



# New Life Christian Growth Series

## “Fighting Temptation”

### Booklet #24

Mountain State Ministries  
P.O. Box 217  
Springfield, WV 26763  
[www.mountainstateministries.org](http://www.mountainstateministries.org)



Today's Date: \_\_\_\_\_

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

General Instructions:

1. Please fill in the blanks on the following pages using a King James Version of the Bible. Please read the detailed instructions for the individual lessons on page 6 before you begin to put pen to paper. NOTE: The individual lessons are designed to be completed daily so you can meditate on the material.
2. When you are done, return the **Review Section (Pages 33-36) of this booklet** to the address provided below. Keep the rest of this Booklet (Pages 1-32) for your own use. Review Sections returned less than 30 days from the time it was mailed, will not be accepted. Please spend time with the Lord in prayer and ask Him to help you learn the material.
3. As soon as we receive your completed review pages, we will grade it (Pass or Fail) and send a letter confirming your status.
4. You will also receive a Certificate of Completion for this Booklet.

**Please mail the completed Review Section to:**

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**M**ountain State Ministries was started in January of 2017 to continue the legacy of Country Wide Prison Ministry. CWPM's purpose was to proclaim the Gospel of the Lord Jesus Christ to prison inmates and their families, and to edify them through the teaching of the Word of God through Bible correspondence courses. MSM will continue this legacy and expand the Bible correspondence courses to anyone in world via the internet. This will provide anyone the opportunity to study God's word, become more closely imitate with Jesus, and be more sensitive and obedient to God's Holy Spirit. Our goal is to Exalt the King and to Expand the Kingdom!

Ray Witmer Jr., author of this Bible study curriculum, founded Country Wide Prison Ministry in 2003. His New Life Christian Growth Series has been administered to thousands of prison inmates throughout ever state in the Union. Mr. Witmer retired due to heath issues on 1 January 2017 and has provided Mountain State Ministries all rights to continue his legacy.

We are very grateful and appreciate Brother Ray's heart for God and his willingness to let us use this resource to spread God's Word among this generation of people.

**“Verily, Verily, I say to you, Except a corn of wheat fall into the ground and die, it abideth alone; but if it die, it bringeth forth much fruit.” John 12:24**

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**\*\*\*\*\* INSTRUCTION SHEET FOR BIBLE LESSONS \*\*\*\*\***

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- A. The Bible verses used in this study are taken from the King James Version of the Bible.
- B. Before doing each lesson, take time to ask God to open your understanding and show you the truth.
- C. For the best results, do only one lesson each day. Meditate on each day's lesson (there are four weeks of lessons per book).
- D. Keep in mind that these lessons are based on what the Bible says, and not on man's opinion.
- E. These lessons are designed to help you to know the truth, to know the Lord in a personal way, and to trust what the Bible says and teaches you.
- F. Remember, it is not what you, I, or any preacher says, but what the Bible says.
- G. You must learn to stand on what the Bible says to "study to show yourself approved unto God, workman that needed not to be ashamed, rightly dividing the word of truth" (II Timothy 2:15).
- H. Who wrote the Bible? (II Peter 1:21).
- I. All Scripture is inspired by God (II Timothy 3:16).
- J. Regardless of what man says, the believer (Christian) has direct access to the throne of God and is responsible directly to God. This access is through Jesus Christ and Him only (I Timothy 2:5).
- K. These studies are to help you have peace of mind (Isaiah 26:3-4).
- L. These studies will help you know if you are going to Heaven or Hell (Romans 10:13).
- M. These lessons will help you with assurance and security; these are not the same. The securing of the believer is God's work. It is a part of God's great work of salvation depending solely upon His infinite grace. Assurance is the believer's acceptance of the security provided for him in Christ. It is the result of the human soul resting in what God has promised in His Word to accomplish. This is why it is important to know what the Bible says (I John 5:11-13).



TAKE TIME TO READ BELOW BEFORE  
DOING THIS LESSON

Meditate on the Scriptures of this Lesson and Ask Yourself These Questions:

1. What do these verses teach me about God and myself?
2. Is there an example here to follow or avoid?
3. Is there a command, a promise, or a warning that I need to apply?
4. What action do I need to take to align my life with this truth?



*The Bible is the Word of God*

**HOW TO FIGHT TEMPTATION**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #1**

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**This week's verse to memorize: I Corinthians 10:13**

**There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that you are able; but with the temptation also make a way to escape, that you may be able to bear it.**

*You may feel that your struggle against temptation is hopeless. Do not use this mindset as an excuse to give up! God has provided you with His Word, the Bible, to teach you how to resist temptation and to help you overcome sin in your life.*

My brethren, count it \_\_\_\_\_ when ye fall into diverse temptations (various trials); Knowing this, that the trying of your faith \_\_\_\_\_. But let patience have her perfect work, that ye may be \_\_\_\_\_ and entire, wanting (lacking) nothing (James 1:2-4).

***Temptation is enticement to go beyond the bounds of your God-given desires. While you have to take responsibility for caving in to temptation, it should be helpful to recognize the source of all temptation: Satan, the enemy of your soul.***

Blessed is the man that \_\_\_\_\_ temptation: for when he is \_\_\_\_\_, he shall receive the crown of life, which the Lord hath promised to them that \_\_\_\_\_. Let no man say when he is tempted, I am \_\_\_\_\_: for God cannot be tempted with evil, neither \_\_\_\_\_: But every man is tempted, when he is drawn away of his own \_\_\_\_\_ (desires), and enticed (James 1:12-14).

***The enemy is crafty and intelligent; he also is savage and relentless. His goal is to alienate you from God and to destroy your fellowship with your Creator and Savior. His purpose is to stunt your growth as a believer and minimize your impact for God's kingdom. He knows your weaknesses; he also knows how to surprise, stage, and camouflage.***

Then when lust (desire) hath conceived, it bringeth forth \_\_\_\_\_: and sin, when it is finished, bringeth forth \_\_\_\_\_. Do not err (be deceived), my beloved brethren. Every good gift and every perfect gift is \_\_\_\_\_, and cometh down from the \_\_\_\_\_, with whom is no variableness, neither shadow of turning (James 1:15-17).

***It is a mistake to accuse others for your own failures. For example, some people attribute their current faults to mistakes of parents. While parental influence can be great, every person is responsible for his or her own choices and actions.***

For the flesh \_\_\_\_\_ and the Spirit against the flesh: and these are \_\_\_\_\_ the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law. Now the works of the \_\_\_\_\_, which are these; adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, \_\_\_\_\_, variance, emulations, wrath, strife, seditions, heresies, envyings, \_\_\_\_\_, drunkenness, reveling, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not \_\_\_\_\_ the kingdom of God (Galatians 5:17-21).

**Even more so, it is an error to try to blame God for the temptation that lures you. God is holy; Satan is evil.**

**Today's Bible reading is Galatians chapter 5.**



**TEMPTATION — WHO’S TO BLAME?**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #2**

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**This week's verse to memorize: I Corinthians 10:13**

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that you are able; but with the temptation also make a way to escape, that you may be able to bear it.

*Satan cannot have your soul, so he wants nothing more than to ruin your fellowship with the Lord and to sidetrack your walk and your witness. James, Jesus' half-brother, describes the destructive progression Satan sets in motion through temptation like this:*

But every man is \_\_\_\_\_, when he is drawn away of \_\_\_\_\_, and enticed. Then when lust hath conceived, it bringeth forth \_\_\_\_\_: and sin, when it is \_\_\_\_\_, bringeth forth \_\_\_\_\_ (James 1:14-15).

*Jesus, however, is a God of hope. While it sometimes seems as if Satan is throwing everything at you, you can trust in God's Word and believe Him when He says He is faithful. He will never allow you to be tempted beyond what you're able, in His power, to withstand. God always will give the opportunity to escape and always honors His Word.*

Wherefore let him that thinketh he standeth take heed \_\_\_\_\_. There hath no temptation taken you but such as is common to man: but \_\_\_\_\_, who will not suffer you to be tempted above that ye are able; but will with the temptation, also make a \_\_\_\_\_, that ye may be able to bear it. Wherefore, my dearly beloved flee from \_\_\_\_\_. I speak as to wise men; judge ye what I say (I Corinthians 10:12-15).

*The key to overcoming temptation is simple obedience. At times, this may seem impossible, but keep in mind that what is impossible with man is possible with God; it is simply a matter of whether you are willing to grab hold.*

Then said Jesus unto his disciples, Verily I say unto you, That a \_\_\_\_\_ shall hardly enter into the Kingdom of heaven. And again I say unto you, It is \_\_\_\_\_ for a camel to go through the eye of a needle, than for a \_\_\_\_\_ to enter into the kingdom of God. When his disciples heard it, they were exceedingly amazed, saying, who then can be saved? But Jesus beheld them, and said unto them, With men this is impossible, but \_\_\_\_\_ all things are possible (Matthew 19:23-26).

