

# Berea Goshen Report

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## How to resist temptation part 2

As wonderful as the birth of Jesus was, and it was, if He hadn't lived, died, been resurrected and ascended back to Heaven, it would not have meant nearly as much. In order to do all of that he had to overcome several temptations to sin. We know about the three temptations in **Luke 4:1-12**. Those were not the only ones. **Verse 13** says the devil left Him "for a season." Subsequently, Jesus "was in all points tempted like as we are yet without sin." **Hebrews 4:15**. He is our standard.

All of us who are Christians ought to resist temptation more vigorously out of our love for the Lord. We said previously that there is a wonderful reward for that. **Revelation 2:10 ... be thou faithful unto death, and I will give thee a crown of life.** **James 1:12, Blessed is the man that endureth temptation for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love Him.**

We know that we can do better at resisting temptation because we are **NEVER** tempted beyond our ability to resist according to **1Corinthians 10:13** which says: **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 ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.**

Resisting temptation is one way we show the Lord that we do really love Him according to the following verses.

**The question is what am I going to do, what are you going to do? Run or lose? Be like Joseph or like David?**

**John 14:15... if you love me keep my commandments.**  
**John 14: 21... he that hath my commandments and keepeth them he it is that loveth me.**  
**John 15:10... if you keep my commandments ye shall abide in my love even as I have kept my father's commandments and abide in his love.**

We previously defined temptation as **pressure brought to bear on your being – spirit, soul and body - to do what you know violates God's Word.** The reason for temptation we said was to challenge your love of God and love for God.

We said that in order to resist temptation you should avoid lust- a strong inordinate desire for a vice. We said that lust is incubated in the womb of time spent imagining a vice! We said that desire comes about due to inordinate time

investments in your thought life or in your imaginations regarding a vice. **In other words, if you spend enough time thinking about it or imagining it, you will develop a desire for it.**

So, how does one avoid lust? We said you must deny the vice time. **James 1:14 says But every man is tempted, when he is drawn away of his own lust, and enticed.**

The good news is that Jesus said that it **can** be helped in **Matthew 5:28: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. This applies to all temptation not just sexual temptation.**

Jesus said here that it is possible to "look" without lusting! What is the difference between "looking" and "lusting?" Time! **Time spent looking tends to cause "looking" to become "lusting."**

**It is easier to avoid temptation than to resist it**

Job gives all of us very sound counsel in this regard in **Job 31:1-12:**

**[1] I made a covenant with mine eyes; why then should I think upon a maid?...and mine heart walked after mine eyes... [8] ... if I have laid wait at my neighbour's door; [10] Then let my wife grind unto another, and let others bow down upon her.**  
**[12] For it is a fire that consumeth to destruction, and would root out all mine increase.**

Job says you should make a covenant with your eyes not to look too long so that you don't enter into lust. Otherwise, your heart will follow your eyes and lust will form in your heart with some disastrous consequences!

**So, to resist temptation, avoid lust. To avoid lust, deny the vice time investments.**

**The second thing you must do to resist temptation is to run from it!** Do like Joseph and run from the Cougar and its male equivalent!

Joseph's example is quite appropriate in our day given that sexual temptation is probably the most prevalent and ever-present temptation that men ...and women face today! There is hardly any program on television that allows commercials that you can watch for more than 15 minutes without being confronted with a sexual temptation!

**Genesis 39:7-12**

[7] **And it came to pass after these things, that his master's wife cast her eyes upon Joseph; and she said, Lie with me.**

[8] **But he refused...** [10] **And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her...** [12] **And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got him out.**

Run and get out of there! Don't stay and think that you can pray your way out of the situation. The best time to have prayed is before the temptation showed up. Jesus said in **Luke 22:40-46** that we should pray so we do not enter or succumb to temptation:

[40] **And when he was at the place, he said unto them, Pray that ye enter not into temptation.** [41] **And he was withdrawn from them about a stone's cast, and kneeled down, and prayed...** [43] **And there appeared an angel unto him from heaven, strengthening him.** [44] **And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.** [45] **And when he rose up from prayer, and was come to his disciples, he found them sleeping for sorrow,** [46] **And said unto them, Why sleep ye? rise and pray, lest ye enter into temptation.**

**So, to resist temptation avoid lust, to avoid lust, deny the vice time investments**

Jesus demonstrated what He meant. He, Himself, prayed before facing the greatest temptation of His ministry on earth. As a response to His prayers, the Bible says that an angel was dispatched to strengthen Him.

Consequently, although Jesus was sorely tempted, He had the spiritual strength to successfully resist the temptation despite the fact that the pressure was so much on Him that His sweat became as drops of blood!

The time of temptation is a time when the devil and **your flesh - the untrained part of it** - and **your mind - the unrenewed part of it** - have ganged up to assault your spirit! If you have not taken the time before this assault occurs to strengthen your spirit, it is probably going to yield to the assault!

Praying at the time of temptation is like trying to build a tornado shelter during a tornado! When the temptation is at hand, it is time to take action, not pray, in most cases.

One action to take when being tempted is to run! Hence Joseph ran! **Trying to reason with the tempter, temptress or tempting thought will also be fruitless!** Joseph tried that. It did not work. He had to run, and he did!

So, get ready to run! **Run**, as in change the channel! Don't sit there and kid yourself by saying "Look at that! Can you imagine that! What is this world coming to!"

**Run**, as in do not subscribe to certain channels on cable or satellite...you know what I mean! I am sure you do! **Run**, as in make sure your wife or husband knows the password on your laptop, tablet and phone. In other words, set parameters or boundaries.

**Run**, as in avoid associations of friends or acquaintances that tempt you or make it harder for you to resist temptation. Or that make it easier for you to yield to temptation or get entangled.

**Run**, as in -avoid places that make it easier to yield or get entangled...such as flat roof tops of the King's palace if you are King David!

**2 Samuel 11:1-4**

[1] **And it came to pass, after the year was expired, at the time when kings go forth to battle, that David sent Joab, and his servants with him, and all Israel; and they destroyed the children of Ammon, and besieged Rabbah. But David tarried still at Jerusalem.** [2] **And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the (flat) roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon.** [3] **And David sent and enquired after the woman.** And one said, Is not this Bath-sheba, the daughter of Eliam, the wife of Uriah the Hittite? [4] **And David sent messengers, and took her; and she came in unto him, and he lay with her; for she was purified from her uncleanness: and she returned unto her house.**

**Run, Run, Run!**

Do you think King David ever read in the Torah about how Joseph successfully resisted sexual temptation? If he ever did, he clearly forgot to follow that example! **Joseph ran and eventually got promoted to deputy Pharaoh!** David did not and lost his throne for a while and almost lost it permanently! But for the fact that the plan of redemption was destined to go through David he would have lost it permanently!

The question is what am I going do, what are you going to do? Run or lose? Be like Joseph or like David?

*To be continued.*

*2025!*

*Still The YEAR OF FLOURISHING!*

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