

Temptation: How Do We Handle It?

James 4:1-10

What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

4 You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. 5 Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? 6 But he gives us more grace. That is why Scripture says:

"God opposes the proud

but shows favor to the humble."

7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

L: The Word of God for the People of God.

P: Thanks be to God.

- We are continuing our Lenten series on temptation.
- Let's review...
 - Temptation begins when the Devil cause us to question God's Word and God's goodness.
 - All temptation comes in one of three categories according to 1 John 2:16: the lust of the flesh, the lust of the eyes, and the pride of life.
 - Jesus handles temptation by standing on God's Word and saying, "It is written."
 - Overcoming temptation, through the strength God gives us, makes us more mature in our faith.
- Today, we will learn how we can handle temptation.
- James reminds us that all temptation comes from our own evil desires and that God stands ready to answer our sincere prayers.
- Then James gives us a four step process to handle temptation.
 1. Grieve over your sins.
 2. Humble yourselves before the Lord, and he will lift you up.
 3. Submit yourselves to God.
 4. Resist the devil, and he will flee from you.
- Let us submit ourselves to God's Word and use the power of the Holy Spirit to resist the devil. That is how we handle temptation.