*You can be carried away and lured to go beyond the limits of your God-given desires and interests. Your own lust can conceive and give birth to sin, but this birth is not one involving life. Rather, it is one that brings forth death.*

For we wrestle not against \_\_\_\_\_, but against principalities, against powers, against the rulers of the darkness of \_\_\_\_\_, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to \_\_\_\_\_, and having done all, to stand (Ephesians 6:12-13).

*React to temptation with the knowledge that its source is an evil enemy who attempts daily to steal your joy and destroy your effectiveness as a child of God. Then, turn to the Lord and ask Him to help you overcome. He is the One who is able and eager to give you victory.*

**Today's Bible reading is Ephesians chapter 6.**

**TEMPTATION — THE APPEAL**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #3**

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**This week's verse to memorize: I Corinthians 10:13**

**There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that you are able; but with the temptation also make a way to escape, that you may be able to bear it.**

*Satan is so cunning that he was able to deceive Eve into sinning. Her response to his question in the third chapter of Genesis reveals that she knew exactly what God had told her. Aren't we exactly the same today? We know precisely what God's Word says; yet, we still often fail to obey Him.*

Now the serpent was more subtle (cunning) than any beast of the field which the Lord God had \_\_\_\_\_.  
And he (serpent) said unto the woman, Yea, hath \_\_\_\_\_, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the \_\_\_\_\_, God hath said, Ye shall not \_\_\_\_\_, neither shall ye touch it, lest ye \_\_\_\_\_ (Genesis 3:1-3).

*Do you spend more time indulging your desires — even if it sometimes means bordering on sin — than you do meditating on God's Word and praying? We humans have finite minds and all kinds of emotions; on your own, it is impossible to successfully combat temptations thrown at you by an enemy who is supernatural and who is ruthless, as expressed in Genesis 3:4-5.*

And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your \_\_\_\_\_, and ye shall be as gods, knowing \_\_\_\_\_. And when the woman saw that the tree was good for food, and that it was \_\_\_\_\_, and a tree to be desired to make one wise, she \_\_\_\_\_ thereof, and did \_\_\_\_\_, and gave also unto her husband with her; and he did eat (Genesis 3:4-6).

*Satan, emboldened by Eve's openness to him, spoke a direct lie. This lie actually led her and Adam to spiritual death (separation from God), so Satan is called a liar and a murderer from the beginning (John 8:44). His lies always promise great benefits, as in Genesis 3:5. Eve experienced this result; she and Adam did know good and evil as Satan promised, but because of personal corruption, they did not know as God knows in perfect holiness.*

Ye are of your father the devil, and the lust of your father ye will do. He (Satan) was a murderer from the beginning, and abode not \_\_\_\_\_, because there is no \_\_\_\_\_. When he seeketh a lie, he speaketh of his own: for he is a liar, and the father of it. And because I tell you the truth, ye believe me (Jesus) not. Which of you convinceth me of sin? And if I say the truth, why do ye not \_\_\_\_\_? He that is of God heareth \_\_\_\_\_: ye therefore hear them not, because ye are \_\_\_\_\_ (John 8:44-47).

*When Satan throws his darts, simply say, "Lord, thank you that I'm your child. Please protect me." Remember that "greater is He that is in you than he that is in the world" (I John 4:4b). God is faithful. He will lead you through the way and help you escape all temptations.*

**Today's Bible reading is John chapter 8.**

**TEMPTATION — THE PEAK OF PRESSURE**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #4**

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**This week's verse to memorize: I Corinthians 10:13**

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that you are able; but with the temptation also make a way to escape, that you may be able to bear it.

*The Bible states that after Jesus was baptized, He was led by the Holy Spirit into the wilderness in order to face temptation by the devil. God directed that His own Son endure temptation. But why? Was this just for show, or was it real? Jesus had just identified with fallen humanity by submitting to baptism, even though He didn't need it; He was sinless. He symbolically placed Himself in the category of humans, however, so He could identify with the world He came to save.*

Then was Jesus led up of the spirit into the wilderness to be \_\_\_\_\_.  
\_\_\_\_\_. And when he had fasted forty days and forty nights, he was afterward an hungered. And when the tempter came to him, he said, If thou be the \_\_\_\_\_, command that these stones be made bread. But he answered and said, It is written, Man shall not live by \_\_\_\_\_,  
\_\_\_\_\_, but by every \_\_\_\_\_ that proceeded out of the mouth of God (Matthew 4:1-4).

*Jesus fasted 40 days and 40 nights in the desert, and there the Lord met with temptation. God allowed His Son this time of temptation, and Jesus willingly submitted, so He could identify with your struggles, trials, and temptations. Jesus knows what it's like when you struggle with enticement. And, praise the Lord, He remained without fault where so many of us stumble.*

Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple. And saith unto him, If thou be the \_\_\_\_\_, cast thyself down; for it is written, He shall give his angels charge concerning Thee; and in their hands they shall bear Thee up, lest at any time thou dash thy foot against a stone. Jesus said unto him, \_\_\_\_\_, Thou shalt not \_\_\_\_\_ (Matthew 4:5-7).

Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the \_\_\_\_\_,  
\_\_\_\_\_, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall down and \_\_\_\_\_. Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the \_\_\_\_\_,  
and \_\_\_\_\_ shalt thou serve. Then the devil \_\_\_\_\_ him, and, behold, angels came and \_\_\_\_\_ (Matthew 4:8-11).

*You have a High Priest who sympathizes with you because He's been "through the fire." He intercedes on your behalf within the context of having endured the very same temptations. His temptation in the wilderness (as well as in the many other unrecorded times that He undoubtedly battled Satan) gives credence to the fact that He understands what His children encounter. He is fully God and, at the same time, fully man, and He willingly identifies with you. Don't hesitate to bring your greatest struggles to Him. He truly understands.*

*Please note that when Jesus was tempted, He quoted scripture to fight Satan. You can use this tactic, too! If you don't know where these verses are found, take time and look them up, and use them like Jesus did to fight Satan.*

Today's Bible reading is Matthew chapter 4.

# FIGHTING TEMPTATION BY PUTTING ON THE WHOLE ARMOR OF GOD

## New Life Christian Growth Series - Fighting Temptation

### Booklet #24

#### Lesson #5

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**This week's verse to memorize: I Corinthians 10:13**

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that you are able; but with the temptation also make a way to escape, that you may be able to bear it.

**When Satan tempted Jesus in the wilderness, the Lord responded in a way that modeled how you are to respond in times of trial and temptation. Whenever Satan tried to entice Jesus, Jesus answered him with Scripture. The Lord didn't utter anything without first stating, "It is written." He knew Satan could not stand under the power of God's Word.**

Wherefore \_\_\_\_\_ it behooved him to be made like unto his brethren, that he might be a \_\_\_\_\_ high priest in things pertaining to God, to make \_\_\_\_\_ for the sins of the people. For in that he himself had suffered being \_\_\_\_\_, he is able to succor them that are tempted (Hebrews 2:17-18).

***One way to help fight off Satan is by "putting on" the whole armor of God every morning. Pray through the passage to prepare for your day. Remember, the sole weapon included in this armor is the sword of the Spirit, which is the Bible. The only way you will have a weapon in spiritual battles is by knowing God's Word. You can't recite something you do not know, so it is necessary to study Scripture consistently, and to commit its truths to your heart.***

Put on the whole armour of God, that ye may be able to \_\_\_\_\_ (schemes) of the devil. For we wrestle not against \_\_\_\_\_, but against principalities, against power, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the \_\_\_\_\_, that ye may be able to \_\_\_\_\_, and having done all, to stand (Ephesians 6:11-13).

Stand therefore, having your loins girt about \_\_\_\_\_, and having on the breastplate of righteousness; And your feet shod with the preparation of the \_\_\_\_\_ of peace; Above all, taking the shield \_\_\_\_\_, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the \_\_\_\_\_: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all \_\_\_\_\_ for all the saints (Ephesians 6:14-18).

