



**Sunday October 23, 2022**  
**My Mind**  
**Part 3: Temptations, Addictions, Deceptions**

Review:

In part 1, we discuss **"The Mind, Imagination and Mental Health."**

In part 2, we address the topics of **"Concentration, Distractions, Wandering"**.

In part 3, we try to understand how **"Temptations, Addictions, Deceptions"** work and how to overcome these.

In part 4, we learn about **"Controlling Your Thoughts, Training Your Thinking"** so we can use our faculties effectively.

In part 5, we discover the important discipline of **"Renewing Your Mind and Renewed Thinking"**, that transforms our way of life.

In part 6, we learn the Biblical way to **"Overcoming Negative Thoughts"**, an important area for all of us.

In part 7: we understand the importance of **"Maintaining a Positive Mindset"**.

Our objective in this study is to understand what the Bible teaches us about the mind, our mental and emotional well-being (formally referred to as mental health) and **develop a Biblical approach to maintaining a strong, healthy mind, maintaining good mental health and a positive mindset.** We would like to a healthy mind and good mental health, the Bible way.

**1 Thessalonians 5:23 (NASB)**

**Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be kept complete, without blame at the coming of our Lord Jesus Christ.**

The God of peace, Himself, desires to work in me so that my thinking, reasoning, intelligence, emotions, imaginations, and memory can be made holy and kept whole, sound, and in good health.

TODAY:

In this chapter we address another area of challenge that we face in our mind. This has to do with temptations, addictions, and deceptions.

**Basic Definitions**

Let's define briefly what we mean by these terms.



### **Temptations – inducement to sin**

Anything that draws us away from God and His ways into doing things that displease God and go against His Word, is temptation.

### **Addictions – uncontrolled, habitual, compulsion to sin**

As we yield continually to temptations in a certain area, it soon becomes a controlling factor leading us into repeated sin.

### **Deceptions – calling truth a lie, and a lie, truth**

This has to do with our thinking pattern, our understanding, our reasoning, and our mindset. We are tricked into believing that the truth is a lie, and a lie is truth. When we act according to our deception, we think we are doing what is right before God, when actually we are wrong.

### **Fleshly Lusts War Against The Soul**

We must have this important understanding that yielding to fleshly lusts create conflict within our own soul – our mind, will and emotions.

#### **1 Peter 2:11**

**Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul.**

Yielding to fleshly desires troubles the soul. The mind, will, and emotions are affected by what we do. For example, a person's ability to concentrate, or ability to engage in thought—intensive discussions may be weakened because of some of their sinful personal habits. Further, from a spiritual perspective, sinful lifestyle patterns can open doors to wicked spirits that would then have access to areas of the soul which they can harass, trouble, or even gain control over.

### **The Process of Temptation**

Now let us try to understand how temptation happens.

#### **James 1:13–16**

**13 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.**



**14 But each one is tempted when he is drawn away by his own desires and enticed.**

**15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.**

**16 Do not be deceived, my beloved brethren.**

James clarifies how temptation happens. It is not God who is tempting us or inducing us to sin. God will not do this. Temptation happens when **our own desires** are working to take us into something that is wrong. We are tempted, induced to do wrong, when we are drawn by our own desires. Our own affections, appetites, and passions are stirred up for the wrong thing and then pull us towards doing wrong. **Satan can play on our desires, or the pleasures of the world can pull on our desires.**

The Greek word used here for “**desire**” simply means “earnest desire, longing, craving” and could be used in a longing for something good, or a craving for something sinful. Here, of course, given the context we know he is referring to a craving for what is sinful. Ultimately, it is our own desires that **draw** (to draw out, to allure, lure as in hunting or fishing to lure a game from its place of hiding).

Enticed—our wills are weakened and trapped. The Greek word for ‘entice’ means, to trap, to catch with a bait, delude, deceive.

Desire has conceived (to seize, to take as prisoner, to capture, to arrest, also to conceive as a woman), that is we have yielded to the desire or is given in to, that is when we sin. And sin, if it is continued in, so that it becomes “full grown” in the believer, dominating his life, it will lead to death.

**We can outline the progression of temptation that eventually leads to sin as:  
DRAWN (desires are stirred up) → ENTICED (will is weakened) → CAPTURED (yield to wrong desire)**

Having our desires aroused for something wrong and being drawn by our desires is still not sin. We may even come close to being enticed—and this is still not sin. Only when we have yielded to the desire, it is then that we have sinned.

Many Christians unnecessarily condemn themselves, because of wrong desires being aroused in them. This is not sin. Only when they yield to those desires, either by committing a wrong act or by willfully contemplating along those desires, have they sinned.



