**
- **listen we are all tainted and prejudiced and have limited knowledge...therefore quite were fallible, and ignorant.... quick to prejudice as not workable or productive without ever working it to the point of producing something different .**
- **The mind is where we decide on what we believe... Whatever thoughts I think are true..those are the ones I will believe ...no matter the evidence to the contrary..**
Paul calls this thinking human reasoning...

*2 Corinthians 10:*³ *We are human, but we don't wage war as humans do. NLT*

- We are human, of course means that we are still in our physical bodies in the physical world.
- So humans battle our problems **as the world has formed us... What are the weapons of the world...Hate, unforgiveness, Jealousy, envy, Pride, rage, violence, lust, power, position, controlling others, selfishness, stealing, running away, cheating, lying, manipulation, fear, ... irresponsibility...temper tantrums..... blaming others for our actions**
- **or**

2 Cor 10: .⁴ *We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. NLT*

- **or we wage Battle as the Spirit directs us...**
- **What are the weapons of the Spirit... Divine Power, Patience, love, Peace, Joy, long suffering, self control, generosity, wisdom, forgiveness, faith , hope, encouragement...**
- **This is called the battle between the flesh and the Spirit**

Our experience as human beings has developed Strongholds in our Minds...beliefs that hold us strongly...even though they can be false and ultimately destructive

- **And we argue with ourselves if we try to change them...and usually lose the argument.**
- **Although these strongholds and arguments and were originally erected for our protection they become a source of torment and distortion, and hindrance to us because they war against the knowing or knowledge of God...and his way doing life ...**
- **How? by filtering and screening everything God word says through our past hurts, rejections and experiences...we find it impossible to believe God!**
- **We cannot believe he is really meaning what he is saying, or that what he is saying is actually good...or even will work?**

- We doubt his goodness and faithfulness since we judge him by the standards that people have set in our lives...
- This is what opens God's kids to deception...when I don't believe God...I will believe something or someone else...
- one cannot human reason their way into godly thinking...human reasoning is a built stronghold ...that can only be taken down by God power...
- what is a stronghold? A stronghold refers to a fortified city... These strong cities had a wall erected around them.. to keep them safe..
- These walls were the city's assurance of protection. They kept unwelcomed visitors and invaders out. All entrants were screened. Those who owed taxes were not allowed in until they paid.
- Those considered a threat to the city's safety or health were refused entry. When attacked the walls provided a safeguard for the people.

Paul tells us the same type of strong hold/walls are erected in our thinking to protect us from hurts and harm.

- We construct walls when we are hurt to safeguard **our hearts and prevent any further and future wounds and give us relief...**
- ***** But Every Stronghold needs guards....** those who keep us locked inside...thinking is for our best Those guards are the arguments, which crush my desire to do something different
- **And they possess a lot and varied AMMUNITION at their disposal...** they precisely fire the arguments of Past mistakes...past unsuccessful efforts... past botched plans, past heartaches, past disappointments, past failed relationships... and they know exactly which ones to use for maximum stopping power.
- **The sharp shooting rebellious thoughts...the snipers offering us a better way! which is always against God's will**

And without knowing exactly when it happens, these walls of protection built over the years become a prison ...holding us strongly inside. At that point we are not only extremely cautious about who's allowed in...but in terror we infrequently will not venture outside our fortress into something challenging or new.

- The walls built through woundedness are more unyielding..then a real fortified city! Incredible...but we can all attest to that.

Proverbs 18:19 An offended friend is harder to win back than a fortified city. Arguments separate friends like a gate locked with bars.

The result: Every time we try to let someone new in our strongholds or attempt to venture out thinking this is a good idea, they have a perfectly aimed shot or arugment why it won't work and is a bad idea....so we rebel against the idea... Rarely do they get ouwitted...

It takes Divine power to demolish them...and overcome the enemy guards

2Cor 10: 5 We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

- **So...Whatever prideful thought ...(I know better) which creates an obstacle an argument, that tries to hinder me from knowing what God wants and doing it... I blow up!**
- **and I capture every rebel thought ...put it in prison...making it obey God..**
- **Crucial to developing a Christian world- view is to conform all of our thinking, attitudes, and behavior to the authority and teaching of God's Word. Thus, in order to learn how to think and live bibli- cally, godly, and faithfully in today's world, it is imperative that we learn how to evaluate all ideas, thoughts, and view- points in light of Scripture.**
- **We are to demolish these anti-Christ arguments in our minds....not debate them, romancing them, nurturing them, but imprison them teaching teaching them obedience**

How do we do it? We take opposing thoughts captive... I take this thought captive in the name of Jesus.. disarm it by taking it captive...to obedience

- **For example a thought says don't tell... I tell...don't go to God...I go to God...don't read the word..i read the word...give in, I fight....the temptation battle should be short...I prepare for a long battle... overcoming temptations should be easy, I am ready for a hard battle... why? I win!!**
- **Then we will be Free to live the life God has for us...not entrapped in a prison of our own making!!**
temptations thoughts lose their power when confronted taken captive and exposed...

Cast the thoughts out that are not of God, and you start to build a new stronghold based on His words.... 1)We Believe God... then learning to live in it! then our thinking changes...

then our lives start to become transformed!

Roms 12:2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

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