**Let's look at some Scripture to help fight with temptations. Please write out the verses below:**

**ANGER:** (James 1:19-20) \_\_\_\_\_

**FEAR:** (II Timothy 1:7) \_\_\_\_\_

**FORGIVENESS:** (Matthew 6:14) \_\_\_\_\_

**GUILT:** (I John 3:20) \_\_\_\_\_

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**Today's Bible reading is Ephesians chapter 6.**

**FIGHT TEMPTATION TO KEEP YOUR BODY UNDER CONTROL**

**New Life Christian Growth Series - Fighting Temptation**

**Booklet #24**

**Lesson #6**

**This week's verse to memorize: Galatians 5:16**

**This I say then, walk in the Spirit, and ye shall not fulfill the lust of the flesh.**

*It can be painful to have to suffer the wounds of contention and criticism, especially when you feel you've been misunderstood or wrongly accused; it also seems like a perfect time to proudly claim your rights; yet God's Word always offers solutions. It says that, contrary to what your instinct may be, the foundation of any proper response to criticism and conflict is humility. David, for example, laments being persecuted, but immediately asks the Lord to test his own heart.*

O Lord my God, \_\_\_\_\_; if there be iniquity in my hands; If I have rewarded evil unto him that was at peace with me; (yea, I have \_\_\_\_\_ that without cause is mine enemy:) Let the enemy \_\_\_\_\_; let him tread down my \_\_\_\_\_ upon the earth, and lay mine honour in the dust (Psalm 7:3-5).

Ye adulterers and adulteresses, know ye not that the friendship of the world is \_\_\_\_\_? Whosoever therefore will be a friend of the world is the \_\_\_\_\_. Do ye think that the scripture saith in vain, the spirit that dwelleth in us \_\_\_\_\_? But he giveth more grace. Wherefore he saith, God resisteth the \_\_\_\_\_, but giveth grace unto the \_\_\_\_\_. therefore to God. Resist the devil, and he will \_\_\_\_\_ from you (James 4:4-7).

*Are you willing to say that if you aren't totally righteous, you don't deserve to be justified? Are you willing to check your own motives before pointing fingers or becoming defensive? Humility, what the world calls the lowest of paths, is always the key to taking the high road. Ask the Lord to show you where your attitude needs to be more humble.*

Speak not evil of \_\_\_\_\_, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law; thou art not a \_\_\_\_\_, but judge. There is one lawgiver who is able to \_\_\_\_\_: who art thou that judgest another? Go to now, ye that say, To day or to morrow we will go into such a city, and continue there a year, and by and sell, and \_\_\_\_\_: Whereas ye know not what shall \_\_\_\_\_. For what is your life? It is even a \_\_\_\_\_, that appeareth for a little time, and then \_\_\_\_\_ (James 4:11-14).

**Let's look at some Scripture to help fight with temptations. Please write out the verses below:**

**GOSSIP:** (Psalm 52:2) \_\_\_\_\_

**HONESTY:** (Leviticus 19:11) \_\_\_\_\_

**LAZINESS:** (Proverbs 13:4) \_\_\_\_\_

**FAITH:** ( Ephesians 2:8) \_\_\_\_\_

**Today's Bible reading is James chapter 4.**

**BY YIELDING TO TEMPTATION, YOU ARE PLAYING WITH FIRE**

**New Life Christian Growth Series - Fighting Temptation**

**Booklet #24**

**Lesson #7**

**This week's verse to memorize: Galatians 5:16**

**This I say then, walk in the Spirit, and ye shall not fulfill the lust of the flesh.**

*God has specifically instructed you not to yield to the lust of the flesh. The Bible clearly warns about the dangers of operating beyond the boundaries of God's protective will. In the Sermon on the Mount, Jesus expanded on Old Testament teachings by explaining that the heart attitude determines whether or not God's limits are overstepped; A quick heart check will reveal where you stand.*

Ye have heard that it was said by them of old time, thou shalt not \_\_\_\_\_ :  
But I say unto you, That whosoever looketh on a woman \_\_\_\_\_  
\_\_\_\_\_ hath committed adultery with her already in his \_\_\_\_\_ (Matthew 5:27-28).

Professing themselves to be wise, they became \_\_\_\_\_, And changed the glory of incorruptible God into an image made like to \_\_\_\_\_, and to birds, and four footed beast, and creeping things. Wherefore God also gave them up to uncleanness through the lusts of \_\_\_\_\_, to dishonour their own bodies between themselves: Who changed the truth of God into \_\_\_\_\_, and worshipped and served the creature more than the Creator, who is blessed for ever. For this cause God gave them up unto vile affections for even their women did change the \_\_\_\_\_ use into that which is against nature: And likewise also the men, leaving the \_\_\_\_\_, burned in their lust one toward another: men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet. And even as they did not like to \_\_\_\_\_ in their knowledge, God gave them over to a reprobate mind, to do those things which are \_\_\_\_\_ (Romans 1:22-28).

*Ask yourself what your reaction is to God's boundaries. Do you test them? Are you one who negotiates with God over their necessity? Do you have to understand them before you will accept them? Submitting to God's plan brings safety and blessing. Confess to God any resistance, and pray for the strength to submit to His leading.*

Behold, I set before you this day a \_\_\_\_\_ ; A blessing, if ye \_\_\_\_\_ the commandments of the Lord your God, which I command you this day: And a curse, if ye \_\_\_\_\_ the commandments of the Lord your God, but turn aside out of the way which I command you this day, to go after other gods, which ye have not known (Deuteronomy 11:26-28).

**Let's look at some Scripture to help fight with temptations. Please write out the verses below:**

**SEXUAL SINS:** (I Corinthians 7:1) \_\_\_\_\_

**LUST:** (Proverbs 6:25) \_\_\_\_\_

**Today's Bible reading is I Corinthians chapter 7.**

**TEMPTATION — THE KEY QUESTION**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #8**

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**This week's verse to memorize: Galatians 5:16**

**This I say then, walk in the Spirit, and ye shall not fulfill the lust of the flesh.**

*Hungering, longing, thirsting, yearning — all of these terms can be used to describe the word desire. Eve hungered for the fruit of the forbidden tree; Sarai longed for the promised child; King David yearned after Bathsheba. In each case, these Bible characters' desires became so strong that they took matters into their own hands to gain what they wanted. They all knew God's instructions, but when tempted, they found a way to justify their actions to obtain their desires. The consequences they faced as a result were serious.*

And it came to pass in an evening tide, that David arose from \_\_\_\_\_, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very \_\_\_\_\_ to look upon. And David sent and enquired after \_\_\_\_\_. And one said, Is not this Bathsheba, the daughter of Eliam, the \_\_\_\_\_ of Uriah? (II Samuel 11:2-3)

**All sin has a starting point — a time when you must choose between entering into temptation or refusing.**

And David sent messengers, and took her; and she came in unto him, and \_\_\_\_\_; for she was purified from her uncleanness: and she returned unto her house. And the woman \_\_\_\_\_, and sent and told David, and said, I am with child. And David sent to Joab, saying, send me \_\_\_\_\_, the Hittite. And Joab sent Uriah to David. And when Uriah was come unto him, David demanded of him how Joab did, and how the people did, and how the war prospered (II Samuel 11:4-7).

*We experience many longings for circumstances or people to be different, for things we do not have, and for more of what we do have. You may find yourself tempted to fulfill these yearnings through your own actions. Temptation itself is not sin, but acting on your own or against God's Word is. Remember what happened to king David.*

Come ye near unto me, \_\_\_\_\_; I have not spoken in secret from the beginning; from the time that it was, \_\_\_\_\_: and now the Lord God, and his Spirit, hath sent me. Thus saith the Lord, thy Redeemer, the Holy One of Israel; I am the Lord \_\_\_\_\_ which teacheth thee to profit, which \_\_\_\_\_ thee in the way that thou shouldest go (Isaiah 48:16-17).

*Our heavenly Father, who created you in His image, knows what it is you long for, and He has promised to give you what profits you most. Compare your desires with the truth of Scripture, and ask God to help you let go of any longings that do not meet His standard. Make Psalm 63:1-2 your heart's cry:*

O God, thou art my God; \_\_\_\_\_ thee: my soul thirsteth for thee, my flesh \_\_\_\_\_ for thee in a dry and thirsty land, where no water is; To see thy \_\_\_\_\_ and thy \_\_\_\_\_, so as I have seen thee in the sanctuary (Psalm 63:1-2).