It would be deception to place the problem of temptation on anything or anyone else. Don't blame God (James 1:13) or anyone else. James calls us to take responsibility in doing our part in overcoming temptation.

### **Exposing Satan's Tactics**

Satan's schemes primarily involve: Temptations, Accusations, Deceptions

#### **Temptations**

Satan is referred to as the Tempter (1 Thessalonians 3:5; Matthew 4:3)

Satan is the tempter, who attempts to seduce us and draw us away from God's standard, thus leading us into sin. Satan cannot make us sin. He can only tempt us. To tempt us he has to stir up our desires and trigger the process of temptation that we saw outlined in James 1:13-16.

We will learn shortly how satan goes about tempting us.

#### **Accusations**

Satan is the accuser of the brethren (Revelation 12:9-10). The meaning of the word Satan (in Gr. 'satanas') is the accuser. In Hebrew 'satan' means adversary or opponent.

Satan works against our minds by throwing accusations against us as well. Accusations are intended to intimidate, weaken our faith and confidence, and cripple us and keep us from doing anything. These are false accusations.

The fact of the matter is that on the Cross Jesus Christ "...canceled the certificate of debt consisting of decrees against us.." (Colossians 2:14 NASB). There is no debt we owe and no decree, judgement, or accusation against us. The devil has been judged, condemned, and sentenced (John 16:11). You don't need to show up in the "Courts of Heaven" to defend your case against the devil. All court cases against you were settled on the Cross and judgement against the accuser of the brethren was passed two thousand years ago! However, believers need to know this truth and stand against the false accusations of the enemy.



Many believers suffer from a poor “spiritual self-image.” They always see themselves as “sinners, so unworthy, condemned, unclean, and unfit.” So much of this is sparked by accusations which wicked spirits play on the minds of believers. Believers unknowingly accept these thoughts and perceive themselves as being so. This leaves them weakened, unmotivated, always in a state of self-pity, condemned, repenting about the same sins repeatedly.

### **Deceptions**

Satan is also called the father of lies (John 8:44) and deceiver (2 Corinthians 11:3; Revelation 12:9). The devil is called the father of lies.

Satan deceived (seduced wholly) Eve. Satan, through his craftiness, attempts to deceive and corrupt our minds.

Satan is a deceiver and therefore attempts to draw us away from the truth, by making a truth appear as a lie, and a lie appear as the truth. He deceives the whole world. We can imagine entire communities, nations, are under Satan's deception.

### **Understanding How the Enemy Tempts Us**

#### **2 Corinthians 2:11**

**Lest Satan should take advantage of us; for we are not ignorant of his devices.**

The Greek word for ‘devices’ is ‘*noema*’ which means a perception, the intellect, disposition, device, mind, thought, scheming of the mind. Satan's devices or schemes are really mind games. They have to do with thoughts, ideas, reasonings, imaginations that play upon the mind.

We will look at the temptation of Jesus to understand how the Tempter goes about presenting his temptations to us.

#### **Hebrews 4:15**

**For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.**

Jesus was tempted in all areas, and in the same way we are also tempted.



**Luke 4:1–13**

**1** Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness,

**2** being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.

**3** And the devil said to Him, “If You are the Son of God, command this stone to become bread.”

**4** But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’”

**5** Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time.

**6** And the devil said to Him, “All this authority I will give You, and their glory; for this has been delivered to me, and I give it to whomever I wish.

**7** Therefore, if You will worship before me, all will be Yours.”

**8** And Jesus answered and said to him, “Get behind Me, Satan! For it is written, ‘You shall worship the LORD your God, and Him only you shall serve.’”

**9** Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, “If You are the Son of God, throw Yourself down from here.

**10** For it is written: ‘He shall give His angels charge over you, to keep you,’

**11** and, ‘In their hands they shall bear you up, lest you dash your foot against a stone.’”

**12** And Jesus answered and said to him, “It has been said, ‘You shall not tempt the LORD your God.’”

**13** Now when the devil had ended every temptation, he departed from Him until an opportune time.

The only way satan could show Jesus all the kingdoms of the world in a moment of time was through the imagination.

Jesus was in the wilderness. Therefore, the only way satan could have “taken” Jesus to Jerusalem and placed Him on the pinnacle of the Temple was through the imagination.

We conclude therefore that satan’s primary way of working against us is in the mind by intercepting our normal thought process with thoughts, ideas, suggestions, pictures, imaginations, arguments, reasoning, etc. These are essentially intended to tempt us, accuse us or in some way deceive us.

