

1: Fighting Temptation while Fasting - Hope In The Healing With Nannette Elkins

And the fight of faith is the same as the fight to walk by the Spirit. and you will not gratify the desires of the flesh. You will have victory over temptation.

Related Media I recently saw a bumper sticker with the peace symbol around the border. It showed two children with their arms around each other. But as long as sin is in this world, we need arms not only to hug one another, but also to fight against enemies that seek to destroy us. As unpleasant as it is, the reality of life in this fallen world includes conflict. We all want peaceful lives. Perhaps you came to Christ because someone told you that in Him, you would find peace. In Christ, we experience peace with God Rom. Christ is the basis for peace between believers Eph. As much as is possible, we are to be at peace with all people Rom. And, in Christ we come to know a sense of inner peace, even in the face of tribulation, that we lacked before John. And, as every Christian knows, there is a fierce inner battle that goes on between the flesh and the spirit, the old man and the new Gal. If we do not learn how to overcome the strong inner urge to gratify the flesh, sin will take us captive and enslave us. Paul describes this war within in Romans 7: Others argue that Paul is describing the ongoing battle that he was experiencing as he wrote. Even mature believers have to fight this battle against indwelling sin as long as they live. While I agree that mature believers must fight a continual battle against indwelling sin the flesh or the old sin nature , I disagree that such a description adequately explains these verses. Paul is not just describing a battle here, but a losing battle. He describes himself as 7: He was a prisoner of the law of sin 7: We looked at the first two cycles 7: Now we come to the third time around the merry-go-round, which follows the same three-fold progression: Fact, proof, and conclusion: I reject the view that he was writing primarily about his struggle as a mature believer because while mature believers struggle with sin and sometimes lose the battle, they do not live in perpetual defeat and bondage to sin. I contend that these verses primarily describe an immature believer who has not yet come to understand that he is no longer under the law, but under grace. He has not yet learned to rely on the indwelling Holy Spirit to overcome the lusts of the flesh. There is no mention of the Spirit here, but much is said of the Spirit in chapter 8. But at the same time, the war that Paul describes here does go on, even for mature believers. The difference is that while sin is winning the war in chapter 7, Paul through the Holy Spirit is winning against sin in chapter 8. We do not have to yield repeatedly to sin, which is the frustrating cycle that Paul describes here. This third cycle teaches us: To win the war within, we must understand the magnitude of the inner conflict so that in despair we cry out to God for deliverance. Who will deliver me from the body of this death? So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin. I see three lessons in our text: To win the war within, we must understand the nature and magnitude of the conflict between indwelling sin and the new man. The Christian life is a constant battle against the world, the flesh, and the devil. Here the focus is on the flesh. He discovered this truth in the school of hard knocks. And so he portrays here the two combatants in this battle. We can picture them as boxers: The reigning champion, the old man, waging war in my members to make me a prisoner. Paul uses several terms here to describe the evil within. While they have different nuances, they basically describe the same thing: All of these terms refer to the old man and its method of operation. The old man is not eradicated at conversion, but continues to be corrupted according to the lusts of deceit Eph. As we saw last time, positionally the old man was crucified with Christ, in order that our body of sin might be done away with Rom. But practically, we have to reckon this to be true in our daily experience by putting it off Rom. Note how the old man operates: The old man the flesh, indwelling sin operates according to a law. In this sense, it rules us and with authority tells us how to live although wrongly! It promises rewards if we obey it: It operates as a law, commanding us, threatening us, and enticing us. The old man operates by waging a cunning, relentless war. In other words, sin is subtle and cunning. It lures you into traps where you get ambushed. It keeps coming at you until it brings you down. The old man operates through our bodies. We need to be careful here or we could fall into an error that became prevalent in the early church. Gnosticism taught that the body is inherently evil, whereas the spirit is good. This led to two different extremes. Some said that since the body is evil, we must treat it harshly by depriving