**Let's look at some Scripture to help fight with temptations. Please write out the verse below:**

**REPENTANCE:** (Psalms 34:18) \_\_\_\_\_

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**Today's Bible reading is II Samuel chapter 11.**

**TEMPTATION — JUST SAY “NO”**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #9**

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**This week's verse to memorize: Galatians 5:16**

**This I say then, walk in the Spirit, and ye shall not fulfill the lust of the flesh.**

*“No” is an essential word when it comes to temptation. Joseph practiced saying it frequently in repelling the advances of Potiphar’s wife. That word was powerful because of the God-centered perspective Joseph had; he was committed to honoring the Lord, and he recognized that all sin was against God. He said, “How then could I do this great evil and sin against God?” This view of life prepared Joseph to meet temptations.*

And it came to pass after these things, that his master’s wife \_\_\_\_\_ upon Joseph; and she said, Lie with me. But he \_\_\_\_\_ and said unto his master’s wife, Behold, my master wotteth not what is with me in the house, and he hath committed all that he hath to my \_\_\_\_\_; There is none greater in this house than I; neither hath he kept back any thing from me but thee, because thou art his wife: “how then can I do this great \_\_\_\_\_, and sin against God? (Genesis 39:7-9)

*Your ability to resist temptations will be directly related to your worldview. If you see your life as belonging to the Lord and are committed to reflecting, by your actions, the truth of who He is, then you will be more likely to stand firm.*

And it came to pass, as she spake to Joseph \_\_\_\_\_, that he hearkened not \_\_\_\_\_, to lie by her, or to \_\_\_\_\_. And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house \_\_\_\_\_. And she caught him by his garment, saying, \_\_\_\_\_: and he left his garment in her hand, and \_\_\_\_\_, and got him out (Genesis 39:10-12).

*If you are focused on yourself, succumbing to temptation is more probable. Temptation whispers that sin will satisfy, but the truth is that it actually stirs up stronger desires. Temptation claims that it will not hurt you, but sin always injures spiritually, if not physically. It asserts that no one else will know, but that’s a lie, for it ignores your all-knowing God.*

And it came to pass, when she saw that he had left \_\_\_\_\_ in her hand, and was \_\_\_\_\_ forth, That she called unto the men of her house, and spake unto them, saying, See, he hath brought in an Hebrew unto us to mock us; He came in unto me to \_\_\_\_\_, and I cried with a loud voice: And it came to pass, when he heard that I lifted my voice and cried, that he left his garment with me, and fled, and got him out. And she laid up his garment \_\_\_\_\_, until his lord came home (Genesis 39:13-16).

*Begin NOW to practice saying, “NO,” remembering that it is not by your own strength that you stand firm, but by the presence and power of the Holy Spirit. Recognize that sin has a significant cost; it dishonors God. Joseph was unwilling to pay this price for yielding to temptation. What about you?*

**Let’s look at some Scripture to help fight with temptations. Please write out the verse below:**

**SELF-DENIAL:** (Galatians 5:24) \_\_\_\_\_

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**Today's Bible reading is Genesis chapter 39.**



**HOW TO OVERCOME TEMPTATION**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #10**

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**This week's verse to memorize: Galatians 5:16**

**This I say then, walk in the Spirit, and ye shall not fulfill the lust of the flesh.**

***Can Satan make you sin? No, he cannot. Satan can tempt you to sin, but he cannot make you sin.***

Ye are of God, little children, and have \_\_\_\_\_: because greater is \_\_\_\_\_, than he that is in the world. They are of the world: therefore speak they of the world, and the world heareth them. We are \_\_\_\_\_: he that knoweth God \_\_\_\_\_; he that is not of God heareth not us. Hereby know we the spirit of truth, and the spirit of error. Beloved, let us \_\_\_\_\_: for love is of God; and every one that loveth is \_\_\_\_\_, and knoweth God. He that loveth not knoweth not God; for \_\_\_\_\_ (I John 4:4-8).

***Is temptation sin? No, it is not. The Lord Jesus was tempted, and we know that He did not sin. The Bible says that He was "in all points tempted like as we are, yet without sin." Temptation is not sin. Satan likes to condemn Christians even when they have not sinned. He likes to make them feel guilty for having been tempted by some sin, but it is not a sin to be tempted.***

Brethren, if a man be \_\_\_\_\_, ye which are spiritual, restore such an one in the \_\_\_\_\_; considering thyself, lest thou also be tempted. \_\_\_\_\_ and so fulfil the law of Christ. For if a man think himself to be something, when \_\_\_\_\_, he deceiveth himself (Galatians 6:1-3).

Because thou \_\_\_\_\_ of my patience, I also will keep thee from \_\_\_\_\_, which shall come upon all the world, to \_\_\_\_\_ (Revelation 3:10).

***Arm yourself with the Word of God. The only way to overcome temptation is to fight Satan with Scriptures in the same way that Jesus defeated Satan in the wilderness.***

**Today's Bible reading is Galatians chapter 6.**

# **FOUR THINGS YOU MUST DO TO OVERCOME TEMPTATION**

## **New Life Christian Growth Series - Fighting Temptation**

### **Booklet #24**

#### **Lesson #11**

**This week's verse to memorize: Galatians 5:16**

**This I say then, walk in the Spirit, and ye shall not fulfill the lust of the flesh.**

*To overcome temptation, you must do four things. First, you must consider your death with Christ. Next, you must focus on Christ's life in you. Then, you must arm yourself with the Word of God. And Finally, you must make no provision for the flesh.*

**1. Consider your death with Christ. As Christians, you and I have been delivered from the kingdom of darkness where sin reigns. How were you delivered? You were delivered by your death with Christ. God put you in Christ on the cross. When Christ died, you died with Him; when He was buried, you were buried with Him; when He rose again, you rose again with Him.**

Giving thanks unto \_\_\_\_\_, which hath made us meet to be partakers of the \_\_\_\_\_ of the saints in light: Who hath delivered us from the \_\_\_\_\_, and hath translated us into the kingdom of his dear Son: In whom we have redemption through his \_\_\_\_\_, even the forgiveness of sins (Colossians 1:12-14).

**2. Focus on Christ's life in you. Temptation comes to you, not only from Satan, but also from within you. The good news is that Christ lives inside of you, and He can help give you the strength and self-control to fight temptations both outside of and within you.**

Let no man say when he is tempted, I am \_\_\_\_\_: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is \_\_\_\_\_, and enticed (James 1:13-14).

**3. Arm yourself with the Word of God. You have already learned about the mighty weapon of prayer, which God has given you; but God has given you another weapon, too: the Word of God.**

Above all, taking the \_\_\_\_\_, wherewith ye shall be able to quench all the \_\_\_\_\_ of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the \_\_\_\_\_: Praying \_\_\_\_\_ with all prayer and supplication in the Spirit, and \_\_\_\_\_ thereunto with \_\_\_\_\_ and supplication for all saints (Ephesians 6:16-18).

**4. Make no provision for the flesh. In order to overcome temptation, you must not make any provision for the flesh. This means that you must not do things or allow yourself to walk into situations that make it easy for you to sin.**

Let us walk \_\_\_\_\_, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in \_\_\_\_\_ and envying. But put ye on the Lord Jesus Christ, and make not provision for the \_\_\_\_\_, to fulfill the \_\_\_\_\_ thereof (Romans 13:13-14).

**Today's Bible reading is Romans chapter 13.**

# **TEMPTATION — MAKE NO PROVISION FOR THE FLESH**

## **New Life Christian Growth Series - Fighting Temptation**

### **Booklet #24**

#### **Lesson #12**

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#### **This week's verse to memorize: Galatians 5:16**

**This I say then, walk in the Spirit, and ye shall not fulfill the lust of the flesh.**

*The Lord Jesus defeated Satan, and so can you. Jesus memorized the Word of God, and He knew how to use it. Do you see why it is so important for you to memorize Scripture? You must arm yourself with the Word of God.*

#### **Below are some key verses you can use to fight against Satan:**

And ye shall know the \_\_\_\_\_, and the truth shall \_\_\_\_\_  
\_\_\_\_\_ (John 8:32).

*God's Word is the truth. When you know the truth about sin and temptation, you can be set free from their power over you.*

For sin shall not have \_\_\_\_\_: for ye are not under the law, but \_\_\_\_\_ (Romans 6:14).

*Sin shall not continue to rule over you. Why? Because you are "under grace," where God's mighty power works on your behalf. Christ lives in you, and He will enable you to overcome sin's power.*

Submit yourselves therefore \_\_\_\_\_. Resist the devil, and he \_\_\_\_\_  
\_\_\_\_\_ (James 4:7).

*Learn to resist Satan. Resist him with the Word of God. Resist him in Jesus' name. Resist him in the victory of Calvary. Remind him that he is defeated, and tell him to leave you alone.*

Ye are \_\_\_\_\_, little children, and have overcome them: because \_\_\_\_\_  
\_\_\_\_\_  
than he that is in \_\_\_\_\_ (I John 4:4).

*Jesus Christ is the One Who is in you. Satan is the one who is in the world. This verse says that Jesus Christ, who is in you, is greater than Satan who is in the world.*

For God hath not given us the \_\_\_\_\_; but of \_\_\_\_\_, and of love, and of a \_\_\_\_\_  
(2 Timothy 1:7).

