

# DEALING WITH TEMPTATION WHEN I'M STRESSED

April 19, 2020

James 1:13-16

*When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown gives birth to death. Don't be deceived, my dear brothers and sisters.*

1. \_\_\_\_\_ my default coping strategy

*"We should remove from our lives anything that gets in the way; especially those persistent sins that so easily distract us." Hebrews 12:1 (LB)*

Food	Drinking	Sleeping	Shopping	Gaming
Drugs	Porn	Anger	Over-Controlling	Withdrawing

2. \_\_\_\_\_ my emotional triggers

*"Above all else, guard your heart, for everything you do flows from it."*  
Proverbs 4:23

Exhaustion	Discouragement	Boredom	Loneliness
Grieving	Resentment	Wounded	Spiritually dry

3. \_\_\_\_\_ my patterns

*"The wise man looks ahead. The fool tries to fool himself, and he won't face the facts."* Proverbs 14:8 (CEV)

- \_\_\_\_\_ am I most tempted?
- \_\_\_\_\_ am I most tempted?
- \_\_\_\_\_ do I get if I give in?

4. Ask God \_\_\_\_\_

*"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."* Hebrews 4:15-16 (NIV)

5. \_\_\_\_\_ to share my struggle

*"Two are better than one, because together...if one falls down, the other can help him up. But if someone is alone and falls...there is no one else to help him."* Ecclesiastes 4:9-10 (TEV)