ourselves of food, comfort, and physical pleasure. This is asceticism, which Paul strongly condemns Col. The other extreme was that some said that since the body is evil anyway, you might as well indulge it. What the body does is unrelated to the spirit. So you could indulge in sexual immorality, but at the same time claim that your spirit was not in sin. Since Paul elsewhere clearly denounces these errors, we would be mistaken to take his teaching here in that way. Rather, he is saying that the law of sin works through his physical body and manifests itself in evil deeds. But it takes his entire person captive 7: In this sense, by his members, Paul means his flesh 7: Temptation always begins in our minds, but it appeals to and works its way out through our bodies. Thus one strategy against sin is to make it your aim always to glorify God with your body 1 Cor. The old man operates through strong compulsion or feelings, not through reason alone. Sin uses reason, however faulty, to appeal to us. Satan reasoned with Eve that God surely would not impose the death penalty for eating a little piece of fruit. The fall brought our minds as well as our bodies into captivity to sin. But in addition to reason, temptation always appeals to our feelings. In fact, sin is usually irrational. In the other corner: The new challenger, the inner man, joyfully concurring with the law of God. Paul wants to do good 7: This must refer to the mind of a regenerate man. You have a new love for Christ, who gave Himself on the cross for you. You long to be holy, just as Jesus is holy. You hate your own sin. And yet, at the same time, you know that in your flesh there is still a strong desire to do evil. In new believers, the desires of the old nature the reigning champion often win out over the new desires of the new nature the new challenger until the new believer learns how to fight. But mature believers have learned to put on the new man and put off the old, so that they experience consistent victory over sin. But before we begin to see consistent victory, we often experience frustrating defeats because of the power of the reigning champion, the old man. Deliverance in this conflict consists of consistent victory over sin in this life and perfect, permanent victory in the resurrection. We lash out in anger at our loved ones. We act selfishly with no regard for others. We see a seductive woman and lust floods into our thoughts. But I do not see Paul describing here a lack of perfection, but rather a lack of obedience. He is not doing what he knows to be right. He is practicing what he knows to be wrong. He is failing completely. I agree with Martyn Lloyd-Jones Romans: Its Functions and Limits [Zondervan], p. So let me make three observations to try to picture what deliverance looks like:

2: How to Overcome the Flesh - Covenant Eyes

One thing that I long for in my eternal dwelling with Christ is to be set free from the endless battles with my www.enganchecubano.com to be free from the desire to please others, the subtle trap of idolizing things in this world, the attempts to take control of what is not mine, and the temptation to steal God's glory!

Though it is basic and fundamental to the Scriptures regarding the Christian life, very few in our day seem to be aware of the fight-to-death conflict Christians are in with their sinful nature or flesh. He crucified it to come to get born again Gal. Christians are like spiritual gladiators who must fight the sinful nature till the death. The sinful nature will fight back, and sometimes very hard, but you must overcome it, as a gladiator in mortal combat with his enemy. This is all under grace and is not legalism or a works salvation. You must overcome in this battle with sin or be lost eternally. Crucify The Flesh Verse - Romans 8: Dear saint, here are the facts - like them or not: Therefore, brothers, we have an obligation - but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live Rom. A saint will either stay alive spiritually or die spiritually based on his choice to either start to live according to the sinful nature flesh or by the Spirit put to death the misdeeds of the body. The Christian must kill put to death the misdeeds of the body or they will spiritually kill him through sin. This also allows for our choice to sin or not to be adversely influenced by the tempter, false teachings such as eternal security and Calvinism, persecutions, the cares of this life, etc. Hence, we must take serious precautions such as being alert and self controlled 1 Peter 5: Such will prove to be a matter of life or death. We must hold on and remain on guard as we follow Jesus or be lethally affected by sin because of the sinful nature flesh. Paul also taught this: But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness. I put this in human terms because you are weak in your natural selves. Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness. NOTE what Paul wrote the saints: And do this, understanding the present time. The hour has come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Read about the Gospel Of Greed. In the above two passages we learned what is included in the sinful nature Col. Not thinking about how to gratify the sinful nature but instead thinking about how to please God is the key Rom. Remember that precious truth. Our Thought Life Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace Rom 8: That passage shows our behavior is the result of the thoughts we ponder either to gratify the flesh or the Spirit. Change your thought life and your behavior will change. That is how you crucify the flesh. This fact is one of the primary reasons why all Christians should be memorizing Scripture and talking about God and the things of God as often as possible throughout the day and night. The thought life is also where the devil will tempt. The devil will give us thoughts and imaginations, tempting us to do evil. Paul took captive every thought: We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. The devil will give you thoughts every day and sometimes those thoughts will be very subtle to slowly lure you away from God. You will need the whole armor of God to stand against his wiles Eph. So now you know how to put to death the sinful nature - that is, give no place to sinful thoughts. When temptations come, resist and reject

them. Walk in the Spirit ponder thoughts of how to please the Spirit of God and you will not fulfil the lusts of the flesh Gal. This is the all-encompassing way you can overcome evil with good Rom. What you do about this battle with your sinful nature and how it turns out will affect you throughout all eternity: Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified 1 Cor. The acts of the sinful nature are obvious: I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

3: Fighting Temptation 2

Yes, there is still a temptation to walk in the flesh, but now I've got options I never had before. I can walk in the Spirit because the Spirit has shown me how. You see, if we have the mind of Christ and the Holy Spirit in us, then we have the option to be spiritually minded and to think like Jesus does.

