



MESSAGE NOTES

How To Overcome Temptation

2 Timothy 2:22

James Brown

1. Flight not fight

2 Timothy 2:22 Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

We are all tempted towards many things. Feeding temptation only makes it stronger. And fighting it doesn't work. Because the more we focus on it, the greater it becomes. The only effective response is to run away.

2. Taking every thought captive

Colossians 3:2 Set your minds on things above, not on earthly things.

Temptation doesn't come from outside but from within. Every action has its origins in a thought. When our minds are on the right things, our actions will follow. We can be transformed by the renewing of our minds.

3. Victory in Jesus

Romans 8:1 There is therefore now no condemnation for those who are in Christ Jesus.

The devil's two main strategies against us are temptation and condemnation. Jesus destroyed the power of both on the cross. His mercy forgives all our past mistakes. His Truth protects us against the lies of Satan. And His grace gives us the power to change.