

Angie's Marriage Column ~ August 31, 2011

How to overcome and bear up under Temptation

Ask Angie: I am already married and having a son. But for few days I am longing for a person with whom I had friendship before marriage. Now he is also married and having a daughter. But I strongly feel like meeting him and want to spend time with him. Is it wrong? I always love my son and of course live for my son. I am in a state of confusion. Help me.

Marriage Guidance: Yes, you are confused. You are allowing your feelings to control what you do. This happens when we don't put our faith and trust in God. Feelings will literally tell us that doing things that are clearly against Gods principles is ok to do. Feelings have a way of justifying our actions because through our feelings we talk ourselves into sinning and or doing things that are inappropriate.

Let me ask you this? If you love your son so much, as you say, is having sex with another man that is not his father something you really want to do? What you really should do is get your bible out and go to a quiet room of your home, alone, and pray about this temptation until it is rid from your heart and mind. Ask God to take it away from you so you may have peace of mind. Take time away from your emotions and worries and give your time to God instead. **Sincerely pray for help from temptation and God will provide for your needs.**

You wouldn't believe the amount of time people spend dwelling on inappropriate feelings and thoughts *without going to God* with their troubles and essentially they fall victim to those feelings. We need to sincerely ask God to help us become renewed in our heart and our mind in Christ and He will provide!

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2

You see, if more people would put FAITH in God rather than their feelings and just say no to temptation and turn their back to tempting situations they would be closer to God and find that through Jesus Christ they do NOT need outside worldly lusts and temptations to make them feel good about themselves and their life. All they need is the contentment of the spiritual Christ within them that is provided to them when they ask for it with earnestness and faithfulness.

"I can do all things through Christ who strengthens me"!! Philippians 4:13

Who Are You?

We have to decide who we are. God wants to provide for our needs but we aren't letting Him, instead we are following the world, or what some would say, holding hands with satan. The evil-

one throws out all of these neat distractions to get us to follow it. Right now your distraction is with your emotions and what you desire in the world. All worldly desires and lusts of this world are distractions put out by the evil-one. We must learn how to [close the door to temptation](#).

You remember what happened to Eve, right? The evil one distracted her from what is good and right and she defied what God explicitly told her not to do, eat from the forbidden tree. It was so simple, “don’t eat fruit from *that one tree* in the middle of the orchard”. But no, Eve listened to her feelings and allowed to be scammed by the evil-one. Now, how did the evil one get to Eve like that? He got to Eve by telling her lies about how she could be like God and know the difference between good and evil if only she would eat from *that one tree*. And what did Eve do? She chose to follow her desires over what God had already outlined for her life. This is exactly what many people do today.

Do Not Be Naive like Eve

This very same thing is what’s happening to you and millions of others in the world today. Christians are being scammed and bamboozled by the evil-one, or, what is simply the world apart from God, *unbelief*. I really do not like to blame anything or anyone on people’s unfaithfulness because people choose their life and what they do with their life. Some people like to claim Christianity but they don’t want to do what God has outlined for the Christian faith and lifestyle. For some reason they think that they are exempt from following certain principles that are clearly outlined in scripture for their own good!

This story of Eve and Adam allowing themselves to become tempted is our example to use as a guide for our lives today whenever we are tempted, no matter what the temptation is, and is why I feel compelled to use it today in this marriage column. Not only did *they allow themselves to become tempted*, **they committed the act**, they ate a bite out of the apple from something that God forbid them to do! **It was Eves and Adams own fault!**

Think about this: We love to blame the evil-one on why we do (commit sin) what we do, but that is an escape from responsibility and accountability. WE CHOOSE! We choose to be led by our own will rather than our Fathers will. He created us. Don’t you think that He knows what is good for us? Yes, of course He does. What’s ironic is some folks think following Christ to be restricting but what it really is, liberating! **Following Christ is freedom from being a slave to sin.**

Only God can free us from sins grip in our lives. Sin will control us if we do not truly believe in and have faith in God through Christ. To reiterate again, **on our own we are incapable of not going after the temptations of the world that we are confronted with. We Need God!**

There hath no temptation taken you but such as is common to man: but God is faithful, who **will not suffer you to be tempted above that ye are able**; but will with the temptation also make a way to escape, that ye may be able to bear it. 1 Corinthians 10:13

Note that this verse says “bear it”. God is not going to take the temptation away but He will help you to stand up under the control of it by making you able to withstand it when confronted with it. This makes you FREE from being a slave to it. Do you see how that is liberating?

