

**How can I keep from
sinning?**

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- **Understand it starts with me**
 - **Matt. 26:41** – Giving in to temptation is voluntary
 - **Jas. 1:12-14** – Temptation starts in the heart
- **Understand the nature of the devil**
 - **I Pet. 5:8-9** – The devil is after all of us
 - **Jas. 4:7** – If we resist him, he will flee
 - **Eph. 4:26-27** – Say “no” decisively

How can I keep from sinning?

- How can I effectively resist the devil?
 - Look for the way of escape! 1 Cor. 10:13
- Some possible ways of escape:
 - Use prayer! Heb. 4:16
 - Use Scripture! Matt. 4:4, 7, 10
 - Use armor! Eph. 6:10-18
 - Fight by running away! 1 Tim. 6:11, Joseph

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- **Some possible ways of escape:**
 - **Prepare ahead of time!**
 - **Know strengths and weaknesses – Make wise choices**
 - **The point is to avoid; don't wait until it's upon you**
 - **Decide what to do if forced into temptation**
 - **Don't play with fire! Solomon, I Cor. 10:12**

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- Use Jesus! Heb. 12:1-3
 - Example against sin – Heb. 4:15
 - Thoughts of the crucifixion – Matt. 27
 - His beatings
 - His scourging
 - His nails
 - His humiliation
 - His death