**Help I’m \_\_\_\_. (Graphic)**

Week 1: Help I’m **STUCK!**

Week 1: Help I’m **OFFENDED!**

Week 3: Help I’m **STRESSED!**

**5 Keys to turning the burner down:**

1. Keeping the peace with others.
2. Be a hard worker.
3. Watch your physical health.
4. Be wise with your money
5. Make time with God.

**Create more margin in your life.**

Help I’m **TEMPTED!**

**Temptation**

1. It is not a sin. (Matthew 4:1)
2. It is not from God. (James 1:13-14)
3. It will happen. (Luke 17:1)

(Genesis 3:1-6)

“Now the serpent was for crafty than any of the wild animals the Lord had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’ The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.” When the **woman saw that the fruit of the tree was good** for food and **pleasing to the eye**, and also **desirable for gaining** wisdom, she took some and ate it.”

(1 John 2:16-17)

“For everything in the world—**the lust of the flesh, the lust of the eyes, and the pride of life**—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

Temptations goal is to appeal to your flesh, your eyes, and your pride. Following temptations enticement **always leading to death, darkness and decrease.**

(Matthew 4:1-11)

“Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” **Jesus answered, “It is written**: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.” Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down. For it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’” **Jesus answered, “It is also written:** ‘Do not put the Lord your God to the test.’” Again the devil took him to a very high mountain and showed him all the kingdoms and the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.” **Jesus said to him, “Away from me, Satan! For it is written:** ‘Worship the Lord your God, and serve him only.’” Then the devil left him, and angels came and attended him.”

1. Control the **diet** of **desire**.

(Galatians 5:16-17)

“So I say, **walk by the Spirit, and you will not gratify the desires of the flesh**. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. **They are in conflict with each other**, so that you are not to do whatever you want.”

1. Become **aware**.

(Matthew 26:41)

“**Watch and pray** so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

 **Where am I vulnerable?**

* **When** am I most tempted?
* **Where** am I most tempted?
* **Who** is with me when I’m most tempted?
* **What** temporary benefit do I get if I give in?
* **How** do I feel before I’m tempted?
1. Don’t resist temptation, **refocus your attention**.

 **Temptations Strategy:**

* **Attention**—thought
* **Arousal**—emotions
* **Action**—doing

(Romans 12:21)

“Do not be overcome by evil, **but overcome evil with good**.”

1. You **don’t** have to face it **alone**.

(Hebrews 2:18)

“Because he [Jesus] suffered when he was tempted, **he is able to help those who are being tempted**.”

(Hebrews 4:15)

“For we do not have a high priest [Jesus] who is unable to empathize with our weakness, but we have one who has been tempted in every way, just as we are—yet he did not sin.”

(James 5:16)

“Therefore confess your sins to each other and pray for each other so that you may be healed.”