

The Promise of Freedom - Replacing Lies with Truth

The First Temptation

Genesis 3:1&4 (NLT) *“Did God really say...?” “You won’t die!”...*

1 Cor 10:13 (NIV) *No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But **when you are tempted, he will also provide a way out** so that you can endure it.*

When our experience doesn't match God's word, is it His word that is wrong or is it our experience?

To walk in the promise of freedom, we must replace lies with truth.

John 8:31-32 (NLT) *31 Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. 32 **And you will know the truth, and the truth will set you free.**”*

Philippians 4:8 (NLT) *Fix your thoughts on what is **true**...*

LIE: “Once the temptation is strong enough, there’s nothing I can do to stop.”

TRUTH: “He **will** give me a way out”

1 Cor 10:13 (NIV) No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But **when you are tempted, he will also provide a way out** so that you can endure it.

LIE: “I’m never going to be able to change. I’m always going to be stuck in my sin.”

TRUTH: “I am not a slave to sin. I am free to choose a different way”

Romans 6:15-18 (NLT) 15 Well then, since God’s grace has set us free from the law, does that mean we can go on sinning? Of course not! 16 Don’t you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living. 17 Thank God! Once you were slaves of sin, but now you wholeheartedly obey this teaching we have given you. 18 Now you are free from your slavery to sin, and you have become slaves to righteous living.

LIE: “It’s just too hard to keep God’s commands.”

TRUTH: “His commands aren’t burdensome. It’s much “harder” **not** to keep his commands.”

1 John 5:3-4 (NLT) 3 Loving God means keeping his commandments, and **his commandments are not burdensome**. 4 For every child of God defeats this evil world, and we achieve this victory through our faith.

LIE: "I don't believe God will forgive or accept me."

TRUTH: "God forgives and cleanses me."

1 John 1:8-9 (NIV) 8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, **he is faithful and just and will forgive us our sins and purify us from all unrighteousness.**

- Replacing lies with truth was part of Jesus' strategy

Matthew 4:1-11 (NLT)

4 Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry. 3 During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."

4 But Jesus told him, "No! The Scriptures say,
'People do not live by bread alone,
but by every word that comes from the mouth of God.'"

5 Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, 6 and said, "If you are the Son of God, jump off! For the Scriptures say,
'He will order his angels to protect you.
And they will hold you up with their hands
so you won't even hurt your foot on a stone.'"

7 Jesus responded, "The Scriptures also say, 'You must not test the Lord your God.'"

8 Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. 9 "I will give it all to you," he said, "if you will kneel down and worship me."

10 "Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the Lord your God and serve only him.'"

11 Then the devil went away, and angels came and took care of Jesus.

- **What lies am I believing? What is the truth of God's word?**

- **Practical steps**
 - **Discover the lies you are believing and write them down.**
 - **How do I know the lies I'm believing? The Holy Spirit and a trusted friend can help.**
 - **Write down and memorize scriptures that replace the lies with truth.**
 - **Quote your scriptures before, during, and after temptation.**
 - **Add to your list in each season of life.**
 - **Engage in the other spiritual practices that bring freedom.**
 - **Prayer, Confession, Fasting, Worship, Church. Scripture Reading.**

