

“God Will Not Allow Me To Be Tempted Above What I Can Bear”

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it (1 Corinthians 10:13).

There are many great promises that God has given to us in His Word. Among them, First Corinthians 10:13 would be one of the greatest. If you've ever had difficulty dealing with a particular temptation or sin, this message is for you. **We can have victory over temptation!**

In this passage Paul dispels some myths about temptation and lets us know that it's possible not to give into temptation. First we will introduce some facts about temptation, and then we will see how Paul deals with temptation in this verse. We will also state the promise in different ways, and then give some steps in overcoming temptation. I believe the more we know about temptation, the better prepared we'll be to have victory over it.

Introduction: Four Facts About Temptation

1. It is inevitable (Luke 17:1-2). We are warned against being a stumbling block to someone else. Rather than being a stumbling block, we should seek to build up and restore the one who has stumbled (Galatians 6:1). Temptation comes from within, from the devil, and from the world view that the devil promotes that sinful people accept.
2. It is never directed by God (James 1:13). God will never cause or lead a person to sin because He is totally pure and holy.
3. It is an individual matter (James 1:14-15). No one should deliberately place themselves in a position to be tempted. Satan will always attack where we are most vulnerable. "But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."
4. It will always follow the same pattern. A thought enters, we pamper it; it germinates and grows into an evil act. The devil has a pattern of attack.

Paul Deals With Temptation

In 1 Corinthians 10:13

Fact #1: EVERYONE IS TEMPTED (v.13)

It is not sinful to be tempted. Jesus himself was tempted and yet He did not sin. Everyone is faced with temptation. The key is to recognize temptation, because if we recognize the temptation than we stand a better chance of not giving in to it because we're aware of it.

The word "temptation" means "trial's of varied character." In this instance, the temptation is referred to as tests which Satan puts before us in order to bring out evil in our lives. There are a lot of things that tempt us to do things that are wrong. Some have been tempted to lie. Some have been tempted to watch things on the computer that they know are wrong. Others have been tempted to use foul language. There are many temptations. If you've been tempted to do any of these things, let me say again that temptation is not sinful. It is when we give in to the temptation that sin comes into our lives.

Everyone is tempted. "Wherefore let him that thinketh he standeth take heed lest he fall." (1 Corinthians 10:12). It is so easy to let your guard down when you think you've got everything under control. But it's during those times that Satan can catch you off guard, and the next thing you know you have fallen through the temptation into sin. It is important to recognize that all of us have been and will be tempted. "When pride cometh, then cometh shame: but with the lowly is wisdom" (Proverbs 11:2). If we will keep that in mind then it will be easier for us not to be caught off guard with temptations that come our way. We'll be prepared for them. And when you're prepared for something, it's easier to fend it off.

Fact #2: TEMPTATIONS ARE NOT ALL POWERFUL (v.13)

Does God tempt us? Does God put things before us to try to get us to do evil things? The answer to those questions is, "Absolutely not!" James 1:13-14, "Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: but every man is tempted, when he is drawn away of his own lust, and enticed." The devil is the one who tempts us, because he wants us to spend eternity in hell with him. When you think of it like that, it seems like we

don't have a chance from falling into temptation. But let me share some good news with you. While God doesn't tempt us, He does have the ability to limit the power of temptations! Just because we are tempted with evil does not mean we have to give into them.

As you look at that verse, let me ask you a question. Who is the one who gives the power to overcome the temptation? Is it you? No! Paul writes that God has the ability to keep you from being tempted beyond what you can bear. The word "bear" is from the Greek word "dunamis" which means "power." In other words, God can give us the power to withstand temptation. But for us to receive that power we have to be plugged into the power source itself. We have to be plugged into Jesus in order to receive His power. Now some of us feel pretty confident in our own abilities. You may be very self-disciplined. But the key to overcoming the temptation is what you're plugged into for power. And I've discovered more and more than when I'm plugged into myself, I get into trouble. James 1:21-22 says, "Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls. But be ye doers of the word and not hearers only, deceiving your own selves."

