

ALPHA COUNSELING
20730 Bond Rd. Poulsbo WA
alphapoulsbo.org (360)779-3624
September, 2026

Hello!

I have seen the struggle men and women have with temptation. We often associate temptation with sexual sins and stop there; then the other sins seem lesser and therefore not so awful. I see the damage of uncontrolled anger and the temptation to hurt others with our tongue. In James 3:16-17 he thinks the tongue is one of the last temptations to overcome.

To overcome temptation is the Big Problem! There is an old semi funny comment; "I can overcome anything except temptation." As I have looked at scripture for solutions I keep going back to 1 Corinthians 10:13 *"No temptation has over taken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it."* Many Christians can quote it, but far fewer practice it consistently.

I would like to look at just one aspect of this important verse. Many Bible versions translate the last phrase as *"God...with the temptation will provide 'A' way of escape."* The impression I have had for years was that when temptation came God would always cause something to happen to help me say no to temptation. The phone would ring, or someone would walk into the room as I rush to the refrigerator for comfort food, etc. However, my opinion has changed partly because so many of us don't stop in spite of some external situation. And often there is no outward intervention. So did God, through Paul, not speak the truth? Why are so many Christians overtaken by temptation? Are all our temptations within our ability to resist?

The New American Standard Bible uses a different word at the end of verse 13. Instead of 'a way' it translates 'the way' of escape. THE WAY! Some time ago my mind went to John 14:6 where Jesus says *"I am the way, the truth, and the life."* My mind connected the two verses. The only Being to ever successfully resist all temptation is Jesus the Messiah. What if God doesn't provide various ways to escape temptation but one, Jesus!

My search led me to Hebrews 2:14-18. For the sake of space I will only look at verse 18. *"He Himself was tempted...He is able to come to the aid of those who are tempted."* Hebrews 4:15-16 - *Because Jesus was tempted in all things but without sin!* In verse 16, we are to draw near or run to the source of grace to receive mercy and HELP when we are needy. When we are being tempted?

In 2 Corinthians 11:3 Paul is concerned that as the serpent Satan deceived, or tempted Eve by his craftiness, your minds will be led astray from the simplicity and purity of devotion to Christ.

Thank you for your prayers and support!!

Richard