



## Overcoming Temptation

### Part 3b: Lust of the Flesh

#### Luke 4:3-4

#### I. Review: Play Number One: “The Lust of the Flesh”

#### II. “The Lust of the Flesh”

A. Temptation: “The desire to fulfill a *legitimate* human need - in a way that is outside of God’s *will* or *timing*.”

#### B. #1 Lust of the Flesh: *Sexual Immorality*

1. Romans 1:22-27: It destroys the individual both *spiritually* and *physically*.
2. Romans 1:28-32: It destroys *families* which are the *foundation* of both society and the church.
3. I Corinthians 6:9-20: It destroys the *Temple* of God.

C. What do you do if you have succumbed to this, or any “Lust of the Flesh”?

1. John 3:20-21: Come to the *light*.
2. I John 1:5-10: *Walk* in, *believe* in, *confess* and *receive* God’s cleansing for your failure.
3. I John 2:1-5: “*Forwardslide*” - Begin seeking His Wisdom and Understanding - Obeying His commands, as He reveals them in Scripture.

#### III. How To Battle The “Lust of the Flesh”

A. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_  
God’s Word daily:

1. Luke 4:4, Matthew 4:4; Deuteronomy 17:18-20; Psalm 119:9-16
2. The “Learning Pyramid: (Activity / Retention)  
Hear: 5% \* Read: 10% \* Audio/Visual: 20%  
Demonstration: 30% \* Discussion Group: \_\_\_\_\_  
Doing It: \_\_\_\_\_ \* Teaching Others: \_\_\_\_\_

3. L \* I \* F \* E
  - a. L \_\_\_\_\_
  - b. I \_\_\_\_\_
  - c. F \_\_\_\_\_
  - d. E \_\_\_\_\_

B. Avoid \_\_\_\_\_ in your life:

1. II Samuel 11:1-5; I Timothy 5:13
2. “\_\_\_\_\_ is the Dead Sea that swallows up all virtues.” Benjamin Franklin

C. \_\_\_\_\_ the stumbling blocks of temptation:

1. Matthew 5:27-30
2. Luke 17:1-2

D. \_\_\_\_\_ lustful thoughts \_\_\_\_\_!

1. Note: To have a lustful thought or desire at the door of our mind is \_\_\_\_\_. It is what we do with it that is the key!
2. II Corinthians 10:3-6
3. How do we practically do this?
  - a. By \_\_\_\_\_ our mind through daily feeding upon God’s Word.
  - b. By calling to our \_\_\_\_\_ the Promises of God! II Corinthians 4:17-24; James 1:21

E. Realize that \_\_\_\_\_ is a Fruit of the Spirit:

1. Galatians 5:16-26
2. Definition: The virtue of one who masters his \_\_\_\_\_ and \_\_\_\_\_, especially his \_\_\_\_\_ appetites. (Thayer)
3. We cultivate the Fruit of the Spirit as we take time to \_\_\_\_\_ in Christ (sit at His feet).
4. John 15:5: Yes, I am the vine; you are the branches. *Those who remain in Me and I in them*, will produce much fruit. *For apart from Me you can do nothing!*”