

You Can Resist Temptation James 1

- I. It is definitely worthwhile to resist temptation (v. 12)

- II. We need to understand how temptation works (vs. 13-18)
 - A. The difference between trials & temptations (vs. 2-3, 12-18)

 - B. Temptations can only work where there are desires (1:14-15; 4:1-3; 1 John 2:15-17)
 1. Desire not wrong in itself (cf. Luke 4:1-13; 22:15; Phil. 1:23)

 2. But when desires have the wrong motive, goal & standard they become “evil desires” (Col. 3:5) that “war against the soul” (1 Pet. 2:11)

 3. We Each Have Unique Desires (1:14)

 - C. How desires war against the soul (vs. 14-15) instead of moving the soul to righteousness (as in Luke 22:15)
 1. Illustration of fisherman’s lure (v. 14)
 - a. desire enticed by the lure (*epithumia*)

 - b. drawn away (reeled in) on the lure (*exelko*)

 - c. caught or netted (*deleazo*)

 2. Illustration of reproduction (v. 15)
 - a. desire’s intercourse

 - b. conception of sin

 - c. bearing sin to term (*tiktei* = to bear, produce or give birth; *apotelestheisa* - be fully developed)

 - d. giving birth to death (*apokuei* - to bring forth or give birth)

III. Sixteen practical steps for overcoming temptation in James 1 (next sermon)

III. Practical steps for overcoming temptation

- A. We must discipline our minds to think differently about trials (v. 2-3 “count...knowing”)
- B. We must not deliberately step into trials (v. 2 – “fall into”)
- C. We should recognize trials as integrity checks of our character (v. 3)
- D. We must be committed for the long haul (v. 4)
- E. We must learn to say “No” to the present orientation of the flesh and to say “Yes” to the future orientation of the godly mind (v. 4)
- F. Make sure that your goal is holiness, not comfort.
- G. Ask God for wisdom (vs. 5-8)
- H. Begin in faith to thank God for your circumstances and begin to develop contentment (vs. 9-11)
- I. When the going gets tough, remind yourself that enduring is worthwhile (v. 12)
- J. Don’t blame anyone or anything except yourself when you give in to temptation (vs. 13-18). Blame shifting is destructive to conquering sin.
- K. Don’t get frustrated or angry (vs. 19-20; cf. Ps. 37)
- L. Begin the process of “de-habitation” - putting off your sinful habits (v. 21a)
- M. Meditate on Scriptures designed to “save you” from these desires. These implanted Scriptures will begin to replace implanted lusts. (v. 21b; cf. Matt. 4:1-11 for benefits even with innate desires)
- N. Begin the process of “re-habitation” - putting on godly habits (vs. 22-27)
- O. Keep practicing until the godly behavior is a habit that you can’t forget (vs. 23-25)
- P. Get rid of every area of selfishness so that temptations will not have soil to grow in. The self-life can be weakened in the following ways:
 - 1. Make yourself open and vulnerable and thus less prone to self-deception (vs. 19-20,26)
 - a. Stop dishing it out and start listening to reproof for a change (vs. 19-20, 26)
 - b. Be eager to hear from others on how you can improve (v. 19)
 - c. Ask God for a heart religion without pretense (v. 19,26-27)
 - 2. Find ministry projects that won’t stroke your ego or give you anything in return. Serve just for the sake of serving (v. 27).