Last week we discussed demonic temptations in detail. We saw that people with melancholic or choleric temperaments tend to be more prone to the temptations that come directly from the Devil: Temptations of the flesh particularly plague the other two temperaments. More specifically, sanguines often struggle with gluttony and sins against chastity. I will be writing more about the four classic temperaments throughout this year. I am creating a spiritual growth plan for you to use with your children of each temperament. As I have said before, the flesh can be the most relentless of the three sources of temptation. While the Devil may leave us alone for a time, and we can shut out the world to a certain extent, we can never get away from our own flesh. It remains with us every moment until the end of our life, but we can learn to resist it. Sanguines are easily moved by what they experience through their exterior senses. Thus, immodest entertainment might lead them into sexual sin. An all-you-can-eat buffet might tempt them towards gluttony. They might start using vulgar and blasphemous language if they listen to the wrong kind of music. While phlegmatics may be prone to some of the same sins, their particular sin is sloth. In Catholic theology, sloth is more than mere physical laziness. Phlegmatics find it difficult to mature spiritually, because of their lack of motivation. Unlike the very easily moved sanguines, phlegmatics are hardly moved by anything. Although they often mean to work on their spiritual life, they find it difficult to spend the necessary effort. All of us can fall prey to these temptations, given the right circumstances. How can we combat them? Flee from temptation The first defense is avoiding the near occasion of sin. Those sensitive to temptations of the flesh should be careful about what they watch, listen to, eat, drink, and even touch. The whole body enjoys the sensation. This explains why saints for centuries have connected gluttony with lust. A man who sinfully overeats is more likely to commit sexual sin than one who only consumes what he needs. Keeping custody of the senses—that is, keeping them under strict control—keeps temptation at bay. In the concrete, this may mean avoiding looking at magazine covers near the grocery store checkout line. Avoiding surfing the internet and TV channels also helps. Another way to prevent temptation is to practice asceticism. If you are prone to sins of the flesh, start fasting once a week if possible. If you are in charge of making or choosing your meals, eat plain foods when you can. Exercise regularly if you have a problem with sloth. Mental activity combats temptations of the flesh. Instead of raiding the refrigerator, complete a crossword puzzle or sudoku. Instead of sitting in front of the TV all evening, join a book club. It may also help to follow a strict schedule with your free time. This can keep you from both wasting precious time and drifting aimlessly from one activity to another. Spiritual directors often recommend lay people create their own rule of life, similar to the daily schedule of religious. Make prayer the top priority, praying at the same time and place each day. Then schedule in the duties of your vocation. Leisure time should be spent primarily in serving God or our neighbor, or especially for introverts getting the rest we need to be able to serve them better. We should avoid spending too much time pleasing ourselves. Fighting through prayer and the sacraments Meditating on the shortness of life, the Final Judgment, the effects of sin, and the Passion of Christ can strengthen a soul against temptations of the flesh. As we grow closer to God in prayer, He will provide supernatural help to overcome concupiscence and attachments. Frequent confession gives us the grace to fight. People who resist confessing venial sins deprive themselves of the sacramental grace that may keep them from falling into mortal sin. The Eucharist, our spiritual Food, also strengthens us against the flesh. We can conquer these sins if we are willing to work hard along with Christ. Connie Rossini Like Loading I practice Carmelite spirituality. Check out my Books page for publications to help your whole family grow in holiness.

4: Lesson The War Within (Romans) | www.enganchecubano.com

If the temptation comes out of our own lust the scripture instructs us, "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh"(Galatians). To walk in the Spirit means to live in prayer and in the Word of God.