Fact #3: THERE IS ALWAYS A WAY OUT (v.13)

It doesn't matter what temptation you are facing today. It doesn't matter what temptation you've already given into. I want you to know that there is a way out of it. We are not saying that if you have already given into a certain temptation and sin that there is a way out of paying the consequences for what you've done. I am saying that there is hope offered to you that you don't have to be enslaved by that temptation and sin.

Some translations say, "a way out," and some will say "escape." If you're struggling with a particular temptation, God will provide a way of escape for you. He will provide a way out so you can keep from giving into it. It does not mean that God will necessarily show us the way out. He provides it. What does that mean? It means we have to look for the way out. So when you find yourself in a situation that's tempting you to do something wrong, look for the way out. And what you will discover is this: **First**, your focus will be taken off the temptation because you're looking elsewhere. And **second**, you'll discover

God will provide a way to escape when you look. If you've got a drinking problem, you can't walk into a bar and order a drink and then say, "Well, God is going to have to provide a way of escape for me!" At that point it's too late. The way of escape is when you're driving by the bar and you're tempted to go in, you just keep on driving! Psalm 119:37, "Turn away my eyes from beholding vanity; and quicken thou me in thy way." We typically gravitate toward the things we focus our attention on. How many of you have watched a commercial about food and gotten hungry? How many of you have seen an attractive person and allowed your eyes to linger on that person a little too long? We've all done things like that. So how can we avoid being tempted to give in? Redirect your thoughts. Look for the way out. Realize God has the power to give you victory! Joseph, in the Bible, is a great example of this. You may recall Joseph was sold into slavery by his brothers and he ended up in Egypt working in Potiphar's household. Unfortunately for Joseph, Potiphar's wife took a real interest in him. Day after day she would try to get Joseph to sleep with her. One day she became very bold and reached out and grabbed Joseph and told him to lie with her. How did Joseph respond? Genesis 39:11-12 says that he ran away and left his clothes in her hand. He ran away from the temptation. Joseph didn't stick around and pray about it. He just left! You see, Joseph had made the decision a long time ago that he was going to be pure in his life, and that he was going to give honor to God. So when the temptation arose, Joseph knew what he was going to do. He was going to escape! Sometimes the best thing we can do in our lives is run! If you know something is particularly tempting for you, run away from it! Don't you get near it! Start praying now that God will give you strength to escape from temptation before you face it. You might think: a little glance here and there on the Internet is not going to be a problem; a little drink here and there isn't going to get me hooked again. If you get to that point, you're in trouble.

More Promises Stated in This Passage

1. Our temptations are not unique.
2. God ALWAYS provides a way of escape.
3. God know my limits – He is aware of my situation.
Isn't that comforting? You can rest assured

that all of God's promises are faithful.

We Overcome Temptations As We

1. Look for a way to avoid the temptation. Flee if necessary.
2. Submit our thoughts to God (2 Cor. 10:5, "bringing every thought into captivity"). We need to watch what our mind is dwelling on.
3. Submit our will to God's. Most sin is grounded in selfishness. "Set your affection on things above, not on things of the earth" (Col. 3:2).
4. Stay ready for battle. Put on the whole armor of God (Eph. 6:13-18).
5. Remind ourselves of the consequences of sin (Rom. 6:23). What a man sows he also reaps (Gal. 6:7). When we sin we hurt ourselves and the people around us.
6. Memorize the Word of God. "Thy word have I hid in mine heart, that I might not sin against thee" (Psa. 119:11).
7. Remember that God is with us. We might find the way of escape easier if we remember that God is with us.

Conclusion

We all face temptation. And I believe the more we know about it, the better chance we have to defend ourselves against it.

We have noted these three facts about temptation:

1. Everyone is tempted.
2. Temptations are not all powerful.
3. There's always a way out.

Maybe you're dealing with some temptations in your life right now. Take this time to ask God for His help. Ask him to give you strength to withstand the pressure the temptation is putting on your life. And then make the decision you're going to find the way of escape!

GOD WILL GIVE A WAY OF ESCAPE!

This tract is condensed from a lesson presented at the 27th Annual Mid-West Lectures, "God's Precious Promises." To hear or view the complete lesson go to www.kc-cofc.org/2009Lectures.htm or contact the
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