There are lots of tempting situations in the world today. We are all tempted in this life by distractions in the world but not all people allow themselves to become trapped into the distraction and eat of it like Eve and Adam did. They go to God with their troubles and He helps them to “*bear it*”.

We can allow ourselves to be bamboozled by all of the pleasures in the world or we can defy the evil-one and TRUST in Gods truth and wisdom for our lives. It’s up to you!! We can be like Adam and Eve and defy Gods truths for our life that is already outlined in *His Word*, or we can allow the evil-one to distract us from what’s good and right and allow temptation to be a part of who we are. You decide who you want to be. You decide where you want to be. You decide what you are?

You can continue to listen to and follow the evil one or you can listen to and follow God. It is really that simple. The first step is to [figure out who you are](#). If you don’t first figure out who you are you will continue to live your life without accountability. Many people claim Christianity but think they have no accountability to God. They think they can eat of the forbidden fruit and somehow get away with it, but **God sees all**. We cannot escape from God.

[Who are you?](#) Are you a child of the evil-one who likes to distract you from Gods truths with neat stuff in the world? Or, are you a child of God who listens to Gods instruction for his or her life and turns their back on the evil-one and its temptations? Who are you? **Once you figure out who you are than live it!!** Are you a part of the world, which is separate from God?!

If you are married the [Declaration of Marriage Status](#) is your starting point or foundation to use as a base to live your life from. We are ALL accountable to God, even unbelievers are and will be accountable to God—they just don’t know it yet. They can live the way they want now, but one day they will have to experience the consequences of their actions! Don’t forget, if you are single you are still accountable to God.

The evil-one is in the literal sense all that is forbidden according to Gods truth and wisdom that is already outlined in *His Word*. As we have learned, if you are a child of God then He provides you with a way out when confronted with temptation. Anyone who claims to be of God would surely not allow themselves to be bamboozled by the world or the evil-one! Unless, they did not know what it truly means to be a follower of Jesus Christ.

Are you straddling the fence? Are you with God only when things seem to be going good in your life but the minute your feelings get the best of you then you cave in and follow the stuff going on in the world? Well, where is the accountability in that. [Who are you accountable to?](#) Don’t be distracted by what only seems neat in the world, the lusts, the greed, and the desire to feel good,

it's all a lie! We shouldn't ruin our marriage, life, and soul over a feeling! That is what addiction is. Some people are even addicted to their feelings, meaning they allow how they feel to dictate what they do and say, basically how they live. *The truth is the only thing that really matters is our life with Jesus*—we need to get closer with God by talking to Him every day and reading our bible with our loved ones and asking God what is HIS WILL for our lives...we *must* give up our will and TRUST in God through Jesus Christ.

Don't be in fear to suffer within your soul for a little while as you turn your back away from temptation because NOTHING, including eternal life with God is going to be given to you on a silver platter, you have to put in the spiritual effort and know God is with you always, even when you are hurting inside. God wants us to be with Him, but we must follow Him now!

Doing what we do not want to do (turning our back away from temptation) is how faithfulness within ourselves is built up and makes us stronger people In Christ. Most people have a difficult time letting go of their temptations and consequently fall prey to lusts of the world. Why is that? It is because they have more trust in the things of the world than of the things of God.

Where your treasure is there will be your heart also. Who are you? Figure it out and then live who YOU are!

Walking in the Spirit of Jesus Christ

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. Galatians 5:16-17

Put your faith and trust in God today! Make God through Jesus Christ number One in your life!

In Christ,
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