*The spirit of fear is from Satan. Don't accept it! God does not give you a spirit of fear; instead, He gives you a spirit of power, and of love, and of a sound mind.*

**Today's Bible reading is II Timothy chapter 1.**

**YOU ARE NO LONGER UNDER THE AUTHORITY OF SIN**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #13**

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**This week's verse to memorize: James 4:7**

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

**Below are some more verses you can use to fight against Satan:**

Being confident of this very thing, that \_\_\_\_\_ will perform  
it until the day of Jesus Christ (Philippians 1:6).

***If you are God's child, God has begun a good work in you. He will continue that work until the day you go to meet Him; you can count on this.***

I can do \_\_\_\_\_ which  
strengtheneth me (Philippians 4:13).

***The Lord Jesus gives you strength to do whatever He wants you to do. Why? Because He lives in you.***

Finally, my brethren, \_\_\_\_\_,  
and in the power of His might (Ephesians 6:10).

***You are not to be strong in yourself, but you are to be strong in the Lord. This means that you are to count on Him and His mighty power to give you victory.***

What shall we then say to these things? \_\_\_\_\_,  
who can be against us? (Romans 8:31)

***Child of God, God is for you. You can be sure of this because He says so. Since God is for you, it doesn't matter who is against you.***

And we know that \_\_\_\_\_  
\_\_\_\_\_ to them that love God (Romans 8:28).

***Some things taken by themselves may not seem good to you, but you know God is working all things together for the good of the one who loves Him. You can know this because God says so.***

**Today's Bible reading is Romans chapter 8.**

**THE SOURCE AND PURPOSE OF TEMPTATION**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #14**

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**This week's verse to memorize: James 4:7**

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

*In today's lesson, you will be learning about the source of temptation:*

*The first source of temptation involves man's three basic sins: the desire to enjoy things, the desire to get things, and the desire to do things. These three basic sins result from the three areas of temptation mentioned in I John 2:16:*

For all that is in the world, the lust of the \_\_\_\_\_, and the lust of the \_\_\_\_\_, and the \_\_\_\_\_, is not of the Father, but is of the world (I John 2:16).

What source of temptation is mentioned in James 1:13-14? \_\_\_\_\_

Who tempted Jesus in Matthew 4:1? \_\_\_\_\_

*In I Thessalonians 3:5, Christians are exhorted to examine their faith lest the tempter has tempted them.*

For this cause, when I could no \_\_\_\_\_, I sent to know your \_\_\_\_\_, lest by some means the tempter have tempted you, and \_\_\_\_\_ (I Thessalonians 3:5).

*We also want to take a look at the purpose of temptation:*

*According to I Peter 1:6-7, temptations are trials.*

Wherein ye greatly rejoice, though now for \_\_\_\_\_, if need be, ye are in heaviness through manifold temptations: That the trial of your faith, being much more \_\_\_\_\_ than of gold that perisheth, though it be tried with fire, might be found unto \_\_\_\_\_ at the appearing of Jesus Christ (I Peter 1:6-7).

According to James 1:3, what does the trying of one's faith results in? \_\_\_\_\_

*Finally, we also want to look into the idea that you can have encouragement in temptation:*

What does God promise to those who are tempted? (I Corinthians 10:13) \_\_\_\_\_

Who promises deliverance from temptation? (II Peter 2:9) \_\_\_\_\_

What should be one's attitude toward temptation? (James 1:2) \_\_\_\_\_

**Today's Bible reading is II Peter chapter 2.**

**ENCOURAGEMENT AND VICTORY OVER TEMPTATION**

**New Life Christian Growth Series - Fighting Temptation**

**Booklet #24**

**Lesson #15**

**This week's verse to memorize: James 4:7**

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

*You can receive encouragement from the fact that Jesus, your high priest, the one who intercedes for your sins, was tempted as you are. What encouragement you can receive from His victory over temptation!*

For we have not an high priest which \_\_\_\_\_  
\_\_\_\_\_ ; but was in \_\_\_\_\_  
\_\_\_\_\_ tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of  
grace, that we may obtain mercy, and find grace \_\_\_\_\_  
\_\_\_\_\_ (Hebrews 4:15-16).

Why can Christ help you in times of temptation, according to Hebrews 2:18? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Of whose devices should you be aware to avoid temptation? (II Corinthians 2:11) \_\_\_\_\_

***In Revelation 3:10, you are given a promise concerning temptation:***

Because thou hast kept the word of my patience, I also will \_\_\_\_\_  
\_\_\_\_\_,  
which shall come upon all the world, to try them that dwell upon the earth.

***The good news is, no matter how big or difficult the temptation is, you can always have victory over it!***

Above all, taking the shield of faith, wherewith ye shall be able to \_\_\_\_\_  
\_\_\_\_\_ (Ephesians 6:16).

Whom are you admonished to resist in I Peter 5:8-9? \_\_\_\_\_

Enter not into the \_\_\_\_\_,  
and go not in the way of evil men (Proverbs 4:14).

\_\_\_\_\_, that ye enter not into temptation: the spirit  
indeed is willing, but the \_\_\_\_\_ (Matthew 26:41).

What is promised to those who endure temptation? (James 1:12) \_\_\_\_\_

If one is overcome by temptation and falls into sin, what should he do? (I John 1:9) \_\_\_\_\_  
\_\_\_\_\_

**Today's Bible reading is I John chapter 1.**

**DEALING WITH TEMPTATION**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #16**

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**This week's verse to memorize: James 4:7**

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

*Many people's only defense against temptation is to simply flee the scene. Removing yourself from compromising situations is crucial to maintaining solid Christian character; however, simple flight is not the ultimate answer. Fleeing temptation is only a temporary solution. One way or another, temptation will always seem to find you, wherever you have fled.*

Furthermore then we beseech you brethren, and exhort you by the Lord Jesus, that as ye received of us how ye ought to \_\_\_\_\_, so ye would abound more and more. For ye know what commandments we gave you by the Lord Jesus. For this is the \_\_\_\_\_, even your sanctification, that ye should abstain from \_\_\_\_\_: That every one of you should know how to \_\_\_\_\_ in sanctification and honor (I Thessalonians 4:1-4).

*The idea of fleeing from Satan's ploys is a slight distortion of Biblical counsel. Rather than running away from Satan, Scripture instructs, "Resist the devil, and he will flee from you" (James 4:7). Through the power of the Holy Spirit, believers have the ability to send Satan himself running in terror.*

Brethren, I count not myself to have apprehended: but this one thing I do, \_\_\_\_\_ which are behind, and reaching forth unto those things which \_\_\_\_\_. I \_\_\_\_\_ for the prize of the high calling of God in Christ Jesus (Philippians 3:13-14).

*Also, it is important for Christians to remember that temptation is not a problem that you can solve yourself by fleeing or any other manner. Instead, you need deliverance from temptation. Jesus taught, "And do not lead us into temptation, but deliver us from evil."*

And lead us not \_\_\_\_\_, but deliver us from evil: For thine is the kingdom, and the \_\_\_\_\_ and the glory, for ever. For if ye \_\_\_\_\_ their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, \_\_\_\_\_ will your Father your trespasses (Matthew 6:13-15).

*Evil is a God-sized problem. Thinking that you have within yourself any means to defeat it negates the need for a Savior. Even during the most difficult battle, you can rest in the assurance that Jesus has already secured the victory. When temptation comes, remove yourself from the situation, but also stand firm in the Lord.*

Teach me thy way, O Lord, and lead me in a \_\_\_\_\_, because of mine enemies. Deliver me not unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty. I had fainted, unless I had believed to see the \_\_\_\_\_ in the land of the living. \_\_\_\_\_: be of good courage, and he shall \_\_\_\_\_ thine heart: wait, I say on the Lord (Psalm 27:11-14).

**Today's Bible reading is I Thessalonians chapter 4.**

**TEMPTATION — CAN YOU GET AWAY WITH SIN?**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #17**

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**This week's verse to memorize: James 4:7**

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

*“No one will ever know. I’m not hurting anyone else; this just involves me.” You may recognize these infamous words as ones that usually precede an act of disobedience and eventually yield to temptation. Isn’t it interesting that when you really want to do something you know is wrong, your mind can always rationalize the behavior?*

Be not deceived; God is not \_\_\_\_\_: for whatsoever a man soweth, that shall he \_\_\_\_\_; but he that soweth to the Spirit shall of the Spirit reap life \_\_\_\_\_ (Galatians 6:7-8).

*That brings us to an age-old question: can you really get away with sin? In your heart, you know that the answer is no. Yet, when the consequences of sin seem to differ so greatly, you often choose to take the risk.*

And let us not be weary in well doing: for in due season we shall \_\_\_\_\_, if we faint not. As we have therefore opportunity, let us do \_\_\_\_\_, especially unto them who are of the \_\_\_\_\_ (Galatians 6:9-10).

