

**Getting Past Temptation**  
**September 20-21**

*“For that which I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.” Romans 7:15*

**1. Predetermine my pattern of temptation.**

**A. \_\_\_\_\_ am I most tempted?**

**B. \_\_\_\_\_ am I most tempted?**

**C. \_\_\_\_\_ am I with when I’m most tempted?**

*“Do not be deceived: ‘Bad company corrupts good morals.’” 1 Corinthians 15:33*

**D. What temporary \_\_\_\_\_ do I get if I give in?**

**E. How do I \_\_\_\_\_ right before I’m tempted?**

**2. \_\_\_\_\_ to avoid it.**

*“Watch the path of your feet, and all your ways will be established. Do not turn to the right nor to the left; turn your foot from evil.” Proverbs 4:26-27*

**3. I must \_\_\_\_\_ the condition of my heart.**

*“Watch over your heart with all diligence, for from it flow the springs of life.” Proverbs 4:23*

**4. \_\_\_\_\_ for God’s help.**

*“Keep watching and praying, that you may not enter into temptation; the spirit is willing, but the flesh is weak.” Matthew 26:41*

*“Call to Me in the day of trouble; I shall rescue you, and you will honor Me.” Psalm 50:15*

*“For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin. Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and find grace to help in time of need.”* Hebrews 4:15-16

**5. I \_\_\_\_\_ my attention elsewhere.**

*“But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.”* James 1:14-15

*“We are taking every thought and make it obey Christ.”* 2 Corinthians 10:5

**6. Pick an \_\_\_\_\_.**

*“Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.”* Ecclesiastes 4:9-10

*“Therefore, confess your sins to one another, and pray for one another, so that you may be healed.”* James 5:16a

**7. I persist in believing I can \_\_\_\_\_.**

*“No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it.”* 1 Corinthians 10:13

*“Therefore, let him who thinks he stands take heed lest he fall.”* 1 Corinthians 10:12

*“The heart is more deceitful than all else and is desperately sick; who can understand it?”* Jeremiah 17:9