**The Imitation of Christ by Thomas A. Kempis**

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 13: Resisting Temptation**

**Definition and Scriptures:**

**Humbled, purified, and instructed – progressive sanctification:** Progressive sanctification is the process of growing in godliness, as we become more like Christ, expressing his character as our own. Jesus breaks the power of sin in us, once and for all. We are no longer under sin’s dominion. God fills us with the Holy Spirit who empowers to do what is right and pleasing in God’s sight. As we learn to submit to the power of the Holy Spirit and resist the sinful desires of our flesh, we grow in godliness. Progressive sanctification requires our ongoing cooperation with God. (Biblelyfe.com)

**Ezekiel 36:26-27**: And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.

**Romans 12:2:** Do not conform to the pattern of this world, but be transformed by the renewing of your mind.  
  
**Romans 6:6:** We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.  
  
**Romans 6:19:** For just as you once presented your members as slaves to impurity and to lawlessness leading to more lawlessness, so now present your members as slaves to righteousness leading to sanctification.  
  
**Romans 8:29:** For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.  
  
**1 Corinthians 15:49:** Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.  
  
**Philippians 2:12-13:** Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.  
  
**Titus 3:5:** He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.

**Quote:**

“Yet temptations, though troublesome and severe, are often useful to a man, for in them he is humbled, purified, and instructed. The saints all passed through many temptations and trials to profit by them, while those who could not resist became reprobate and fell away. There is no state so holy, no place so secret that temptations and trials will not come. Man is never safe from them as long as he lives, for they come from within us--in sin we were born. When one temptation or trial passes, another comes; we shall always have something to suffer because we have lost the state of original blessedness.”

**Discussion:**

By humbling, purifying, and instructing our mind, how does God give us a new heart for him?

How does God work in and through our flesh and blood to sanctify us?