*To fight these urges and temptations, you must remember that the consequences of sin are not always external, and they are not always immediate. “Secret sins” such as lying, adultery, and viewing pornography may go unnoticed for months or even years. However, the internal damage within the hearts and minds of those engaged in these activities can be life threatening.*

For there is nothing \_\_\_\_\_, that shall not be revealed; neither \_\_\_\_\_, that shall not be known. Therefore whatsoever ye have spoken in darkness shall be \_\_\_\_\_; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops (Luke 12:2-3).

*Know this: God will deal with habitual sin in the lives of believers. He may allow His children to live in sin for a season, but as Luke 12:2 says, “There is nothing covered up that will not be revealed, and hidden that will not be known.”*

And I say unto you my friends, Be not afraid of them that \_\_\_\_\_, and after that have no more that they \_\_\_\_\_. But I will forewarn you whom ye shall fear: Fear him, which after he hath killed \_\_\_\_\_; yea, I say unto you, Fear him (Luke 12:4-5).

*Are you prepared to face the consequences of disobedience and yielding to temptation, or will you boldly turn from sin and accept His gift of forgiveness? The choice is yours.*

**Let’s look at Scripture to help fight with temptations. Please write out the verse below:**

**LYING:** (Proverbs 19:5) \_\_\_\_\_

**Today's Bible reading is Luke chapter 12.**



**TEMPTATION NOT TO HANDLE CONFLICT WISELY**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #18**

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**This week's verse to memorize: James 4:7**

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

*What do you expect when you wake up in the morning? Do you gleefully embrace the rising sun, knowing that the day will provide untold joy, or do you groan and pull the covers over your head, hoping that no one will notice if you don't get up?*

But I would ye should understand, brethren, that the things which happened unto me have fallen out rather unto the furtherance of \_\_\_\_\_; So that my \_\_\_\_\_ are manifest in all the palace, and in all other places; And many of the brethren \_\_\_\_\_ the Lord, waxing confident by my bonds, are much more bold to speak the word without fear (Philippians 1:12-14).

*No one likes to handle difficulties; however, you will find it impossible to make it through each and every day without facing some level of conflict or criticism. The challenge is not trying to avoid it, but rather, learning how to deal with it.*

Some indeed preach Christ even of \_\_\_\_\_; and some also of good will: The one preach Christ of contention, \_\_\_\_\_, supposing to add affliction to my bonds: But the other of love, knowing that I am set for the \_\_\_\_\_ (Philippians 1:15-17).

*Too often, you may respond by immediately rising up to self-defense. Rather than humbly listening to the complaint, you frequently begin formulating excuses and thereby refuse to accept any responsibility in the matter whatsoever.*

What then? Notwithstanding, every way, whether in pretense, or in truth, \_\_\_\_\_; and I therein do rejoice, yea, and will rejoice. For I know that this shall turn my \_\_\_\_\_ through your prayer, and the \_\_\_\_\_ of the Spirit of Jesus Christ, According to my earnest expectation and my hope, that in \_\_\_\_\_, but that with all boldness, as always, so now also Christ shall be \_\_\_\_\_, whether it be by life, or by death. For to me to live is \_\_\_\_\_, and to die is \_\_\_\_\_ (Philippians 1:18-21).

*A better alternative is to quietly hear the criticism, ask God for discernment and the strength to admit any personal fault, forgive those who have wronged you, and prayerfully consider how the situation could be avoided in the future. Even though these conflicts can be quite painful, they should be seen as opportunities for spiritual maturity, as well as times through which relationships can be strengthened rather than destroyed.*

**Let's look at some Scripture to help fight with temptations. Please write out the verses below:**

**COURAGE:** (Psalm 27:14) \_\_\_\_\_

**HOPE:** (I John 3:3) \_\_\_\_\_

**Today's Bible reading is Galatians chapter 6.**

**FIGHTING TEMPTATION BY STANDING IN THE STORM**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #19**

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**This week's verse to memorize: James 4:7**

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

Truly my soul \_\_\_\_\_: from him cometh my salvation.  
He only is my \_\_\_\_\_ and my \_\_\_\_\_; he is my defense; I shall not be \_\_\_\_\_ (Psalm 62:1-2).

*“My soul waits in silence for God; only from Him is my salvation. He only is my rock and my salvation, my stronghold; I shall not be greatly shaken.” This moving passage can bring to mind many images, but one is a photograph of a tiny bird wedged into a small crevasse within a rock cliff. Just outside his hiding place, a brutal storm rages. Strong winds and rain beat down, upturning leaves and breaking tree branches. Yet, the bird is safe and still, and his life is spared, thanks to the solid rock around him.*

How long will ye imagine mischief against \_\_\_\_\_? Ye shall be slain all of you: as a bowing wall shall ye be, and as a tottering fence. They only consult to cast him down from his excellency: they \_\_\_\_\_: they bless with their mouth, but they \_\_\_\_\_ inwardly. My soul, wait thou only \_\_\_\_\_; for my expectation (hope) is from him (God) (Psalm 62:3-5).

*Can you recall a time in your life when it seemed that you would be blown away by a physical or emotional storm? What was your response to this temptation? Did you venture into its midst or retreat into the shelter of God's protective arms?*

He only is my rock and my salvation: he is my defense; I shall \_\_\_\_\_. In God is my salvation and my glory: the rock of my \_\_\_\_\_, and my refuge, is in God. Trust in him at \_\_\_\_\_; ye people, pour out your heart before him: God is a refuge for us (Psalm 62:6-8).

*When a storm of temptation blows into your life, remember the words of Psalm 62. Pay attention to the phrase, “My soul waits in silence for God only.” In the photograph mentioned above, the bird was not chirping and fretting. Instead, it was resting quietly until the storm passed. His confidence was in the source of his protection.*

Surely men of low degree are vanity, and men of high degree are \_\_\_\_\_: to be laid in the balance, they are altogether \_\_\_\_\_ than vanity. Trust not in oppression, and become not vain in robbery: if riches increase, set not your \_\_\_\_\_. God hath spoken once; twice have I heard this; that power belongeth unto \_\_\_\_\_. Also unto thee, O Lord, belongeth mercy: for thou renderest to every man according to \_\_\_\_\_ (Psalm 62:9-12).

*Though God always hears your cries of distress, you can be assured that once you call for Him, He will be with you. You can release your anxieties and rest in Him until the storms and temptations die down.*

**Let's look at some Scripture to help fight with temptations. Please write out the verses below:**

**MERCY:** (Psalm 103:13) \_\_\_\_\_

**TRUST:** (I Peter 5:7) \_\_\_\_\_

**Today's Bible reading is Psalm chapter 62.**

**WHAT ABOUT TEMPTATION AND SIN?**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #20**

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**This week's verse to memorize: Psalm 138:7**

**Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.**

***Will I think, say, and do things, which are wrong after I am saved? YES***

And Abraham journeyed from thence toward the south country, and dwelled between Kadesh and Shur, and sojourned in Gerar. And Abraham said of his wife, She is \_\_\_\_\_: and Abimelech king of Gerar sent, and took Sarah. But God came to Abimelech in a \_\_\_\_\_, and said to him, Behold, thou art but a \_\_\_\_\_, for the woman which thou hast taken; for she is a \_\_\_\_\_ (Genesis 20:1-3).

***Abraham was faithful and always walked and talked to God, but there were also times in his life when Abraham lied and sinned, thinking of self and forgetting that God was in charge of his life. Did Abraham sin after he was saved? YES***

Then Abimelech called Abraham, and said unto him, What hast thou done \_\_\_\_\_?  
And what have I \_\_\_\_\_, that thou hast brought on me and on my kingdom a \_\_\_\_\_? Thou hast done deeds unto me that ought not to be done. And Abimelech said unto Abraham, What sawest thou, that thou hast done this thing? And Abraham said, Because I thought, Surely the fear of God is not \_\_\_\_\_; and they will slay me for \_\_\_\_\_ (Genesis 20:9-11).

***Will I be free from temptations? NO. Every believer is tempted. On occasions, even the strong have failed. Abraham was strong and walked close to God, yet he failed. We will all fail until we get to heaven. Because we are human and have human desires, however, the Holy Spirit who lives in us will help keep us from failing.***

And the Lord spake unto Moses, saying, Take the rod, and gather thou the assembly together thou, and Aaron thy brother, and speak ye unto the \_\_\_\_\_ and thou shalt bring forth to them water out of the rock: so thou shalt give the congregation and their beasts drink. And Moses took the rod from before the Lord, as he \_\_\_\_\_. And Moses and Aaron gathered the congregation together before the rock, and he said unto them, hear now, ye rebels; must we fetch you water \_\_\_\_\_? And Moses lifted up his hand, and with his rod he \_\_\_\_\_: and the water came out abundantly, and the congregation drank, and their beasts also (Numbers 20:7-11).

