

# "Grab it," Julian whispered to Cameron. "Take the candy bar while nobody's looking!"

"But what if we get caught?" Cameron fidgeted as he glanced around the store, trying to spot any security cameras.

"Don't be a chicken! I steal stuff from this store all the time. Grab something, and let's get out of here."

Cameron's heart felt like a bag of banging firecrackers. Cautiously he snagged a chocolate bar, shoved it up his shirt, and raced out the door.

"See," Julian bragged as they left the parking lot. "It's no big deal. I told you we wouldn't get caught."

Cameron wolfed down the candy bar. But for some reason it was the worst tasting candy he'd ever had. Not even the chocolate could sweeten the sour feeling of guilt. Even though Julian assured him again that it was "no big deal," Cameron knew better.

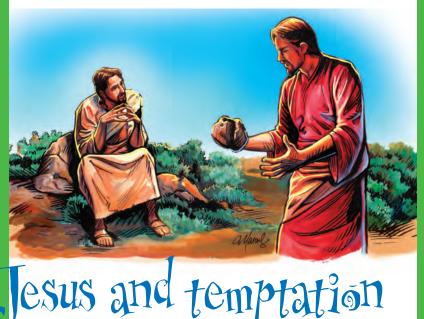
"Next time," he said to himself, "I won't let Julian talk me into doing what I know to be wrong. I'm not going to fall to temptation."



## Vext time you're tempted

Have you ever promised yourself that "next time" you're going to do better? But when the next time comes—whether it's the temptation to spread a little gossip or cheat on the spelling test—you feel more helpless than ever to do what you know is right. One of the authors of the Bible, the apostle Paul, struggled with this problem.

He said, "I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway." (Romans 7:19, *The Message*).



The only way to resist temptation is through Jesus. Once

again we discover that He is the answer! He knows all about temptation. Read about His temptations in Matthew 4:1-11.

- 1. List the three temptations that Jesus faced. Use the questions in parentheses to think about how you may be tempted in a similar way this week.
  - a. Verses 2–4 (How might my appetite cause me to sin?)
  - b. Verses 5–7

    (Am I ever tempted to show off or to bring glory to myself rather than to Jesus? If so, how?)
  - c. Verses 8–10 (What TV shows, video games, or other forms of entertainment might be a method of bowing to Satan?)



Notice that Jesus met every temptation with the same answer: "It is written . . ." Jesus knew the Bible so well that He lived it. We can do the same.

The key to winning over temptation is to focus your mind on the words of God. An easier way to put it is this: stick close to Jesus.

2. Read James 4:7. What two things should we do to chase Satan's temptations away?

a.

b.

### Beating temptation

Do you ever wonder: How can I beat temptation? Well, as you know, it's not easy. It's like the story of a pastor who was asked by a young man, "Pastor, when will I no longer be tempted with wrong thoughts and bad deeds?"

The pastor replied, "Temptations come to us each day. Sin is when we give in to temptation."

The bottom line is this: You can't trust yourself to conquer temptation. Even after you give your life to Jesus, you'll still be tempted.

James 1:13 starts out, "Let no one say when he is tempted . . . "

Notice the Bible does not say "**if** tempted," but "**when** tempted." Scripture assumes that you will be tempted. That's because the Devil tries hard to snag the friends of Jesus in sin.

3. Read 1 Peter 5:8 and write the animal that the Devil is compared to:

Next time you face this beast of temptation, run to Jesus. He's the only One who can help you to resist. A story might help you remember this.

Tom and Jordan knew the rule—stay away from Dad's classic car. But the folks were gone. And the temptation was too strong.

"Let's go play in Dad's car," Tom suggested.

"What if we get caught?" Jordan asked.

"We won't. Besides, we'll just sit in it."

Faster than a pace car in the Indy 500, the boys were in Dad's '63 Ford Galaxy. Tom steered while Jordan played with the electric seats.

"Let's take it for a run."

"But Tom, you don't know how to drive."

"It's an automatic. It can't be hard."

"But what if . . . "

Both boys were ready to plunge into temptation when Tom froze. His eyes stared into the rearview mirror. Jordan twirled around and couldn't believe his eyes.

Dad!

Suddenly the temptation of a Sunday cruise was gone! Disobeying Dad's rule was the furthest thing from their minds.

What made the difference?

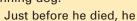
Simple: the presence of their dad.

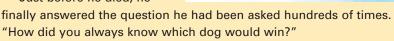
In the same way, living in the presence of Jesus is your only hope to overcome temptation. How does someone live in the presence of Jesus? In the next lesson we'll discover how you can do it through reading your Bible, prayer, and talking to others about Jesus. But for now, just focus on building your friendship with Jesus—just like you'd build a friendship with the new kid who moved into your neighborhood. Spend time talking with Him and get to know Him through His

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#### Dog Eat Dog

An Eskimo owned two husky dogs that he had trained as fighters. As he roamed from village to village he encouraged the locals in Alaska to watch the dogfights he staged. One of the dogs was darker than the other, so he took turns predicting which dog would win each match. Somehow he had the uncanny ability to always pick the winning dog.





At last he revealed his secret. "It was easy," he said. "The winner was always the dog I was feeding."

So it is with sin. Two natures—a sinful nature and a spiritual nature—fight within us. Which nature will win? Whichever nature you are feeding. The places we go, the people we hang out with, the things we watch and listen to can encourage our desire to sin or our desire to follow Jesus.

Think of some things in your life that could drag you into sin or lift you toward Jesus:

Things that feed the sinful nature:	Things that feed the spiritual nature:
1.	1.
2.	2.
3.	3.



Word, the Bible. When you're doing that, it's tough to fall for temptation.

4. Write a note to your Friend Jesus asking Him to help you in your struggle against temptation.

## Talking to God

Dear God, I want you to live in my heart so there's no room for Satan, the tempter, to trip me up. Help me to live in Your presence every minute. In Jesus' name, Amen.





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