**Facing Temptation- Week Five**

***Flee, Follow, & Seek***

*“Now* ***flee*** *from youthful lusts, and* ***pursue*** *righteousness, faith, love and peace,* ***with those*** *who call on the Lord from a pure heart.”* **2 Timothy 2:22**

**Temptation can be avoided by:**

1. **FLEEING WHAT HINDERS.**

*“Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. But put on the Lord Jesus Christ, and* ***make no provision for the flesh*** *in regard to its lusts.”* **Romans 13:13-14**

**Joseph is an example of someone who resisted temptation.**

**Read Genesis 39:6-15**

*“How then could I do this great evil, and* ***sin against God****?”* **Genesis 39:9**

*“No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able,* ***but with the temptation will provide the way of escape also****, that you may be able to endure it.*

**I Corinthians 10:13**

1. **FOLLOWING WHAT HELPS.**

*“Finally, brethren, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise,* ***let your mind dwell*** *on these things.”* **Philippians 4:8**

*“And take the* ***helmet of salvation****, and the sword of the Spirit, which is* ***the word of God.*** *With all prayer and petition* ***pray at all times in the Spirit****, and with this in view,* ***be on the alert*** *with all perseverance and petition for all the saints…”*

**Ephesians 6:17-18**

1. **SEEKING CHRISTIAN COMPANY.**

*“but if we walk in the light as He Himself is in the light, we have* ***fellowship with one another****, and the blood of Jesus His Son cleanses us from all sin.* **I John 1:7**

*“And they were continually* ***devoting themselves*** *to the apostles’ teaching and to fellowship, and to the breaking of bread and to prayer.”* **Acts 2:42**

*“Iron sharpens iron,* ***so one man sharpens another****.”* **Proverbs 27:17**