

**Session 1**

# **DEALING WITH TEMPTATION**

---

## Learn

Ok, so you are considering an abstinence commitment...and you are excited to live out your commitment in the real world. But, make no mistake, you are about to be chased down by enemy #1...TEMPTATION! No one gets through life without facing many forms of temptation, not even Jesus.

### What's the point?

Temptation itself is not a sin, but falling into it is. After all, Jesus himself was tempted, yet he never sinned. So, if you don't want to fall into temptation, you will need to learn how to quickly **recognize** when you are being tempted and **avoid** situations that will lead you down the wrong road. When you do find yourself in a tempting situation, you will need to learn to **minimize** its effects by depending upon God's power and not your own strength. In doing so, you will not allow temptation to establish foothold in your life.

---

## Reflect

### Key Scripture - "He will provide a way out"

#### **1 Corinthians 10:13 NIV**

*<sup>13</sup>No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.*

#### **James 1:13-15 NIV**

*<sup>13</sup>When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone;<sup>14</sup>but each one is tempted when, by his own evil desire, he is dragged away and enticed.<sup>15</sup>Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.*

## Answer

1. Describe a time when God provided you a way out of a tempting situation?
2. Discuss the importance of the word “**when**” vs. “**if**” in James 1:13.
3. God does not tempt us. Why do you need to know this?
4. Where does temptation come from and where does it lead to when left unchecked?
5. Why do you think God allows us to be tempted...Are there any benefits?

### Recognize

Start out by listing some common temptations that you may have encountered in the past or ones you expect to be faced with when living out your abstinence commitment.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Reflect

### True Story - "One day you will crack"

Back in November, I went to a Silver Ring Thing Show, and it has changed my life completely. I've always been the shy "good girl". People are constantly telling me "One day you WILL crack", and you WILL have sex before marriage and do other stuff", or they say, "you CAN'T keep up this goody two-shoes act forever!"

After seeing the SRT show, something clicked, and I decided I had had enough of people telling what I CAN'T do. Hearing the speakers gave me the courage to step out of my comfort zone and stand up for myself. I realized I have the power to do anything that I put my mind to, and I'm not alone out there.

I have always known that God is there to support me, but now I'm ready to prove all those boys wrong, and show them I can stay pure. Since the Silver Ring Thing event, I have become more confident, & I won't allow people to say those kinds of things to me.

I am my own person, and I can definitely stand up for what is right. Ever since I put my silver ring on, it has not left my finger, and it WILL stay there until marriage. Thanks for inspiring me to stay pure.

God Bless! Jenna

### Key Scripture - "Stand firm in the faith"

Once you have **recognized** temptation, you must make a conscience effort to **avoid** it. Scripture offers us this timely advice:

#### 2 Timothy 2:22 NLT

*<sup>22</sup>Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.*

### **1 Peter 5:8-10 NIV**

<sup>8</sup>Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup>Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. <sup>10</sup>And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

**Yeah, it's hard to do this.... But you're not alone! There are over 160,000 teenagers who have put on the SRT ring and have committed to abstinence!**

### **Hebrews 12:1-2 NLT**

<sup>1</sup>Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, **especially the sin that so easily trips us up.** And let us run with endurance the race God has set before us. <sup>2</sup>We do this by keeping our eyes on Jesus...

**You Can Do This...With God's Help! So What's Next?**

## Learn

### **Avoid**

Avoid situations that will lead you down the wrong road:

- 1. Beware** of unplanned situations; Satan always has a plan for you.
- 2. Beware** of doing stupid things before you do them
- 3. Beware** of the company you keep
- 4. Beware** of what you download
- 5. Beware** of idle time, it's the devils workshop
- 6. Beware** of being in the wrong places
- 7. Beware** of the things that pull you down; Identify, avoid & eliminate them
- 8. Beware** of what you wear; "Don't advertise what you're not selling"
- 9. Beware** of flirting; Don't be a tease
- 10. Beware** of starting a relationship with people who "appear" to share your values

---

## Answer

---

### Your Thoughts

Using the list from the previous page, identify 3 “Beware’s” that would most likely cause you to fall into temptation and write the corresponding number in the blanks below. After identifying your areas of weakness, write a one sentence strategy for how you plan to avoid these pitfalls in the future.

**Beware #** \_\_\_\_\_

**Beware #** \_\_\_\_\_

**Beware #** \_\_\_\_\_

---

## Reflect

---

### Key Scripture - “Capture rebellious thoughts”

#### **2 Corinthians 10:5 NLT**

*<sup>5</sup>We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.*

#### **Take evil thoughts captive:**

When an evil thought comes into your mind, you must first recognize it, and then stop it cold, by requiring it to be submitted to Jesus Christ. You have a very short window to make the decision not to sin with regard to that thought. After that point, you're much less likely to stop resisting and give into temptation.

---

## Answer

---

### Your Thoughts:

When we think about sexual sin, more often than not we focus on the physical side of things. However, many times it's the **memories** of poor choices we've made that continue to haunt us long after the fact.

- 1. Be Honest:** Are you struggling with some past sexual memories in your daily thought life?  Yes  No
  
- 2.** If so, what steps can you take to erase these memories from your mind?

---

## Learn

---

### Minimize

Here are some strategies to consider, in order to minimize the effects of temptation. Depend upon God's power and not your own strength. In doing so, you will not allow the temptation to establish a firm foothold in your life. Consider this...Two thoughts can not occupy the mind at the same time. Change the thought that is tempting you, even if it means doing something silly like singing, "Row, Row, Row Your Boat..." to replace the thought. Try it, it actually works!

### In Addition:

**Don't** rely on your own thinking, know God's word; Satan does not argue with scripture, he walks away

**Don't** take your relationship with the Lord for granted; Be in the word, and be in prayer

**Don't** try to be a hero; Enlist friends who can help you when your struggling

**Don't** buy the lie that you're the only one struggling; Meet with your accountability partner

**Don't** allow your emotions to dictate your actions; Use your brain

### Beware of the “Bird of Temptation”

When the “bird of temptation” lands on your head, you have two choices. You can “shoo” it away immediately, or you can allow it to linger for a while. If you allow the “bird of temptation” to linger, eventually it will build a nest. If you don’t remove the nest, the bird will lay eggs that will soon give birth to more “birds of temptation.” Eventually, you will have a full scale family of temptation on your head, raising havoc and dropping all kinds of garbage in your face. Before you know it, you’re in “over your head” so to speak. If you’re not alert, these temptations will come back year after year to roost, making it extremely difficult to free yourself from the resulting sin, once it has established its nest in your life.

### Commit to the Plan:

- 1. Recognize** temptation immediately and understand who is tempting you.
- 2. Avoid** temptation by being aware of situations that will lead you down the wrong road.
- 3. Minimize** the effects of any temptation that causes you to stumble by depending on God’s power and not on your own strength.

**Quote Scripture** to the “bird of temptation” when it lands on your head, and it will fly away!