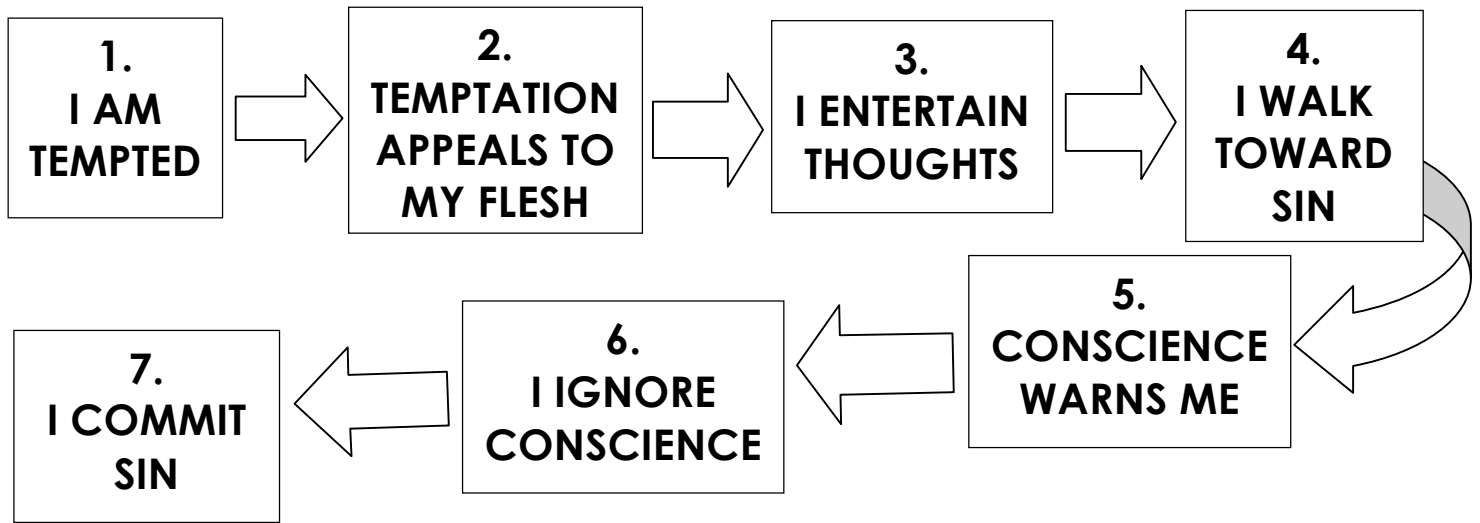


ONE STEP TO FREEDOM  
CHAPTER 1: Planning For Victory

Lesson 7  
THE CYCLE OF TEMPTATION



**WHO TEMPTS YOU?**

“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. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death” (James 1:13-15).

**1. I am tempted.** Satan and his host of wicked spirits can initiate a temptation to test us. Read Genesis 3:1-6, Matthew 4:1, 16:13-23, John 13:2 and Ephesians 6:11-12.

Using the Scripture passages listed, what speaks to you the most and why?

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**2. Temptation appeals to my fleshly desires.** We are enticed by our own desire or urge to please our flesh.

Write out James 1:13b-14 and Galatians 5:16-17 in your own words.

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**3. I begin to entertain thoughts, thus making a choice for sin.** If you entertain thoughts, they increase your desire and fan sinful action into flame (like adding gasoline to the fire). Jesus said that if you look at a woman to lust for her (entertain lustful thoughts in your mind), you have committed adultery in your heart (Matthew 5:28). Confession and repentance can take place here, which would stop the person from “falling into the act itself.”

What must the Christian learn in order to stop the sin process? See 2 Corinthians 10:5.

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**4. I am now walking in the direction of sin.** When I continue to entertain sinful thoughts, the first level of involvement with sin begins. I have started walking in the counsel of sin.

Write Psalm 1:1 here and commit it to memory.

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**5. Conscience warns me that this is wrong.** The law of God is written on the conscience of men, even unsaved men (Romans 2:15). Though sin has marred the image of God in man, that sense of right and wrong still remains in all men. For the Christian, we have the Holy Spirit to convict us when we begin to stray (Galatians 5:17-18). The wise thing to do is listen and respond God’s way. See 2 Timothy 2:22, 1 Peter 2:11.

What does God promise the Christian concerning temptation? See 1 Corinthians 10:13.

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**6. I suppress (ignore) what I know to be right.** I suppress the truth to pursue my desires. I begin to follow the lie (“Go ahead, you deserve it”). Whenever I ignore what is right and pursue what is wrong, I start to become “self-deceived.” In other words, in my mind I have thought of a way to justify what I am doing. The more I push aside my convictions of right and wrong, the duller I become to responding to those convictions by God’s Holy Spirit.

Read Romans 1:18-20 and share why God says we are without excuse when it comes to sin.

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**7. I commit the act of sin.** See James 1:14-15

What does this Scripture plainly say to you?

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