

Temptation and the Holy Spirit

Romans 7:15-18 *For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. 16 Now if I do what I do not want, I agree with the law, that it is good. 17 So now it is no longer I who do it, but sin that dwells within me. 18 For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.*

Ephesians 6:12 *For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.*

Being Saved \neq Saved from Sin Struggles or Fighting the Fight

1 Corinthians 10:13 *No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

Hope: the confident expectation of what God has promised and its strength is in His faithfulness

Romans 8:24b-25 *But hope that is seen is no hope at all. Who hopes for what they already have? 25 But if we hope for what we do not yet have, we wait for it patiently.*

John 15:26 *I will send you the Helper from the Father. The Helper is the Spirit of truth who comes from the Father. When he comes, he will tell about me.*

When becoming a “New Creation” you are given the Holy Spirit as a helper

Galatians 5:16-17 *But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.*

You Are Not Alone

Matthew 26:41 *Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.*

2 Timothy 1:7 *For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.*

*“The more pride you have in a particular aspect of your **identity**, the more motivated you will be to maintain the habits associated with it. If you’re proud of how your hair looks, you’ll develop all sorts of habits to care for and maintain it. If you’re proud of the size of your biceps, you’ll make sure you never skip an upper-body workout. If you’re proud of the scarves you knit, you’ll be more likely to spend hours knitting each week. Once your **identity** gets involved, you’ll fight tooth and nail to maintain your habits.”*

-James Clear (Atomic Habits, #1 NY Times Bestseller)