

# Understand Trials Traction – Part 2

James 1:13-18  
June 14, 2009

*"The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure."*  
1 Corinthians 10:13

*"This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin."*  
Hebrews 4:15

## WHAT DO I DO WHEN I'M TEMPTED?

### 1. RECOGNIZE THE SUBSTANCE OF TEMPTATION.

*"My brethren, count it all joy when you fall into various trials (peirasmos)."*  
James 1:2

*"Let no one say when he is tempted (peirasmos)..."* James 1:13a

- **Temptation is a Solicitation to do evil.**

### 2. REALIZE THE SOURCE OF TEMPTATION.

*"Let no one say when he is tempted, 'I am tempted by God'; for God cannot be tempted by evil, nor does He Himself tempt anyone."* James 1:13

### 3. RESIST THE STEPS OF TEMPTATION.

*"But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death."* James 1:14-15

- **Step # 1: Desire**
- **Step # 2: Deception**
- **Step # 3: Disobedience**
- **Step # 4: Death**

### 4. REMEMBER THE SOLUTION TO TEMPTATION.

*"Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. Of His own will He brought us forth by the word of truth, that we might be a kind of first fruits of His creatures."* James 1:17-18

- **Remember God's Character.**
- **Remember God's Word.**
- **Remember God's Plan.**