Satan’s thoughts, pictures, imaginations, etc., that come into our minds are intended to stir up our own fleshly desires, appetites, and passions and trigger the process we learned about in James 1:13-16. When our own desires are stirred up, we are drawn by



them, our will to resist is weakened, and if we do not exercise restraint, we yield, leading to sin.

Having a bad thought, picture, or imagination, thrown into our minds does not constitute a sin. Thinking evil or acting on that thought is sin.

We cannot prevent these thoughts from coming, but we can prevent them from staying.

### Three Realms of Desires

The Bible teaches us about three realms of desires and we see this played out in the temptation of Eve, and also outlined in 1 John 2:15-16

#### 1 John 2:15-16

**15 Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him.**

**16 For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.**

Satan's temptations target these realms of desire: The lust (evil desires) of the flesh, the lust (evil desires) of the eyes and the pride of life.

#### The Lust of the Flesh

Sensual desires, appetites, and passions not permitted by God. Eve saw that “the tree was good for food.”

#### The Lust of the Eyes

The “desire of the eyes” does not involve appropriation. It is satisfied with contemplating. It represents a higher type of desire than the desire of the flesh, in that it seeks mental pleasure where the other seeks physical gratification (Vincent's Word Studies). Eve saw that “it was pleasant to the eyes.”

#### The Pride of Life



Vain glory. The pride of man. Self-exaltation. Self-importance. Self-dependence. The pride that makes us think that we can do everything by ourselves and makes us independent of God. Eve saw that it was “a tree desirable to make one wise.”

## **Overcoming Temptations, Breaking Addictions, Guarding Against Deceptions**

How do we stay SAFE against temptations, addictions, and deceptions?

We would like to present what the Bible teaches using the word SAFE, as an acronym.

Here is how to keep our minds SAFE against temptations, addictions, and deception:

**Speak** The Word of God

**Act** Aligned to The Word of God

**Focus** on The Word

**Examine** ideas considering the Word

### **#1, SPEAK The Word of God**

When Jesus was tempted, all three times He responded saying “It is written”. Each time He quoted a corresponding Scripture from the Old Testament to counter the devil’s temptation. We must follow the example of Jesus and do the same. The Word of God has been given to us as a sword to use against the devil (Ephesians 6:17). We use the sword of the Word of God, the same way Jesus did. We speak and say what the Word of God says to counter satan’s temptation.

Examples:

While there is nothing wrong in recognizing and appreciating beauty when you see it, you cannot lust after a women’s beauty and let it take you into lustful fantasies. If you see a beautiful woman and you feel wrongly attracted, and you need to guard against that wrong desire, you can **personalize these Scriptures, bring it to your mind and speak them out:** *I will not desire her beauty in my heart nor let her capture me with her eyelids (Proverbs 6:25). I will not give my strength to women or my ways to that which destroys kings (Proverbs 31:3). I have made a covenant with my eyes, and I will not look lustfully on a woman (Job 31:1). I refuse to look at a woman with lust in my eyes and refuse to commit adultery with her in my heart (Matthew 5:28). I treat older women as mothers and younger women as sisters with all purity (1 Timothy 5:2).*

(similarly, women, if you are attracted in a wrong way to a man).





When you feel tempted to look at porn in any form, you can **personalize these Scriptures, bring it to your mind and speak them out:** *I choose to stay away from every form and appearance of evil and things that do not please God (1 Thessalonians 5:22). My eyes, thoughts, appetites, affections, and desires are holy and consecrated to God (1 Thessalonians 5:23). I am a child of God and a saint in Christ. Sexual immorality, impurity and evil desire has no place in me (Ephesians 5:3). I will set no evil, wicked and worthless thing before my eyes; I hate the work of those who walk away from God. Such things have no place in me (Psalm 101:3). I choose to be a person who walks righteously, speaks uprightly, rejecting oppression and bribes. I refuse to see evil or listen to wickedness. I dwell in safety, security, and abundant supply (Isaiah 33:15-16).*

## **#2, ACT Aligned to The Word of God**

While we cannot prevent the demonic spirit from firing their fiery darts of tempting thoughts and lies, we don't have to accept such thoughts and act on them. Don't yield to the lying thought, idea, or imagination. Don't translate the wrong thought into action. Always choose to act (conduct yourself) aligned to the Word of God. Walk in the truth of God's Word.

A, The Cross – Through what Jesus did for us on the Cross, we are free from the dominion of sin and satan. We walk free from the control of sin.

B. Your new life in Christ – We are new creation in Christ. We walk in our identity in Christ.

C, Depend on The Holy Spirit's Help – The Holy Spirit is our Helper. With the help of the Holy Spirit we overcome the weaknesses of the flesh.

