



What shall we say, then? Shall we go on sinning so that grace may increase? ²By no means! We died to sin; how can we live in it any longer? ³Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? ⁴We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. ⁵If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. ⁶For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin— ⁷because anyone who has died has been freed from sin. ⁸Now if we died with Christ, we believe that we will also live with him. ⁹For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. ¹⁰The death he died, he died to sin once for all; but the life he lives, he lives to God. ¹¹In the same way, count yourselves dead to sin but alive to God in Christ Jesus. ¹²Therefore do not let sin reign in your mortal body so that you obey its evil desires. ¹³Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. ¹⁴For sin shall not be your master, because you are not under law, but under grace. - **Romans 6:1-14**

What is temptation?

The Bible talks about two different kinds of testing trials and temptation.

- Trials many times are designed by God to help us mature.
- Temptations many times are designed by Satan in order to cause us to sin.

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. - **James 1:12**

How to take charge over temptation:

- 1) Understand that you will be tempted at times.

When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; - **James 1:13**

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. - **I Corinthians 10:13**

- 2) Take responsibility for your problems.

➤ God will never contradict His word.

- 3) Be prepared.

Don't be deceived, my dear brothers. - **James 1:16**

Temptation is a process:

but each one is tempted when, by his own evil desire, he is dragged away and enticed. ¹⁵Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. - **James 1:14-15**

Step One: Desire.

Step Two: Deception.

- ◆ To be "enticed" means to be lured by bait.
- ◆ Satan knows the right bait to use for you.

Step Three: Disobedience.

- ◆ We are free to make choices, but we are not free to choose the consequences.

Step Four: Death.

Overcoming temptation is a act of our will.

Things to remember:

- 1) Do not fight the battle alone.
- 2) Have a personal relationship with Christ.
- 3) Confess your sin to the Lord.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - **I John 1:9**