You can catch up on our 31 Days of Fasting in January here! Fighting Temptation while Fasting. Giving a little encouragement to those who are fasting today. Any time you decide to draw closer to Jesus, long to be more like Him or desire to hear His voice in your life, the enemy is going to be right there taunting and doing everything in his power to cause you to fail. Even Jesus was tempted! So, how did Jesus fight temptation when He was fasting? With the Word of God! 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. Perseverance must finish its work so that you may be mature and complete, not lacking anything. Resist the devil, and he will flee from you. Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. Maybe it is your favorite food or your morning coffee, sure, it is difficult to drive past your most loved coffee shop on the way to work; but that is what makes it a sacrifice. When the temptations come, quote the Word out loud and the enemy has to go because the Bible declares it. There is so much power and authority in the Word of God; He has left it with us as a weapon against the enemy of our souls. So, whether your temptations are physical or spiritual, God is able to give you strength to overcome. Go to my post here on Overnight Oatmeal in a Jar! It is the best breakfast with so many variations and it is Daniel Fast friendly. Twenty one devotions and three days of preparation devotions, you will be encouraged and learn about nearly every fast that took place in the Bible. The good and the bad! Yes, there were those whose fasting was NOT unto the Lord. You can click on any of these links and order from Amazon on the Kindle or paperback.

5: 34 Bible verses about Temptation, Resisting

"This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh." Galatians There is so much power and authority in the Word of God; He has left it with us as a weapon against the enemy of our souls.

How can I overcome temptation? The Scriptures tell us that we all face temptations. We are told that Christ was also tempted: Where, then, do these temptations come from? First of all, they do not come from God, although He does allow them. Satan is roaming on the earth like a lion, seeking people to devour 1 Peter 5: Verse 9 tells us to resist him, knowing that other Christians are also experiencing his attacks. By these passages we can know that temptations come from Satan. We see in James 1: We allow ourselves to think certain thoughts, allow ourselves to go places we should not go, and make decisions based on our lusts that lead us into the temptation. How then do we resist the temptations? First of all, we must return to the example of Jesus being tempted in the wilderness by Satan in Matthew 4: All our efforts to resist will be weak and ineffective unless they are powered by the Holy Spirit through the constant reading, studying, and meditating on the Word. But if our minds are filled with the majesty and holiness of God, the love and compassion of Christ, and the brilliance of both reflected in His perfect Word, we will find that our interest in the lusts of the world diminish and disappear. Here, then, is the only means to guard our hearts and minds in order to keep the sources of temptation away from us. Remember the words of Christ to His disciples in the garden on the night of His betrayal: Most Christians would not openly want to jump into sin, yet we cannot resist falling into it because our flesh is not strong enough to resist. We place ourselves in situations or fill our minds with lustful passions, and that leads us into sin. We need to renew our thinking as we are told in Romans We must no longer think as the world thinks, or walk in the same way that the world walks. Avoid it, do not pass by; Turn away from it and pass on. We are easily carried away by our own lusts. Jesus is not saying that we literally need to remove body parts. Cutting out the eye is a drastic measure, and Jesus is teaching us that if necessary, a drastic measure should be taken to avoid sin.

6: How to Overcome Temptation! - Oct 3, - Love Worth Finding with Adrian Rogers

Temptation is something we all face as Christians, no matter how long we have been following Christ. But there are a few practical things we can do to grow stronger and smarter in our struggle against sin. We can learn how to overcome temptation by practicing these five steps. James explains.

A lot of damage has been done because someone lost in their battle with sin. A question that comes out of all of this is: Today, I would like to give you a blueprint on how to overcome temptation. The Word of God gives us the help that we need in our time of need. Overcoming Temptation I Corinthians But God is faithful to help you in overcoming temptations in your life. God will provide ways of escape—the enemy may set you up, you may get yourself in a bad situation, but God will give you ways to get out of the temptation, if you will look for them. As you put the Word of God in your mind, heart and spirit, it becomes a covering over you. It is quick and powerful, the law of the Lord is perfect converting the soul. Most of the time people sin as they fall prey to a trap of Satan. The Word feeds your Spirit or inner man, as he becomes stronger, you have more power to fight temptation. As that relationship becomes stronger, you will have a greater desire to live for God and follow his leading. Walk in the Spirit— Galatians 5: Everyone operates on two planes: The battle is won not from giant war to giant war, but from little battle to little battle. If you consistently win the little battles of life, they prepare you for the major temptations that come from time to time. Who you run with is who you will become— III. Resist The Devil— James 4: Another step in winning over temptation is to learn self control and Spiritual stamina. The last fruit of the Spirit mentioned is self control, so besides love, joy and peace—self control is an outflow of the Spirit of God working in your life. Every sin starts with a suggestion, and ends when someone acts on the suggestion given to them. As our main verse states: God will make a way of escape. Realize the Consequences— James 1 ; sin when it is finished, bringeth forth death. It can destroy a happy home, it can break a good relationship, it can cost someone their job, their reputation, it can mess up your life. He is in the keeping business. Keep you from falling, to keep you from the devil, to keep you from destruction. God says sexual immorality is a sin against the body, and you pay for those sins not only from a spiritual point, but also from a physical one.

