

**April 30, 2017**  
**Sermon Notes**  
**James 1:13-18**

Romans 7:15 NLT

15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

The Anatomy of Temptations:

1. Source
2. Steps
3. Solution

Common misconceptions about temptation:

1. Temptation is sin itself
2. We fall into temptation
3. God is displeased when we are tempted
4. When I am mature I will no longer be tempted

Genesis 3:12 ESV

12 The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate."

Proverbs 19:3 NLT

3 People ruin their lives by their own foolishness and then are angry at the Lord.

What is your strongest desire right now?

That is the point at which you are most susceptible to temptation.

"Sin never adds quality to our lives. Although there are the momentary pleasures of sin and the lust of the flesh, sin ultimately subtracts from our lives. When we sin, we are always losers and never gainers in relationship to the eternal."

What are the things you had to say "yes" to the last time you gave in to temptation?

Next time, say no at any one of those steps to avoid sin.

1 Corinthians 10:13 ESV

13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

The "ways of escape" God has provided in order for us to endure temptation:

1. His presence
2. His model
3. His guidance
4. His mission
5. His people

Hebrews 13:5 ESV

5 Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

Hebrews 2:17-18 ESV

17 Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. 18 For because he himself has suffered when tempted, he is able to help those who are being tempted.

Psalms 119:105 ESV

105 Your word is a lamp to my feet and a light to my path.

Hebrews 12:1 ESV

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

Hebrews 10:24-25 ESV

24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Which "tool" for enduring temptation do you need to add to your life this week?