

I Corinthians 10:12-13 ¹² So, if you think you are standing firm, be careful that you don't fall!

¹³ No temptation has overtaken you except what is common to mankind. 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 endure it.

I. Watch out! It happens to everyone. We are all the same.

There are three main categories in which most temptations lie. These are described to us in 1 John 2:16 “For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.” Not surprisingly, Jesus was also tested in these same three ways.

3 Areas of Temptation	3 Temptations of Jesus
Lust of the Flesh	Hunger (Rocks into Bread).
Lust the Eyes	(Bow) This World could be yours!
Pride of Life	Throw yourself off the cliff and prove your powers!

II. God is Faithful.

When Joseph escapes temptation from Potiphar’s wife (Genesis 39), God shows us a great example of someone in the Bible that overcame temptation. Can you think of more?

III. Who will not allow us to be tempted above that which we are able to bear.

God knows you better than you know yourself, and he will protect you from being overwhelmed by temptation.

IV. A way of escape.

Sometimes it is helpful to remember that these “ways of escape” often come way before we think they should. Ex: Choosing to go to a XA event vs. a party where you know you’ll be tempted to get drunk. Instead of relying on that way of escape to appear AT the party, make good decisions when choosing an environment that could potentially trap you.