

Grace Bible Church
2022 Biblical Counseling Conference
TRACK TWO



Session 7 – Understanding Temptation

A Framework for Counseling All Types of Addiction

INTRODUCTION



1 John 2:15-17 *Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶ For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. ¹⁷ The world is passing away, and also its lusts; but the one who does the will of God lives forever. (NASB)¹*

*This workshop is based upon the teaching in the booklet, *Understanding Temptation: The War Within Your Heart*, by Mark E. Shaw, Focus Publishing, Bemidji, MN, 2014. (37 page booklet available at focuspublishing.com)

Jeremiah 17:9-10 *The heart is deceitful above all things, and desperately sick; who can understand it? "I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds." (ESV)*

I. A Framework from Biblical Truth vs. The World's Best Explanation

- A. Teaching for every counselee's heart = biblical counseling
- B. Genuinely Biblical view = your sin nature is the cause
 - Desires of your own sinful flesh
 - SOLUTION is **Gal 5:16** *Walk in the Spirit and you will not gratify the desires of the flesh.* (ESV) (command to Christians)
 - **Heb 4:12** tells us that the Word of God is what discerns our hearts
- C. Choices in Three Areas: Thoughts, Words, Actions
 - Jesus was always teaching at the heart level (Sermon on the Mount) You say external behavior, but I say heart level/desire level
 - Cultivate your heart with the Word of God, while change is provided by God's grace – something that God does in believers -**Phil 2:13** *for it is God who works in you, both to will and to work for his good pleasure.*
- D. All persons struggle with all three temptations (lust of the flesh, lust of the eyes and the pride of life)

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Scripture quotations marked ESV are taken from The Holy Bible, English Standard Version[®] (ESV[®]) copyright © 2001. By Crossway. Used by permission. All rights reserved.

James 1:14-15 *But each person is tempted when he is lured and enticed by his own desire. ¹⁵ Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death. (ESV)*

- E. Usually one sin preference people tend to “give in” to
- F. These temptations can be observed as stages in addiction.
 - Stages are discussed in the expanded workshop, *Understanding Temptation* – available at theaddictionconnection.org
 - Go to “Train Me” and purchase the entire *Addictions Counseling Specialization* (more than 22 hours of content)
 - Or go to theaddictionconnection.org → Click on Train me → slide down to “Continuing Education Units”
 - Purchase the 3 HOUR CEU package entitled “*Addiction Counseling: Where to Begin*” right now for only \$33 and you get:
 - “Understanding Temptation: A Framework for Counseling All Types of Addiction”
 - “Where to Begin with Life-Dominating Sins”
 - “How to Change Patterns of Thought and Behavior”

II. How our Flesh is Tempted by What the World System Offers and What Satan Offers

A. Chart

WORLD SYSTEM says to your counselee	GOD’S TRUTH says to your counselee
DO WHATEVER YOU WANT TO DO (usually in the form of comfort)	Lust of the flesh
HAVE (POSSESS) WHATEVER YOU WANT TO HAVE (usually in the form of covetousness)	Lust of the eyes
BE WHOEVER YOU WANT TO BE (usually in the form of control)	Pride of life

1. Adam and Eve (**Gen. 3**) took the bait that Satan uses to lure us (**James 1:14-15**) to the world
2. Biblical Counselors show counselees how our sin nature is our problem and Jesus is our solution
3. Not a disorder (victim) not something outside of you causing your addiction or actions
4. Address suffering with comfort and encouragement
5. Every counselee has sinned (**Rom 3:23**)

B. Chart: **Gen 3:6** and **1 John 2:16**

Genesis 3:6 (ESV)	1 John 2:16 (NASB)
<i>Good for food</i>	<i>Lust of the flesh</i>
<i>Delight to the eyes</i>	<i>Lust of the eyes</i>
<i>Desired to make one wise</i>	<i>Boastful Pride of life</i>

Genesis 3:6-12 (ESV)

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. ⁷ Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. ⁸ And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹ But the Lord God called to the man and said to him, "Where are you?" ¹⁰ And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." ¹¹ He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" ¹² The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate."

III. Temptation To Do: The "Lust of the Flesh" (NASB)

- A. Comfort: To do whatever (pleasure) I want to do without limits
1. God made it. It's a plant. (marijuana).
 2. Jesus drank alcohol at weddings. (Did he though? He turned water into wine...)
 3. Why can't I do this? – to Eve **"Did God actually say...?"**
 4. Accusation against God's Goodness (also love) in **Gen 3:6a** (good for food)
 5. Jesus overcame this temptation: **Matthew 4:1-11**
- B. Addiction Biblical Counseling Specifics:
1. Move them from addictions to trusting God by experiencing pleasure from what He has given me already
 2. Acknowledge real experiences of being sad, hurting, depressed, lonely, anger, bitter
 3. Forgetting the goodness of God in suffering
 4. How Jesus succeeds after being tempted to satisfy a real state of being with something unnatural
 5. They need to be in the Word of God, meditating and using the Word of God in the moment of temptation.
 6. **Man shall not live by bread alone... v. 4**
 7. Not doing what He COULD do, but doing the will of God, every word that comes from the mouth of God.
 8. Read and obey the Word of God over and above their own feelings.
 9. Feelings are real but learning to do what is right
 10. Only accomplished by a Christian in the power of the Holy Spirit.
 11. *God's Word* is the "antidote" to help overcome this temptation.
 12. Meditating upon the love and *goodness of God*.