***Moses disobeyed, and he yielded to temptation. Temptation itself is not a sin, but yielding to it is. The Bible says in James 1:13-16, "Let no man say he was tempted by God." There is a price that you will pay by yielding to temptation.***

And the Lord spake unto Moses and Aaron, Because ye \_\_\_\_\_, to sanctify (hallow) me in the eyes of the children of Israel, therefore ye shall not \_\_\_\_\_ this congregation into the land which I have \_\_\_\_\_ (Numbers 20:12).

**Today's Bible reading is Numbers chapter 20.**

# **TEMPTATION — THE TESTING OF YOUR COMMITMENT**

## **New Life Christian Growth Series - Fighting Temptation**

### **Booklet #24**

#### **Lesson #21**

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#### **This week's verse to memorize: Psalm 138:7**

**Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.**

*During the stretching times of life, when God is testing you, He will teach you new and deeper truths about Himself, His purposes, and His promises. Difficulties are often painful, but they are always designed to be beneficial.*

By faith Abraham, when he \_\_\_\_\_ to go out into a place which he should \_\_\_\_\_  
\_\_\_\_\_ for an inheritance, \_\_\_\_\_; and he went out, not knowing  
wither he went. By faith he sojourned in the land of promise, as a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise: For he looked for a city which hath foundations, whose \_\_\_\_\_  
\_\_\_\_\_ (Hebrews 11:8-10).

*From a human perspective, times of testing can be baffling because you don't understand how anything good could result. Consider God's command that Abraham sacrifice his son. Abraham's early thoughts could have gone like this:*

- **Unreasonable** — “God, I cherish my son above all else. How could You ask this of me?”
- **Untimely** — “Why now, Lord? My son is still young. He is the one through whom my descendants are to come.”
- **Unfair** — “It's not right that you ask this of me. Haven't I left my home and friends to follow You?”
- **Unbearable** — “This is too hard for me. I cannot take this pain.”

*Abraham rejected that kind of thinking. Instead, he trusted God and refused the temptation to turn away. The trial revealed Abraham's unshakable commitment to the Lord's plan.*

Through faith also Sarah herself received \_\_\_\_\_  
\_\_\_\_\_, and was delivered of a child when she was past age, because she judged him \_\_\_\_\_  
\_\_\_\_\_. Therefore sprang there even of one, and him as good  
as dead, so many as the \_\_\_\_\_  
\_\_\_\_\_, and as the sand which is by the sea shore innumerable (Hebrews 11:11-12).

*Knowing which circumstances will help you grow, our Father asks you to exercise faith and choose His way rather than yielding to temptation. Recalling His unending love and wholehearted commitment to His children will help you do this. Be assured that God makes no mistakes in His dealings with you.*

By faith Abraham, when he was \_\_\_\_\_, offered up Isaac: and he that had received the promises offered up his \_\_\_\_\_, Of whom it was said,  
That in Isaac shall thy seed be called: Accounting that God was able to \_\_\_\_\_,  
even from the dead; from whence also he received him in a figure (Hebrews 11:17-19).

*Imagine Abraham's joy when the Lord provided a ram as a sacrifice in Isaac's place. You will receive the same reward of spiritual joy when you remain steadfast and do not yield to temptation. What will you do during times of testing?*

*Let's look at Scripture to help fight with temptations. Please write out the verse below:*

**PEACE:** (Psalm 37:37) \_\_\_\_\_

**Today's Bible reading is Hebrews chapter 11.**

**TEMPTATION — MOTIVATION FOR COMMITMENT**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #22**

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**This week's verse to memorize: Psalm 138:7**

**Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.**

*Although Daniel was living as a captive in Babylon, he resolved in his heart not to violate God's laws, and he never wavered from his commitment. What motivated this young man to live out such a pledge?*

And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and the king's seed, and of the princes; Children in whom was \_\_\_\_\_, but well favoured, and skillful in all \_\_\_\_\_, and cunning in knowledge, and understanding science, and such as had the ability in them to stand in the \_\_\_\_\_, and whom they might teach the learning and the tongue of the Chaldeans. And the king appointed them a \_\_\_\_\_ provision of the king's meat, and of the wine which he drank: so nourishing them \_\_\_\_\_, that at the end thereof they might stand \_\_\_\_\_. Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah (Daniel 1:3-6).

*Daniel's deep love for the Lord made him determined not to defile himself with the king's food and wine. Dedication to God means choosing to be set apart to love, worship, and obey only Him and not to yield to temptation. It is declaring, "Lord, every part of me is yours. I want what you want." When you keep the Lord Jesus as the center of your focus, your hearts will overflow with thanksgiving, and you will be motivated to stand firm.*

But Daniel purposed in his heart that he would not \_\_\_\_\_ with the portion of the king's \_\_\_\_\_ nor with the \_\_\_\_\_ which he drank: therefore he requested of the prince of the eunuchs that he might not \_\_\_\_\_. Now God had brought Daniel into \_\_\_\_\_ and tender love of the eunuchs (Daniel 1:8-9).

*If Daniel outrightly refused to eat the king's food, he would likely have lost his life. So he and his friends turned to God for direction instead of yielding to temptation. The Lord gave them the wisdom they needed to develop an alternate plan.*

And the prince of the eunuchs said unto Daniel. I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces \_\_\_\_\_ than the children which are of your sort? Then shall ye make me \_\_\_\_\_ to the king. Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, \_\_\_\_\_ days; and let them give us pulse (vegetables) to eat, and water to drink (Daniel 1:10-12).

*Notice there were no loud demands, no arguments, and no rebellious spirits. Their behavior was marked by trust in God and dependence upon Him. Jesus promises that the Holy Spirit will give you guidance and understanding, too (John 16:13). When you listen closely to His direction, you will be motivated to act.*

Then let our countenances be \_\_\_\_\_ before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest. Deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared \_\_\_\_\_ in flesh than all the children which did eat the portion of the king's meat (Daniel 1:13-15).

**Today's Bible reading is Daniel chapter 1.**

# **STAYING COMMITTED TO GOD WITHOUT YIELDING TO TEMPTATION**

## **New Life Christian Growth Series - Fighting Temptation**

### **Booklet #24**

#### **Lesson #23**

**This week's verse to memorize: Psalm 138:7**

**Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.**

*Through daily prayer and meditation upon God's Word, you can keep your eyes centered upon Christ, your ears tuned to His voice, and your heart motivated to obey. You'll be able to make the same wholehearted commitment Daniel did and not yield to temptation. How eager are you to do God's will?*

I am crucified \_\_\_\_\_: never the less I live; yet not I. but Christ \_\_\_\_\_  
\_\_\_\_\_: and the life which I now live in the flesh I live by the \_\_\_\_\_  
\_\_\_\_\_, who loved me, and gave himself for me (Galatians 2:20).

***Daniel was living in a pagan society whose values were opposed to God's. Because of his devotion to the Lord, the young man was able to hear divine direction and maintain his spiritual zeal.***

As for these four children, God gave them \_\_\_\_\_ in all learning and wisdom: and Daniel had understanding in all \_\_\_\_\_. Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar. And the king communed with them; and among them all was found \_\_\_\_\_, Hananiah, Mishael, and Azariah: therefore stood they before the king (Daniel 1:17-19).

***Daniel was also motivated by an expectation that God was at work. As he faced an uncertain future, he refused to give in to temptation. Daniel and his friends wisely performed the task assigned to them and trusted the Father for their future. The Lord desires followers like them (people who commit themselves to Him without reservation), who let the Holy Spirit empower them to take risks, and who say yes to serving God in unexpected places and ways.***

And in all matters of wisdom and understanding, that the king enquired of them, he found them \_\_\_\_\_ than all the magicians and astrologers that were in all his realm (Daniel 1:20).

***Daniel and his friends also desired to have a strong witness before others. When pleasing God is your goal, you will find yourself empowered to follow Him and not yield to temptation.***

Now the word of the Lord \_\_\_\_\_ unto Jonah the son of Amittai, saying. Arise, go to Nineveh, that great city, and cry against it; for their \_\_\_\_\_ is come up before me. But Jonah rose up to flee unto Tarshish from the presence of \_\_\_\_\_, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from \_\_\_\_\_ (Jonah 1:1-3).

