

Series: 1st Corinthians.

Sunday, June 14. Read our daily sermon reflections on GCC's app (under Devotionals) or at gardiner.church/devotions

1. KNOW YOUR E : HOW TEMPTATION WORKS

(James 1:14-15; see also Genesis 4:7)

- Temptation rarely announces itself as evil — it looks good, feels good, and we can even rationalize it. James 1:14–15 maps out the anatomy of a fall: temptation ignites our desires, desire conceives sin, and sin, left unchecked, leads to death. Understanding this progression is one of our most important defenses.
- Question to Consider: Where in the progression from temptation to sin are you most likely to get stuck — and what does that reveal about the desires you haven't yet surrendered to Jesus?

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2. CHECK YOURSELF BEFORE YOU W..... YOURSELF

(1 Corinthians 10:12-13a; see also Matthew 26:31-34; Romans 7:15-25; 8:11)

- Complacency and spiritual pride are dangerous. Like Peter, we can be convinced we're standing firm, right up until the moment we fall. Like David we can be victorious in one area of life, but naive to our fleshly desires in another. Temptation is common to all of us (v.13a), but so is God's faithfulness. The good news: God will not allow any temptation beyond what you can bear, and He always provides a way through.
- Question to Consider: Are you more prone to spiritual pride — thinking you have it covered; or spiritual naivety — not taking your vulnerabilities seriously enough? What might God be saying to you through that?

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3. THERE IS A W THROUGH: GOD GIVES US HELP

(1 Corinthians 10:13b)

God has not left us without help. Through His Word, He gives us four solid strategies for standing firm against temptation.

- **R.....** : Know Your Thoughts, Influences & Triggers
What is going on in your mind, and what conditions make you most vulnerable?
 - **R.....**: God & His People Are Your Strength
God is faithful and you are not alone. Lean on Him first, and lean on trusted brothers and sisters in Christ for accountability, encouragement and prayer.
 - **R.....** : The Devil, The World & The Flesh
Submit to God, then stand firm against the devil, and his influences – the world, and the flesh. He will flee from you.
 - **R.....** : Replace Evil With Good
Fix your mind on God, on heavenly things, on His Word, and on what is good and beautiful.
- Question to Consider: Which of the four R's do you most need to put into practice this week — and what is one concrete step you could take to do so?

Application For This Week: Choose one area where you know you are vulnerable to temptation. This week, be intentional: identify your triggers, reach out to a trusted friend or mentor for accountability, and spend time daily in God's Word — allowing Him to renew your mind and strengthen you for the battle.

Prayer: *Heavenly Father, thank You that You are faithful and that You never allow us to face more than we can bear with Your help. Forgive us for the times we have relied on our own strength and fallen. We ask that You would sharpen our awareness of temptation, surround us with the support of Your people, and fill our minds with Your Word and Your truth. Lead us not into temptation, but deliver us from the evil one. We trust in your power to help us.*

Verses To Meditate On This Week:

So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. 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 endure it. – 1 Corinthians 10:12-13

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