

# **Overcoming Temptation: Getting God's Perspective**

*How to Say No to a Stubborn Habit* by Erwin Lutzer (pages 47-59)

## **Introduction:**

### **I. Identifying the issues of the heart**

- A. George (involved in an illicit sexual affair)

Heart issue:

- B. Ken (in bondage to nicotine)

Heart issue:

- C. Susan (struggling to forgive the marital unfaithfulness of her spouse)

Heart issue:

- D. John (besieged with an explosive temper)

Heart issue:

### **II. Getting a larger focus**

- A. As you think of that sin you want to overcome, first thank God for this temptation and the opportunity it represents in your life.
- B. Take a tour through your life, jotting down areas that need work.
- C. After you have had time to reflect on your private struggle, give yourself and your problem completely to God.
- D. Realize that your ultimate goal is not victory, but God Himself.

### III. Conclusion – Suggested Application (page 59)

- A. Most of our repeated failures stem from one of three basic causes (a) pride, (b) sensuality, and (c) covetousness. Read Genesis 3:1-8 and try to find these three elements in Satan's temptation of Adam and Eve.
- B. Try to relate your particular temptation to one or more of the root problems mentioned above. For example: the sin of anger actually reflects pride. We become upset when circumstances do not conform to what we would like. We lose control of ourselves when we cannot control situations according to our own desire.
- C. Think of some Bible characters who tried to covet or excuse their sin. What was the result for them personally, and for other people?
- D. Take Paul's list of the works of the flesh in Galatians 5:19-21, and describe the way in which each one is symptomatic of rebellion against God.
- E. In thinking of the particular sin you would like to overcome, ask: what would God want to *put in the place of* this habit? Read the Beatitudes and find the character qualities that seem to be directly opposite to the trait you want God to change (Matthew 5:1-10).