IV. Temptation To Have, “The Lust of the Eyes”

- A. Covetousness - To have anything you want to possess without limits
 1. Identity: when I possess these things that I want, I will be who I want to be
 2. How Eve was tempted: The “**you will not surely die.**” lie.
 3. Not just a physical possession but desire for what will make me “happy” and make me who I want to be – idolatry
 4. Accusation against God’s Wisdom (I see it, I want it, I gotta have it... no matter what.)
 5. God’s Omniscience is challenged by thinking we know better than God.
 6. Jesus in **Luke 4:5-7** – Quoting the Word of God v.8 (“*It is written..*”)

- B. Addiction Biblical Counseling Specifics:
 1. Teach that God is your Creator
 2. Your identity if you are a Christian is unchangeable, rest in Jesus Christ
 3. Colossians 3:5 **Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.**
 4. Serve God and *Worship Him* alone is the “antidote”
 - a. Not only song/dance/ enjoyment in God.
 - b. Worship is assigning worth and value to God by giving myself to Him
 - c. Worshipping by serving this Body of Christ, the Local Church, reflecting your glory (showing how great You are, Lord!)
 5. Reflecting upon the manifold *Wisdom of God* is essential.

V. Temptation To Be, “The Pride of Life”

- A. Pride / Control / My reputation, my autonomy, receive attention, I want people to praise me, and I want them to see me in a certain way that I esteem important.
 1. Satan tempted Eve that she could become like God! (**Gen 3:5**)
 2. This is like saying, “You don’t have to put up with this. You can be your own god.”
 3. She is made in God’s image so she is already like God in His image, but she lies may be many (i.e. “I want autonomy” and “I am not happy with who I am so I want others to see me as...” – pretty, smart, funny, popular, powerful, etc.)
 4. **Gen 3:6c** (desired to make one wise, and she takes and eats)
 5. Competitiveness to achieve—trusting in self’s power
 6. Accusation against *God’s Sovereignty* - His power is challenged.
 7. “I can do this myself (my will be done)”
- B. Satan’s tempting of Jesus matches Eve’s temptation (identity questioning)

Luke 4:9-13

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here,¹⁰ for it is written, “‘He will command his angels concerning you, to guard you,’¹¹ and “‘On their hands they will bear you up, lest you strike your foot against a stone.’”¹² And

Jesus answered him, "It is said, 'You shall not put the Lord your God to the test.'"
¹³ And when the devil had ended every temptation, he departed from him until an opportune time. (ESV)

- C. The model Jesus gives for battling this temptation is
1. Doing the *Will of God* rather than one's own will
 2. Jesus quotes scripture – "Not my will but your will be done."
 3. Submission, Humility is required
 4. In the booklet *Understanding Temptation: The War Within Your Heart*, Mark Shaw writes:²

"Psalm 95 refers to this Exodus 17 moment when the Israelites tested the Lord God in the unrighteous anger. Psalm 95:6-11 contrasts the heart fueled by the pride of life in a willful, rebellious sinner with the heart submitted to the will of the Father:

*Come, let us worship and bow down,
Let us kneel before the Lord our Maker.*

⁷ *For He is our God,
And we are the people of His pasture and the sheep of His hand.*

Today, if you would hear His voice,

⁸ *Do not harden your hearts, as at Meribah,
As in the day of Massah in the wilderness,*

⁹ *"When your fathers tested Me,
They tried Me, though they had seen My work.*

¹⁰ *"For forty years I loathed that generation,
And said they are a people who err in their heart,
And they do not know My ways.*

¹¹ *"Therefore I swore in My anger,
Truly they shall not enter into My rest."*

- D. To Be – the pride of life. To be in control and mainly of what others think about you. People-pleasing is a big issue here. Forgetting about glorifying God
- E. So the only answer to the pride of life is submission / humility
- F. Reflecting upon the *sovereignty* and power of God is vital
- G. Doing the *will of God* is the "antidote"

VI. Review and Conclusion

- A. Temptations (Comfort, Covetousness, Control)
- B. SOLUTIONS based on the heart temptation (Word, Worship, Will of God) all overcome by Jesus **Heb 4:14-16**
- C. Not just *clean and sober* empty "works"
 1. Overcoming addictions is empowered by Christ alone with changes that please God

² Shaw, Mark E., *Understanding Temptation: The War Within Your Heart*, p18. Focus Publishing, Bemidji, MN, 2014, pp17-19.

2. If they don't understand the Gospel with faith in Jesus Christ alone, Hell is their end result.
 3. Holy Spirit empowerment (**Phil 2:13**)
- D. The three desires of the heart can be redeemed for Christians by the power of the Holy Spirit for the glory of God
1. The lust of the flesh - the desire for pleasure can be redeemed in Christ Jesus and for the glory of God the Father – by doing whatever you want to do under the parameters and INSTRUCTION of the WORD of God
 2. The lust of the eyes - the desire to possess things can be redeemed in Christ Jesus by reflecting the STEWARDSHIP heart of WORSHIPPING God with ownership, rather than glorying in self or finding identity in possessions
 3. The pride of life - the desire for doing things with excellence can reflect the greatness and the glory to God, instead of wanting it for self, and the love of control can be SUBMITTED to God and HIS WILL, not my own, and not do things “by myself” (Pride) but with one another in the Body of Christ (humility) – so God gets the glory

1 John 2:15-17 *Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. The world is passing away, and also its lusts; but the one who does the will of God lives forever. (NASB)*