**How to Overcome Temptation**

*1 Corinthians 10:13 (We can…); James 1:12-15 (We must…)*

1. Flee

* 1 Corinthians 6:18; 10:14
  + If we linger we are bound to fall short.
* 2 Timothy 2:22
  + Fleeing must be coupled with pursuing. This safeguards us from temptation.

1. Count the Cost (Develop an eternal perspective)

* 2 Corinthians 4:16-18
  + The apostles were able to endure great persecution because their mind was set on things above. – Things of the world are passing away – 1 John 2:17
* Hebrews 11:24-26
  + Moses was able to look beyond what was right in front of him.
  + *“Those who say such things (strangers and pilgrims on the earth) declare plainly that they seek a homeland”* (11:14).

1. Develop Good Desires

* Philippians 4:8-9
  + A carnal mind only sees value in carnal things. If we are truly transforming our minds (cf. Romans 12:2) then we will desire spiritual things.
* Matthew 12:33-35
  + Our desires are products of our heart. If we desire evil things we are evil people. – *“For where your treasure is, there your heart will be also”* (Matthew 6:21).

1. Pray

* Matthew 6:13; 26:41
  + Prayer is unfortunately underestimated. It is a tool given to us by God to live acceptably in His sight.
  + *“The effective, fervent prayer of a righteous man avails much”* (James 5:16).
    - Often, our falling short could have been prevented by vigilant prayer.

1. Do Not Let Your Defenses Down

* Romans 13:11-14
  + Instead of being complacent, we should recognize the coming of the Lord as soon, and put on the armor of light in Christ to be ready for that day.
* 1 Corinthians 10:12
  + The person standing in pride has foolishly let down his defenses.
* 1 Peter 5:8-9
  + The devil is an ever present threat. He does not slumber. Neither should we.