***If your temptation is distasteful or hard, you may falter. If this is the case, God will then use pressure to move you along. Daniel did not waver, but Jonah did. The Lord's relentless pursuit motivated Jonah to turn back toward Him and agree to witness to Nineveh. God uses the Holy Spirit, people, and circumstances to push you to the place He wants you to go. Ask the Lord to help you be fully committed to Him and to live out that pledge every day.***

**Today's Bible reading is Jonah chapter 1.**

**TEMPTATION — NO SUBSTITUTES ALLOWED**  
**New Life Christian Growth Series - Fighting Temptation**  
**Booklet #24**

**Lesson #24**

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**This week's verse to memorize: Psalm 138:7**

**Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.**

*The story of Jonah's resistance to the Lord's calling is legendary. But isn't it unfortunate that God had to go to such extreme measures to get His prophet to obey? What will God have to do to you for you to obey?*

Then Jonah \_\_\_\_\_ unto the Lord God out of the \_\_\_\_\_.  
And said, I cried by reason of mine affliction unto the Lord, and he \_\_\_\_\_; out of the belly of hell cried I, and thou heardest my voice. For thou hadst cast me into \_\_\_\_\_, in the midst of the seas; and the floods compassed me about: all thy billows and thy waves passed over me (Jonah 2:1-3).

*Jonah did what we all sometimes try to do — substitute our plan for God's. There are times you know what the Lord has in mind, but you yield to temptation anyway. Then, whenever you pray, it seems He brings up the issue you have been trying to avoid. The pressure to act never subsides until you decide either to do what God asks, or until you quit praying.*

And the Lord spake unto the \_\_\_\_\_, and it \_\_\_\_\_  
\_\_\_\_\_ upon the dry land (Jonah 2:10).

*Busyness and yielding to temptation will bring misery. Anything short of complete obedience is disobedience; if getting you to learn this principle requires that you be swallowed up by whale-sized trouble, God will allow it in your life.*

And the word of the Lord came unto \_\_\_\_\_,  
saying, Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee. So Jonah arose, and went unto \_\_\_\_\_, according to the word of \_\_\_\_\_.  
Now Nineveh was an exceeding great city of three days' journey (Jonah 3:1-3).

*The Lord is not interested in your convenience or comfort; He is focused on conforming His children to Christlikeness and using them to spread the Gospel throughout the world.*

And Jonah began to enter \_\_\_\_\_ a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be \_\_\_\_\_. So the people of Nineveh \_\_\_\_\_, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the \_\_\_\_\_ (Jonah 3:4-5).

*When you resist God's perfect plan for your life because of what it might cost you in wealth, time, or social status, you fall deeper into the belly of temptation and distress.*

But let man and beast be covered with sackcloth, and cry mightily unto \_\_\_\_\_: yea, let them turn every one from his \_\_\_\_\_, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from his fierce \_\_\_\_\_ that we perish not? And God saw their works, that they turned from their evil way; and God \_\_\_\_\_, that he had said that he would do unto them; and he \_\_\_\_\_ (Jonah 3:8-10).

*The moment you repent and commit to obey, you are purged from the self-imposed prison of disobedience and temptation. Following the Lord's plan for your life is the way to peace and joy.*

**Today's Bible reading is Jonah chapter 3.**





## New Life Christian Growth Series—Fighting Temptation

# \*\*\*\*\*Booklet #24 Test & Review (Pages 33-36)\*\*\*\*\*

**Instructions:** After you complete pages 7-32 of this Booklet, please answer the following questions to share what you have learned. When you are all done, please mail pages 33-36 ONLY, back to: Mountain State Ministries, P.O. Box 217, Springfield, WV 26763. When we receive it, we will review your answers and grade it (Pass or Fail).

**Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**My Full Name:** \_\_\_\_\_

**My Address:** \_\_\_\_\_

### This week's verse to memorize: Psalm 138:7

**Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.**

### Section #1: Multiple Choice

*Each question below is followed by three answers: (A), (B), and (C). Only one of the answers is correct. Read each question carefully; then, select the correct answer and circle it. Each of these questions are taken from Scripture and the lessons in this book.*

1. What should we do when we fall into diverse temptation?
  - (A) Try harder to avoid bad situations
  - (B) Count it all joy
  - (C) Pray about it
2. For we wrestle not against what?
  - (A) Flesh and blood
  - (B) The power of man
  - (C) Satan and sin
3. Greater is he that is in you than:
  - (A) All of the riches of the world
  - (B) He that is in the world
  - (C) All of man's power
4. Jesus was tempted by what?
  - (A) God the Father
  - (B) The world
  - (C) Satan
5. To fight temptation you must do what?
  - (A) Put on the Armor of God
  - (B) Read your Bible every day
  - (C) Go to church
6. You should not speak evil to whom?
  - (A) Your pastor
  - (B) Your wife or husband
  - (C) One another
7. What did David see from his roof?
  - (A) A ball of fire
  - (B) His throne
  - (C) A woman washing herself
8. Who cast their eyes upon Joseph?
  - (A) The woman at the well
  - (B) Potiphar's wife
  - (C) Potiphar
9. Is temptation a sin?
  - (A) Sometimes
  - (B) Always
  - (C) Never
10. Let no man say he is tempted of whom?
  - (A) God
  - (B) Satan
  - (C) Man

**Today's Bible reading is Romans chapter 10.**

New Life Christian Growth Series—Fighting Temptation

\*\*\*\*\*Booklet #24 Test & Review (Pages 33-36)\*\*\*\*\*

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Section #2: True or False

*Each question below is followed by a blank. Read each question carefully. If the statement is true, write the word, "true" in the blank. If the statement is false, write the word "false" in the blank. Each of these questions are taken from Scripture and the lessons in this book.*

1. God hath delivered us from the power of darkness. \_\_\_\_\_
2. Arm Yourself with the Word of God. \_\_\_\_\_
3. You should make provision for the flesh. \_\_\_\_\_
4. Sin will have dominion over the Christian. \_\_\_\_\_
5. Ye are of God, little children. \_\_\_\_\_
6. I can do all things through Christ. \_\_\_\_\_
7. All things work together for good of God. \_\_\_\_\_
8. One of the sources of temptation is the lust of the flesh. \_\_\_\_\_
9. God is able to tempt you. \_\_\_\_\_
10. Jesus was never tempted when He was on the earth. \_\_\_\_\_
11. We should watch and pray that we enter not into temptation. \_\_\_\_\_
12. We should be of good courage, and He (God) shall strengthen our hearts. \_\_\_\_\_
13. You can get away with sin sometimes. \_\_\_\_\_
14. Temptation is a sin. \_\_\_\_\_
15. Christ should be magnified in my body. \_\_\_\_\_
16. God is my rock and my salvation. \_\_\_\_\_
17. I will say, think, and do things which are wrong after I am saved. \_\_\_\_\_

Today's Bible reading is I Corinthians chapter 10.

New Life Christian Growth Series—Fighting Temptation

\*\*\*\*\***Booklet #24 Test & Review (Pages 33-36)**\*\*\*\*\*

It is not wrong to be tempted. Even Jesus was tempted by Satan. The problem comes when we give in to that temptation instead of standing securely upon God’s word, hating sin and loving righteousness. When Jesus was facing temptation, He did not refer to tradition or church teaching, but He quoted the word of God. How can we expect to be victorious over sin and temptation if we do not know and love God’s word—the Bible? Do you know and love the Bible and read it daily? \_\_\_\_\_

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It is easy as humans to give in to temptation and sin. Are there sins that you love more than God? Are there certain behaviors, habits, addictions, etc. that you are not willing to give up in order to live fully for God? Are you willing to hold on to these things if it means losing your soul? \_\_\_\_\_

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We need to be wise and humble enough to realize that any of us can fall in to sin if we are not watching and praying and if we are not ready at all times to stand firm and resist the attacks of Satan. Are you prepared? Are you standing firm? How can we be ready? \_\_\_\_\_

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Giving in to what we see as little sins or thinking that some bad habit or behavior is not a big deal can make it much easier for us to give in to more and more sin and to lose the battle without realizing it. Have you ever given in to one sin and have seen it progress into a whole mess of sin? Do you realize how important it is to stand firm against even “little sins?” \_\_\_\_\_

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New Life Christian Growth Series—Fighting Temptation

\*\*\*\*\*Booklet #24 Test & Review (Pages 33-36)\*\*\*\*\*

According to Galatians 5:16, if we walk in the Spirit, we will not fulfill the lust of the flesh. Are you walking in the Spirit? What does that mean? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any comments or questions about what you have studied in this lesson or anything else? Is there any way that we can pray for you? \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If it is your desire to have one of these Bible lessons sent to a family member and/or friend, please fill out the following:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Relation to you: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Relation to you: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Relation to you: \_\_\_\_\_