D, Pray in the Holy Spirit – We are watchful and pray so that we will not yield to temptation. Through prayer we receive strength to overcome. God makes a way of escape.

E, Crucify the flesh, cut off all things that cause you to sin – We do not tolerate anything that causes us to sin and we cut these things out of our lives. We will not allow anything to have power over us (1 Corinthians 6:12, 1 Corinthians 10:12).

F, Walk alongside other godly believers – Through godly fellowship, prayer and encouragement we are strengthened to overcome.



As we consistently ACT aligned to the Word of God, we will break the power of addictions and addictive behavior over our lives.

### **#3, FOCUS on The Word**

#### **Psalm 119:9 (NASB)**

**How can a young man keep his way pure? By keeping it according to Your word.**

If we keep our way of life according to the Word, we will keep it pure. The devil is persistent. He will keep coming back with the same kinds of temptations. Our response is to keep our focus on the Word in countering repeated and persistent temptations and deceptions the enemy throws our way.

### **#4, EXAMINE ideas considering the Word**

**John 17:17 ...Your Word is truth.**

Evaluate thoughts and ideas in the light of God's Word. God's Word is truth. We do not embrace anything that contradicts God's Word and God's standards. This is how we guard against deceptions of the enemy.

#### **REVIEW**

Keep your mind SAFE.

**Speak** The Word of God

**Act** Aligned to The Word of God

**Focus** on The Word

**Examine** ideas considering the Word

#### **SALVATION CALL**

#### **SUPERNATURAL MINISTRY TIME**

**Minister as the Spirit leads**



LIFE GROUP STUDY GUIDE

**Sunday October 23, 2022**  
**My Mind**  
**Part 3: Temptations, Addictions, Deceptions**

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

**Preparation**

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

**Welcome**

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

**LISTEN to God's Word**

Read the following Scripture references: *James 1:13-16; 2 Corinthians 2:11; Luke 4:1-13; 1 John 2:15-16*

**INVESTIGATE God's Word Together**

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

*1, Based on James 1:13-16 discuss what the Bible teaches here about temptation – inducement to sin.*

*2, Based on Luke 4:1-13 discuss how Jesus faced temptation in all three realms (flesh, eyes, pride) and what was His approach to resist each temptation.*



*3, Discuss the SAFE approach presented in this message to guard our minds against temptations, addictions, and deceptions.*

*How to keep our minds SAFE against temptations, addictions, and deception:*

*Speak The Word of God*

*Act Aligned to The Word of God*

*Focus on The Word*

*Examine ideas considering the Word*

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

**FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

**ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

*1, families to be protected and strengthened*

*2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*

*3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.*

Close by thanking God together.



**USEFUL RESOURCES**



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>

## SERMON OUTLINE

Mental health has to do with how you are doing in your soul - your mind, will and emotions. It has to do with your emotional and psychological well-being. Having good mental health, being sound, well and whole in your soul is important because it affects how we feel, think, and behave. It affects how we go about life, how we relate to others, how we face challenges and handle difficult situations and how we do in things we are responsible for - education, work, etc. When we are doing well mentally, we can enjoy life, enjoy meaningful relationships, enjoy work, overcome life's challenges, be productive, keep growing towards our full potential and make meaningful contributions to those around us. The fact is that all of us face challenges at one point or another, with our mental health, our emotional and psychological well-being. There is nothing wrong in recognizing the difficulties you are facing, to get help, and address those mental health challenges in a positive way.

In this sermon series we discover a Biblical approach towards training and developing our soul, so that we can maintain good mental health, live with soundness, wellness, and wholeness in our mind, with a good, healthy positive mindset. In part 1, we discuss "The Mind, Imagination and Mental Health." In part 2, we address the topics of



"Concentration, Distractions, Wandering". In part 3, we try to understand how "Temptations, Addictions, Deceptions" work and how to overcome these. In part 4, we learn about "Controlling Your Thoughts, Training Your Thinking" so we can use our faculties effectively. In part 5, we discover the important discipline of "Renewing Your Mind and Renewed Thinking", that transforms our way of life. In part 6, we learn the Biblical way to "Overcoming Negative Thoughts", an important area for all of us. In part 7: we understand the importance of "Maintaining a Positive Mindset".

### KEYWORDS

mind, mental health, mood, positive mindset, peace of mind, mental fitness, mental well-being, emotional well-being, controlling my thoughts, training my mind, renewed mind, renewing my mind, spiritual mind, Bible and mental health, Biblical mental health, negative thoughts, emotional disorders, mental illness, concentration, distraction, temptations, addictions, negative thoughts, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

### REFERENCES/CITATIONS

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