



How to Handle Temptation

Adapted from “Fruit of Failure” series by Rod Loy

There is a cool program on the web called “Temptation Blocker.” Now, it is not what you think. It is not a filtering device to keep you from looking at raunchy web sites or suggestive e-mails.

Instead, Temptation Blocker is a program designed to keep you from distraction. When you are working on an important project at work, you need to focus. But, if you hit the wall, you may be tempted to play solitaire or surf the web.

With Temptation Blocker, you enter the number of hours you need to focus and the programs you want to block. Then, when you get bored and try to play solitaire, your computer won’t let you. Instead, in a pop-up-box, your computer tells you how much longer you need to keep working. Sort of like a nagging boss, right there inside your computer.

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This is not a product endorsement. I did not download the program and have not tried it. But it seems useful for work. And, how incredibly useful would something like that be in life?

You might be thinking, “If only that had existed before I gave into temptation. I would give anything to have stood strong. I have failed. I gave into temptation and it cost me so much. I wish there was a ‘Temptation Blocker’ for life.”

Good news. There is...

“COURAGE” Level Questions

C1: Describe a time in your life when you gave into temptation. What were your thoughts? Your emotions?

Exercise #1: Studying the mistakes of Adam and Eve can teach you numerous things. Read this verse and answer the following.

Genesis 3:1–5 (ESV) Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden’?” And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’” But the serpent said to the woman, “You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”

C2: From that scripture, can you identify and write down two lies Satan told Eve?

C3: We look at this story and, because we know the ending, we want to shout, “*Don’t believe that lying snake!*” It should have been obvious to Eve and it should be obvious to us. With that in mind, how do you spot a lie from Satan?

“STRENGTH” Level Questions

Exercise #1: Anything that contradicts God’s Word is a lie. Write down some lies Satan, the world, and your sin nature have sold to you over the years. Next, beside each of those lies, write down God’s plan.

S1: What is the purpose of Satan’s lies?

Exercise #2: As soon as the snake started disagreeing with what God had taught Adam and Eve, the story should have ended. Read and answer the following.

Genesis 3:4–5 (ESV)

S2: What did Eve do when she was tempted? What should she have done?

Exercise #2: The fruit looked good. That's the point of temptation. Read and answer the following.

Genesis 3:6 (ESV)

S3: What can you learn about temptation from that verse?

S4: From this verse, we learn Adam was with Eve. Why do you think Adam was silent?

“ENDURANCE” Level Questions

Exercise #1: Not only did Adam stay silent when he could have stopped Eve, he also ate the fruit. Read and answer the following.

Genesis 3:6 (ESV)

James 1:12 (ESV)

E1: Instead of following the crowd, what should we do?

E2: What do we learn from these verses as being God’s main principle?

Exercise #2: Our tendency is to blame others for our sin. Read and answer the following.

Genesis 3:7–12 (ESV)

E3: From these verses, what should you do when you sin?

E4: Think back to times in your life when you sinned. Who did you blame? Who should you have blamed?

Exercise #3: As long as you let your excuses stand, you will not be free. Write out a plan to take responsibility.

Exercise #4: It's obvious that Adam's excuses did not work well with God. Read and answer the following.

Genesis 3:13 (ESV)

E5: From this verse, what was Eve's tactic?

E6: What are the two choices you have when you face temptation?