

Calvary Chapel of El Cajon Women's Bible Studies

Taming Your Temptation

Lesson 4

No one, not even Jesus, is exempt from *temptation*. Satan began his dastardly work in the very beginning of time as we know it. His tactics have varied little. They haven't had to. Like Adam and Eve we have all too often taken the bait and found ourselves stuck on the hook. As long as we are in these bodies of flesh we will be subject to *temptation*. Yet, *temptation* can be tamed. As believers, we have the power to resist any and all *temptation* that would be set before us. May the study of this lesson drive that truth even deeper into your heart.

DAY ONE :

1. Let's take a look at the very first *temptation* in paradise long, long ago. Adam and Eve had it all. They lacked nothing. They had great freedom, for they only had one rule. What was it?
Genesis 2:16,17

a. Along comes satan in the form of a serpent, *more cunning than any beast of the field*. Define or list some synonyms for the word *cunning*.

b. Record the conversation between Eve and the satan from Genesis 3:1-5:

satan (verse 1)

Eve (verses 2 & 3)

satan (verses 4 & 5)

1.) What lies were in satan's statements.

c. According to Genesis 3:6, what did Eve do?

1.) Notice, satan is not foolish to tempt us with something that is not desirable. From verse 6, describe the fruit of the tree.

2.) What can we learn from this example?

2. Satan has not changed; times have not changed. How does satan's *temptation* of Eve parallel the *temptations* of 1 John 2:16?

a. What promise do we have in 1 John 2:17?

DAY TWO:

1. If satan hasn't changed, and we are still in these bodies of flesh, are we without hope? What does Romans 6:14 have to say to the believer?

a. What does Romans 6:18 add to this?

1.) Describe the freedom you have in being a *servant of righteousness* (having a new Master in Jesus).

b. As those who have been set free from the power of sin; as those who now serve another Master, what does Paul tell us to do in Romans 6:22?

1.) How have you discovered that doing what is right is a deterrent to *temptation*?

2. Describe the warning in Galatians 5:1 in your own words.

DAY THREE: Read Proverbs 4:14,15

1. Proverbs 4 is a chapter about obtaining and walking in wisdom. What advice does Solomon give in verses 14 and 15?

- a. Before *walking in the way of evil* what are we warned not to do?

- 1.) Why do you think this warning comes first?

2. Name five *paths* in our contemporary culture, which many Christians are tempted to walk down, that can lead to downfall.

- a. Name just one consequence of walking in that *path*.

- 1.) What do these *paths* tend to look like when you are standing at the beginning of them?

- 2.) As a believer travels *the path of the wicked*, what might they begin to discover?

- 3.) Practically, how can we get off of this *path* intended for our destruction?

3. Rather than get on the *path* at all, what does verse 15 tell us to do?

a. What advice would you give to another believer who was headed towards the *path of the wicked*?

DAY FOUR: Read Proverbs 4:20-27

²⁰My son, give attention to my words; incline your ear to my sayings. ²¹Do not let them depart from your eyes; keep them in the midst of your heart; ²²For they are life to those who find them, and health to all their flesh. ²³Keep your heart with all diligence, for out of it spring the issues of life. ²⁴Put away from you a deceitful mouth, and put perverse lips far from you. ²⁵Let your eyes look straight ahead, and your eyelids look right before you. ²⁶Ponder the path of your feet, and let all your ways be established. ²⁷Do not turn to the right or the left; remove your foot from evil.

1. In your own words, list the principles from Proverbs 4:20-27 for gaining victory over *temptation*.

DAY FIVE: Read Matthew 4:1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²And when He had fasted forty days and forty nights, afterward He was hungry. ³Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." ⁴But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' " ⁵Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, ⁶and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you ,and 'In their hands they shall bear you up, lest you dash your foot against a stone.' "

⁷Jesus said to him, "It is written again, 'You shall not tempt the LORD your God.' " ⁸Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. ⁹And he said to Him, "All these things I will give You if You will fall down and worship me." ¹⁰Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the LORD your God, and Him only you shall serve.' " ¹¹Then the devil left Him, and behold, angels came and ministered to Him.

1. Complete the following chart by listing the three *temptations* set before Jesus by satan and the three responses with which Jesus defeated each *temptation*. **Challenge:** Site the Old Testament verses Jesus referred to.

	Satan's Temptation	Jesus' Response	OT Verse
1.			
2.			
3.			

2. Quoting Scripture is not enough. Satan included Scripture in his *temptations*. What must we also do?

- a. Share a time you experienced victory by doing this.

DAY SIX: Review

1. Share one thing about Eve's *temptation* that is applicable to your life.

2. Using Day Two, explain as you would to another believer, why they don't **have to sin** anymore.

3. Describe the *path of the wicked*.

4. Proverbs 4:23 instructs the one who would follow God to *keep your heart with all diligence*. How can we do that?

5. *For we do not have a High Priest (Jesus) who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin* (Hebrews 4:15). *Therefore.... what are we to do?* Verse 16
 - a. Explain how God's *mercy* and *grace* help you resist temptation.

6. Share something from this lesson that has personally impacted you.

*Keep alert and pray. Otherwise temptation will overpower you.
For though the spirit is willing enough, the body is weak!*

-Matthew 26:41 NLT