

b) The Bible promises help through study of the Scriptures, prayer and the power of God.

c) When you do sin, you can confess it to God and He will forgive and restore you.

As Ken learned these secrets for winning over sinning, he thanked God and got up and started walking again with God. You can do the same when you stumble and fall.

Maybe you've fallen in your new Christian walk and feel like it's "no use trying to be a Christian." Take a few minutes and write out 1 John 1:9 and Philippians 4:13 on the lines below. Believe these verses, act on them, and thank God for picking you up.

### IN YOUR OWN WORDS

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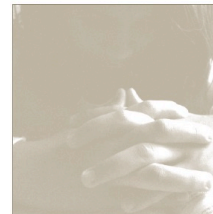
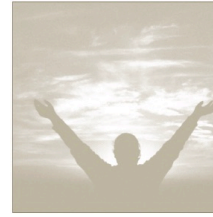
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### TO MEMORISE

1 John 1:9  
Philippians 4:13



# Come Alive

with Jesus

## Lesson 2

### You've been born again

## Temptation

Ken was a new Christian. He'd been born again, at least he thought he had. Things went fine for a while; he felt great and was happier than he'd ever been. Then, somewhere along the line, life unravelled. It began at the factory. The guys started needling him, ridiculing him. Called him "Saint."

For a long time he took it; then one day he blew up. Went completely out of control. Swore. Yelled. Lost his temper just like he used to do before he became a Christian.

By evening he was miserable. He'd let the Lord down; but why? And what to do now?

### NOW WHAT?

Like Ken, you've been born again, but does this mean all your temptations and problems are over? Romans 7:18 - 24

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What is one reason Christians experience problems and temptations? 1 Peter 5:8

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Besides the direct attacks of Satan, how else do temptations arise? James 1:13,14

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God is not the author of temptation, but He does allow His people to be tested. What good can come out of temptations that you overcome? James 1:2-4

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You're a new baby in the family of God. You live in a sinful environment with a nature that's used to sinning; and you have an enemy, Satan. This enemy tried to destroy Jesus when He was a baby, and he'd like to destroy you.

So your problems are not over. As you begin your new Christian life, you can expect trouble. You'll have ups and downs. Satan will double his efforts to tempt, discourage, and destroy you.

What experience did Jesus have immediately following His baptism? Matthew 4:1

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### JUST AS JESUS WAS TEMPTED SO WILL YOU BE TEMPTED

What did Paul call the Christian life? 1 Timothy 6:12

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Paul compared the Christian life to a fight or a battle and he listed the weapons you need to win in the war with sin. What are these weapons? Ephesians 6:13-18

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

How does the Bible say you can win over sin? James 4:7 (last part)

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How can you resist the devil?

a) James 4:7 (first part)

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b) Colossians 4:2

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c) Matthew 26:41

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What did Jesus say was the secret of a successful Christian life? John 15:4

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### WINNING OVER SINNING

Winning over sinning takes:

- a) Daily commitment and submission to God. (John 15:4, James 4:7)
- b) Watchfulness and awareness of personal weak points. (Matthew 26:41)
- c) Daily prayer. (Colossians 4:2)
- d) Daily Bible study. (John 5:39)

In spite of following these guidelines, there will be times when you feel like you're being tempted and tried beyond endurance.

What does God promise you? 1 Corinthians 10:13

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God also provides for the times when you are overcome and beaten by sin. What does He promise? 1 John 1:9

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God doesn't "kick you out of the family" when you stumble and fall into sin. Instead, He wants you to stay in the family, so He promises forgiveness and cleansing when you confess your mistakes. But confession means more than merely saying the words, "I'm sorry."

What else is involved? Proverbs 28:13

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You probably feel very weak as you face a world of temptation with a mind and body conditioned to sinning. Like a newborn baby, you're helpless before the power of the enemy. Babies can't survive by themselves and neither can you.

You need your heavenly parent. Your Father in heaven will protect you, guide you, and pick you up when you stumble and fall.

What can you say as long as you stay with Him? Philippians 4:13

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When Ken lost his temper at the factory and felt he'd lost his new life in Christ, he called his Bible study mentor and learned the things this lesson brings out:

- a) Being a Christian doesn't mean you won't be tempted. In fact, you may face more temptation because Satan wants to destroy you and you have a body and mind that are used to sinning.