

LESSON 26

Practical Steps to Beat Temptation

11: Victory over Sin

Executive Summary

Temptation is resisted through dependence on God, not confidence in willpower. God remains faithful in every test and provides a way to endure without surrendering to sin. Believers should recognize vulnerable patterns, submit to God, answer deception with Scripture, pray, flee avoidable danger, and seek accountable help. Practical resistance begins before the moment of crisis and continues by returning quickly to Christ.

Key Terms

Temptation	A test or lure toward sin that must be resisted through Scripture, prayer, watchfulness, and dependence on God.
Resistance	Actively refusing temptation by submitting to God and using the means of grace He provides.
Watchfulness	Alert attention to spiritual danger, personal weakness, and the situations in which temptation gains strength.
Dependence	Relying on God's strength, wisdom, and provision rather than treating self-sufficiency as spiritual maturity.

Key Verses

English Standard Version (ESV)

1 Corinthians 10:13

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.

James 4:7

7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

Application Questions

1. What does 1 Corinthians 10:13 promise when you face temptation?

2. What situations, thoughts, or feelings usually make you more open to temptation?

3. Which response would help you most: prayer, Scripture, leaving the situation, or asking someone for help?

4. Who can check on you and pray with you about an area of temptation?
