**KNOW WHEN TO RUN**

How God Builds Character - Part 2

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**2 Timothy 2:22 (NIV) – Memory Verse**  
Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

**THREE TYPES OF TEMPTATION**

**1 John 2:16 (NIV)**   
For everything in the world--the cravings of sinful man, the lust of his eyes and the boasting of what he has and does--comes not from the Father but from the world.

* To be tempted is not sin

**Hebrews 4:15 (NIV)**   
For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet was without sin.

* Temptation is not limited to sexual lust

1. **Sensual Temptations**

The lust for physical pleasure

2. **Material Temptations**

The lust for things

3. **Personal Temptations**

The lust for status

**FOUR INSIGHTS TO REMEMBER ABOUT TEMPTATION**

1. **Don’t Be Weaken By Your Situation**

Joseph did not allow his eyes to wander from his Holy God

2. **Don’t be Deceived By Persuasion**

"Just this once", "What will it hurt"

3. **Don’t Be Ruled By Your Emotions**

Our emotions will beg and plead for us to open the door to that first tiny thrill of temptation.

4. **Don’t Be Confused By Immediate Results**

Lust doesn't give up that easily. Be prepared to say no again the next day--or even the next minute.

**Romans 7:21-25 (NIV)**   
So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God--through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.