7: Dealing With Temptation - Andrew Wommack Ministries

Walk in the Spirit (ponder thoughts of how to please the Spirit of God) and you will not fulfil the lusts of the flesh (Gal.). Fill your mind with God's truth and how to please Him. This is the victory in this battle to enter God's kingdom (to crucify the flesh).

Temptation comes in many forms, sparking a fierce "winner-takes-all" battle for our souls that has one goal: Temptation is not sin. If temptation were indeed sin, then Jesus would not have led a sinless life. But as the Bible says, Jesus was "tempted in all things," yet without sin Heb. Still temptation should not be taken lightly. Temptation is often strongest when we are at our weakest. In fact, the longer we allow it to brew in our thoughts the more dangerous temptation becomes. Therefore, we must learn to recognize temptation and keep it in check. It causes us to focus on the "passing pleasures" Heb. The Bible says, "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: Thus, our own lusts give temptation its power over us. The wages of sin is always death Rom. When we are tempted, we often convince ourselves that we can hide our sin. But as men and women since the beginning of time have discovered, there is no hiding from God. Our tempting thoughts also try to undermine or twist the meaning of the Scriptures. When Jesus was "led up by the Spirit into the wilderness to be tempted" Matt. Ultimately, temptation tries to silence the voice of the Holy Spirit, whom Jesus promised to send to "guide you into all truth" John But God has not left us as helpless victims of temptation. He has promised a "way of escape" 1 Cor. The "way" is not a program, but a person: Jesus not only cleanses us from sin, He also understands our temptations Heb. If you have not yet placed your trust in Jesus as Lord and Savior of your life, no matter how "good" your life is, you will never be able to overcome temptation and sin Isa. First, you need to find new life in Christ John 3: Simply believe in your heart that Jesus was raised from the dead and confess with your mouth that "Jesus is Lord" and the Bible says you will be saved Rom. Even the most loyal followers of Christ can be tempted Heb. The following principles can help you fight-and win-against temptation. Be honest with God. The longer we wrestle with tempting thoughts, the closer we get to committing the sin. Flee from the temptation as soon as you recognize it 2 Tim. Understand that this is serious business! You are engaged in a battle for your very soul. There is an enemy, the devil, who "prowls about like a roaring lion, seeking someone to devour" 1 Peter 5: This enemy will use any temptation to draw you away from God. Go to the Lord and receive mercy and grace in your time of need Heb. Remember, you are not alone in your struggle. Satan tries to discourage us through isolation, telling us our temptation is unique. In the midst of the struggle, thank God for the opportunity to experience the victory through Him Rom. Thank Him for providing a way of escape. Turn to the Lord right now and pray. Please keep me from this present temptation that wars against my soul. In Your perfect love, provide the way of escape Your Word promises. And thank You for the grace to walk with You every day. For information on how you can take part in this exciting ministry outreach, call or write today. Scripture references are from the Contemporary English Version.

8: What Does the Bible Say About Overcoming Temptation?

Temptation, Resisting. Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of.

