

## Understanding and Overcoming Temptation James 1:12-15

**Introduction:** Today we return to our study of James entitled Be Real.

**You will not make it as a Christian if you do not learn to overcome temptation.**

**To overcome temptation, know its SOURCE...where it comes from. Vs. 12-13**

- Temptation never comes from God, so we must never blame God for tempting us.
- Temptation comes from our own sinful desires. Vs. 14 But each person is tempted when he is lured and enticed by his own desire.

**To overcome temptation, recognize its FORCE...how it is working within you vs. 14 Each person is tempted when he is lured and enticed by his own desire.**

**To overcome temptation, *trace its COURSE (the stages and where temptation ultimately leads).***

**Conclusion:** Four practical steps to overcome temptation.

1. Study and know yourself.
2. Avoid tempting situations or people.
3. Have a predetermined plan to follow Christ and to flee temptation.
4. Keep reminding yourself of the gruesome outcome of sin —death.