

Sunday, 11 May 2025
Overcoming Temptation Part 2

The way you overcome temptation is to guard your heart.

Truth to take hold of: To overcome temptation you must guard your heart by controlling what you hear and look at.

1 Your ears and eyes are the doorway into your heart. Proverbs 4:20-25

1.1 These verses make a direct connection between what we hear and look at and our heart. And that what we experience in life will be determined by what comes out of our heart.

2 Be careful of who and what you listen to. Proverbs 4:20

2.1 Adam and Eve were listening to the wrong thing. Genesis 3:1-5

2.2 It is important to control what we hear because what we have or do not have is directly connected to what we hear. Mark 4:23-25

2.3 Because Adam and Eve were listening to the wrong thing, they yielded to temptation which negatively affected their lives.

3 Be careful what you look at. Proverbs 4:21, 25

3.1 Adam and Eve were looking at the wrong thing. Genesis 3:6

3.2 It is important to control what we look at because it will determine the direction our life goes. Matthew 6:22-23, Psalm 119:37, 133

3.3 Because Adam and Eve had their eyes on the wrong thing, they yielded to temptation and their life went in a very bad direction.

Conclusion: The Bible teaches there is a direct connection between what we hear and look at with our heart and what we do. To overcome temptation, we must guard our heart. We guard our heart by controlling what we hear and look at.

Discussion Questions:

1. According to Proverbs 4:20-25, what are the doorways into our heart?
2. Why is it important to control what we hear?
3. Why is it important to control what we look at?