How to Overcome the Flesh Written by Jon Snyder Most people who are parents, or have had parents, can relate to a scenario like this: Christians are in a similar conundrum. How do we actually find freedom? It is like this: You sure are mixed up. Maybe you take a wise course correction and at least start driving in roughly the right direction. But most likely this type of scenario would create confusion and frustration that leave you feeling more lost. Paul writes in Colossians 2: These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh. Did you get that? How to Overcome the Flesh The Bible makes it crystal clear how we overcome the flesh. Walk in the Spirit and you shall not fulfill the lust of the flesh. Different writers refer to it in different terms: And without fail, these concepts are contrasted with their counterpart: Without fail, these passages shout from the rooftops: The devil has taken this simple answer and made it more complicated and overly-mystical than it needs to be. Most of the instruction out there on walking in the Spirit is either too vague, too weird, or too impractical to do us any real good. If we try to fight it, we are fighting in a carnally minded way. Walking in the Spirit All of us have been trained by the world from the minute we drew our first breath. So when we come up against temptation again, we are inclined to go down that path again and again, unless, through the Spirit, we are given a new way to think and walk altogether. Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. We can start to view people and temptations the same way Jesus would view them if He were walking in our bodies because He is! Renewing your mind is an activity you can initiate at any time with the Holy Spirit who is living in you. If you wait until then, it is too late. Walking in the Spirit starts now. Even as you read this, sit and ask God to give you new ways of thinking, new ways of seeing, new ways of feeling and watch as God puts His thoughts in you. He gives you new perspectives. He fills you with His love. Then when you are later confronted with temptation, you already know how you are going to think, feel and walk. It was as if new pathways, new ways of thinking were being formed in my mind. Similarly I allowed God to reshape my thinking about that person. The things that used to trigger lust in me, a scantily clad woman for example, now elicit a totally different response in my heart. This way of thinking has re-trained my soul to be moved in love rather than inflamed in lust. The same trigger has become a catalyst for the Holy Spirit to be released in me rather than for lust to be resurrected in me. I can walk in the Spirit because the Spirit has shown me how. You see, if we have the mind of Christ and the Holy Spirit in us, then we have the option to be spiritually minded and to think like Jesus does. And you already have the tools in God to get the proper directions. After battling with lust and pornography since childhood and trying everything under the sun to quit, it was a unique encounter with the love of God and its subsequent lessons that began to unravel a lifetime of bondage and bring about true freedom. Jon now sees these same lessons radically set men free world-over. Find out 5 distinct ways that porn warps your brain, as well as 5 biblical ways to renew your mind and find freedom. Thank you, Jon, and Covenant Eyes for giving me tools to help in this great task.

9: How to Avoid Temptation to Sin: 13 Steps (with Pictures) - wikiHow

The nature of sin and temptation is a frequent topic of discussion throughout the bible - simply turn to a passage like Romans for an illuminating perspective on the difficulty of struggling against temptation: "For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that.

When Satan tempted Eve to do what God had forbidden, he appealed to her reasoning. Then he appealed to her desires, "You can be like gods! She looked at the fruit on the forbidden tree - and she wanted it Genesis 3. Temptation still works like that. Throughout the book of Psalms, we find David recording his distress after falling into temptation. His soul was grieved and felt as if it were torn in two. In a discussion with Peter, Jesus tells him that Satan wants to rule him Luke Jesus was taken by the Spirit into the desert to be tempted by Satan Matthew 4. In fact, 1 Peter 5: Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. His goal in our lives is two-fold: If he loses that battle because we become Christians, his goal is then to make us ineffective for God in this world. He uses temptation to accomplish his purposes. The very essence and meaning of sin is to miss the mark, and this is accomplished through giving in to temptation. Fighting temptation focuses on the cravings and desires of the flesh versus doing what is right. No one is above temptation or the potential to sin 1 John 1: However as worthwhile as this may seem, the chances of success are minimal, due to the focus being on natural ability. As Scripture clearly tells us, the battle is not natural-but spiritual. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Since He is the only human who has ever been tempted, yet did not sin, His example is a good one to follow! God knows how to provide a way to both get through temptation, and overcome temptation. He has a plan of deliverance, a way of escape which is found primarily through relationship with Him and experiencing His loving hand of correction Hebrews When we come to God for salvation , He gives us a new nature. The old one - full of deceit and the desire to please only ourselves - is gone. As we start to read the Bible and get to know who God is, our way of thinking is gradually changed. This is a renewing that changes the moral fiber and character of a person. New traits and disciplines are learned and integrated, replacing the old characteristics. Through a relationship with God, we become like-minded with Christ and grow in the knowledge and wisdom of the Lord. Temptation always involves choice - do we obey God or give in to our own desires? Yet climbing out of the pit of temptation is rarely simple, as anyone who has been there knows. There may be pain and anguish in your heart and mind when declining temptations of the flesh, but overcoming temptation is treasure for the soul. God knows who we are. After all, in the person of Jesus, He has been tempted as we have. He knows what we need to do in order to defeat sin. Whatever your area of greatest temptation is, ask God to help you recognize and stay away from compromising situations. With these weapons we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas, and we teach them to obey Christ" 2 Corinthians God , the Father, sent His only Son to satisfy that judgment for those who believe in Him. Jesus , the creator and eternal Son of God, who lived a sinless life, loves us so much that He died for our sins, taking the punishment that we deserve, was buried , and rose from the dead according to the Bible. If you truly believe and trust this in your heart, receiving Jesus alone as your Savior , declaring, " Jesus is Lord ," you will be saved from judgment and spend eternity with God in heaven. What is your response?

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